

Nick Ortner: Hi, this is Nick Ortner from TheTappingSolution.com. If you are new to tapping, visit our website to learn the basics of the process. In this tapping meditation we will be tapping to release the belief that you're broken, whether it is a general sense of not being good enough or worthy enough or that you are somehow damaged by something or someone in your past. As always, if your belief that you're broken is tied to a trauma, keep in mind that you may need to work through that trauma with a professional before you can fully release this belief. Regardless of where your belief originated, in this tapping meditation we will be tapping on releasing it as well as the emotions tied to it. Today's meditation is meant to serve as a guide and get you tapping on this topic and give you some general language and ideas on how to tap. If the language doesn't apply to you, you can change it to fit your needs. Any ideas, thoughts, impressions, emotions, or specific memories that you can tap on, either during this meditation or on your own. The more specific you can be with your particular you can be with this experience, what you are feeling exactly, what happened, or what you believe, the better your results are going to be. We will start by focusing on what you're currently feeling. We will spend a few minutes doing negative or truth tapping – not to anchor it in but rather to acknowledge it and let it go. Feeling safe to acknowledge how we feel to speak the truth about our current experience is one of the most powerful things you can do.

To begin, focus on your belief around being broken. Say out loud, 'Part of me feels broken.' How true does that feel on a scale of zero to ten? Write that number down. And we will start by taking three deep breaths. Feeling safe and grounded in your body. Feeling present in space and time. Tapping on the side of the hand.

Side of Hand	Even though part of me thinks I'm broken I love myself and accept how I feel Even though I feel broken in some ways It just feels like the truth Like something I can't change I deeply and completely love and accept myself Even though part of me thinks I'm broken and I don't know if that can ever change I love myself and accept how I feel
Eyebrow	Part of me feels broken
Side of Eye	I can't seem to shake it

The TAPPING Solution for PAIN RELIEF

Under Eye I don't know if I can be fixed
Under Nose I feel broken
Under Mouth And it hurts so badly
Collarbone I feel damaged
Under arm Feeling broken
Top of Head I don't know if I will ever feel whole again

EB Too much has happened
SE And it all points to how broken I am
UE I don't think I can release this belief
UN Even though I hate feeling broken
UM I don't think there is much hope left for me
CB Feeling so broken
UA How can I fix this?
TH It almost doesn't feel worth trying.

EB All this sadness in my body
SE Some things feel out of reach
UE If I weren't broken my life would be different
UN I could be happy if I weren't broken
UM I could go out and do things if I weren't broken
CB Feeling safe, feeling these feelings
UA Feeling safe, feeling this sadness
TH Feeling safe, feeling these memories.

EB I can feel the depth of this sadness now
SE And then begin releasing it from every cell in my body
UE What if this belief wasn't true?
UN What would I do if I wasn't broken?
UM Is that even possible?
CB It is kind of scary to think about
UA But maybe it's this belief that is holding me back.
TH All the times I have thought to myself I am broken

EB What if I'm not?
SE What if I wasn't actually broken?
UE What if I could heal?
UN What if I didn't let this belief control me?
UM All the things I could do

CB maybe this belief has been holding me back
UA Maybe I don't have to be defined by this belief
TH Maybe I don't have to be defined by my past

EB Maybe I'm not actually broken
SE And any parts of me that feel broken can heal
UE Releasing all these patterns of feeling broken
UN Letting it go
UM Releasing that fear from every cell in my body
CB Releasing this old belief
UA It is time to let this belief go
TH It is time to think a new thought

EB Releasing this belief that I am broken now
SE It is safe to feel whole again
UE It is safe to put my past behind me
UN It is safe to feel whole again
UM I don't need to hide behind this belief any more
CB Releasing this belief around being broken now
UA Letting myself accept all of myself now
TH Letting myself feel whole and worthy now

Keep tapping through the points. And just feel in your body all these old thoughts, memories, and beliefs and let go. Your brain has thought it's broken many times before. It knows how to think these thoughts. Your body has felt unbroken many times before. It knows how to feel these thoughts. Now it is time to feel a new feeling. Imagine yourself whole, healthy, healed. Feel that feeling in your body. Connect to your source, to God, to the universe, to whatever feels right for you. Connect to that feeling of being whole and letting go, feeling whole. Feel that in your body and feel that in your heart. Feel that self-acceptance, that worthiness that says, 'I am enough.' Feel that feeling – I am enough.

When you're ready, go ahead and take a deep breath in and take a moment to think about that old belief that you are somehow broken. Even practice saying it out loud and see how true it feels now. You might say, 'Part of me feels like I am broken.' How true does that feel? Give it a number on a scale of zero to ten. We are looking for a shift. Maybe it's not all gone yet, and that's okay. We are looking to move in the right direction. Keep doing this tapping meditation as often as you need to, bring up any specific ideas or memories that created this belief

that you are somehow broken, and let them go. Watch and feel as your body responds to the tapping, responds to these positive feelings and emotions, as your body, mind, and spirit practices the thought, 'I am whole. I am enough. I love and accept myself, all of me.'

I am going to keep the music playing for another minute or two. You can keep tapping or just sit quietly, feeling all of these positive feelings in your body. Until next time, this is Nick Ortner from TheTappingSolution.com. Take care, feel whole, love yourself. And keep tapping.