

## **Who You Are Is Enough**

I'll start with ringing a bell and end with ringing a bell, so you will know the beginning and the end.

*Rings bell.*

I would just like to invite you to notice being here.

If possible, with a sense of curiosity, notice where your attention goes as you notice being here.

Does it go inside or outside?

Maybe it's the sound of the heater, the sound of my voice or sounds outside of you that tell you that you are here.

Maybe seeing the light or seeing the room.

Just notice what is your first procedural way you sense yourself being here.

For others, you may feel your body suddenly in to being here as you notice – internally.

Maybe your attention goes to your core or your heart or your thoughts.

Just notice how you know that you're here?

*Long pause.*

I would like to invite you to bring your attention to the quality of being here.

Is there a sense, maybe a sense of heaviness, or a sense of tension?

Maybe an emotional quality of being here – like anxiety or relief or happiness.

Bring your awareness to your system.

What is here?

*Long pause.*

Now I am going to say some words, and I'll say them twice.

I would just like to invite you to notice in your system what happens in your system as you hear these words.

Who you are is enough.

Who you are is enough.

Notice anyways those words landed and felt right.

Or any part of you that tensed up and said no, that isn't true.

Or anyway your answer showed up. Maybe zoning out or thinking about something else.

If possible, bring a gentle awareness to yourself: it's all okay.

Whatever you're noticing in your system, I would like you to notice that there is a root to that.

There is an earlier experience.

There is some memory or some lie that is here right now.

*Long pause.*

Now I would like to invite you to bring up a resource.

Something that helps you.

It could be a resource of love or calmness or whatever state you like to be in.

Maybe it's a person or even a memory of a piece of music or art, something in nature, a pet.

Maybe it's a spiritual resource.

Whatever helps you.

In a moment, I will ring the bell, and you can take all the time you need.

*Rings bell.*

