

## **Episode 8 Being Enough MEDITATION HANDOUT**

**First read this meditation before you do it. You can have music in the background. Find a place where you are by yourself and comfortable.**

Imagine yourself carrying a big net-like basketball bag over your shoulder that holds a lot of balls that don't even belong to you.

You are taking one ball at a time, throwing each one out of the bag and off your own back, realizing that they belong to someone else. As you throw out each ball, you can say, "This is not my stuff, I am carrying, it's my mother's sadness, or my father's insecurities." One ball is for one person and their baggage they put on you.

This is other people's baggage and beliefs that you inherited.

Get rid of those balls so you can see your own reality and can define who you really are. Deep down, you know that even though you have made mistakes in life as we all do, you are a good person. You are "good enough." You deserve better.

When this happens it opens a door to freedom. It provides a path to hope, healing, and understanding. It opens more and more windows of opportunities to create the life you want and deserve.

Create a new belief, you are enough just the way you are.