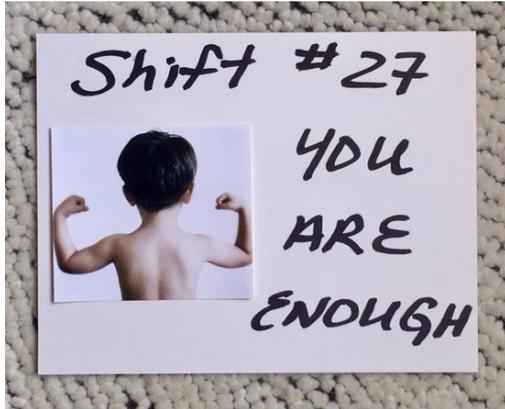


SHIFT #27: You Are Enough

Recording Transcript  
Wendy Down  
Shift #27 – You Are Enough  
December 2018



Hi there.

This is Wendy Down and this recording is Shift #27 in our 6-month Coaching Program. It's called 'You Are Enough '.

I'm going to take the words for this recording really slowly just as they come.

You are enough.

You are enough.

You are enough to achieve what you want to achieve.

You are enough to do what you want to do.

You are enough to bring into the world what you want to bring into the world, to express what you want to express.

You are enough already.

You don't need to learn more.

You don't need to practice more.

You don't need to change.

## SHIFT #27: You Are Enough

You don't need to improve.

You don't need to let go of anything.

You don't need to overcome.

You don't need to become.

You don't need to understand.

You don't need to try harder.

You don't need to find something you haven't found yet.

You don't need to wait for a teacher or a healer or information or a class or a program, a book.

You are enough.

You're enough and you deserve whatever it is you want.

You possess, already, everything that you need.

And as you accept yourself,  
accept your greatness,  
your rightness,  
your worthiness,  
your goodness  
in will flow more details of those things you want.

## SHIFT #27: You Are Enough

Things you were told to the contrary were never true.

Things you experienced that made you feel small, stupid, less than, incapable, undeserving or worthless were untrue.

You are and always have been enough.

Over time who and what you really are will become more and more clear to you, to me.

And that will occur over time.

Every piece of it like a gift unfolded, unwrapped,  
a gift of more of yourself,  
to be delighted in,  
to be amazed by,  
to be in wonder of  
and to cherish.

To cherish yourself,  
to absorb this continual discovery of yourself unwrapping more of your  
worthiness,  
more of your gifts,  
more of your connection to and oneness with the mystery,  
the miracles of life itself  
are ahead.

That's something to look forward to.

Just as right now there are things you know and are that you didn't  
realize a while ago.

You can trust your life to bring these awarenesses to you in just the right  
ways at just the right time.

SHIFT #27: You Are Enough

You are enough.

[08:01 – 10:20 no words]

You are enough.

Always have been. Are now. Always will be.

Let that sink into your body, your heart, your mind.

And notice the places in you that feel uncomfortable with that and reassure those places that they too are enough.

They're safe.  
They're good,  
capable  
and loved.

In the days ahead when you have a question, a decision to make, an action to take, an uncertainty to move through, remind yourself 'I am enough'.

Let the thought settle in and you'll start to discover to be true.

And I think that's all for now.

Bye

00:12:56