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*Margaret:*

Okay, welcome everyone, this is Margaret and this is class number 4 for powerful, passionate and fabulous. And today we are going to talk about the heart. We're going to talk specifically about the concrete wall around our hearts. And so today we sort of move up from a lot of the second chakra work, we move up to third and to the fourth chakra, an incredibly powerful place to work for a lot of different reasons.

A lot of people know that the heart means love, right, and the heart means forgiveness compassion, all of these wonderful things. And I know that all of you on this call experience a tremendous amount of love for people in your life and are probably very compassionate and have an amazing capacity to forgive other people, but today we're talking about how we do that when it comes to ourselves; how we allow or withhold love from ourselves, acceptance from ourselves, compassion for ourselves.

And the incredible, incredible, shockingly incredible impact that that has on the law of attraction; on what we're actually manifesting and drawing to it and materializing in our life based on what's going on in our heart chakra, okay?

So the way that we get started today is I want to talk a little bit about the heart chakra and then we're going to go right into an exercise and we're going to do some great tapping today, of course.

So when we go up from the lower chakras – we've just been talking a lot about the second chakra in the last couple of classes, of course, and in the last class we dealt with the **heedness**, which is kind of one of the shadows of our second chakra, okay?

So I just want to kind of review the chakras up. In the first chakra you recognize that you're solid and that you have a body and that you're physically here on the planet. So in the moment that you're born you go from being one in spirit to actually the moment that you're conceived, right, you go from being total spirit, in infinite and unlimited and completely connected to everything that is divine, you come into a human body and when you're born you realize, "Oh, my God, I have a body, I'm actually separate and solid and I'm not, at this physical body level, I'm not physically

connected to everyone and everything; I am alone, I am separate and I am also mortal, I could actually be killed, harmed or injured.”

So our body is that consciousness about our individuality and how separate we are and how we are solid and part of this physical, solid world, the opposite end of the spectrum from being pure spirit.

At the second chakra we feel the world; it's how we essentially interact with and feel the world through our nervous system, our senses, through the physical body that we have at the first chakra, and all of the emotions associated with that; it's where we actually feel who we are inside of us, feel our deepest needs or aspirations, feel what we're drawn to, feel what we want to avoid, what we're not interested in.

And so based on that feeling, we develop our self-image, which has to do with how valuable and powerful I am as I wrestle with the world and let it come in and mingle with me.

At the third chakra, this is where we recognize that based on that unique physical body and that unbelievably unique second chakra that we all have, we recognize that we are completely unique. So at the third chakra we really recognize, “Oh my God, I am a freakin' one of a kind. I am a one-of-a-kind, never-been-seen-before, never-will-be-seen-again miracle on this planet.”

And as we come up to the fourth chakra we fall in love with that quality, we recognize, “Oh, God, that amazing uniqueness that I have, I can't wait to share it in relationship with other people.” So at our heart chakra is really where we come into relationships with other people lovingly.

And Deepak Chopra also teaches that at the fourth level of spirituality, which is the level of the heart chakra, it's about wisdom. So at the heart, which is the integration of those lower three chakras with our upper chakras, okay, the heart is sort of this really powerful integrating point in our body. It pulls together the love and the acceptance of that crazy lower self that you have that's got desires going all over the place, self-sabotage and all that crazy stuff, and your upper chakras, which are your higher faculties, your spirituality, your mission, your aspiration.

So at the heart we kind of look with this wise view and say, “Oh, my God, you know, I just have all these flaws – of course I do, I'm

human – and I still love and accept myself, because in the big picture I'm unfolding perfectly.”

So it's the heart where we really live that phrase 'I love and accept myself.' I love and accept who I am, not just the me that's being perfect but all of me, even my crazy flaws, even when I make mistakes.

And so it's from that place that we are willing to reach out and relationship with other people, and because we so love who we are we want to share it, and we want to see that amazing miracle that's in everybody else. So the key to the heart chakra is the real deep level of loving and accepting my whole self.

So what block the heart chakra? The thing that blocks the heart chakra is always your mind. The mind comes in, which is specifically the sixth chakra, okay, the mind comes in and makes decisions about whether or not we are worth of love, forgiveness and compassion.

So why would the mind do that? Well, we've learned, and we've got evidence that there are certain ways that we should be, certain levels of perfection, certain rules about how we should do things and things should work and shouldn't work, certain rules about what's a mistake and what's not, what I should have done and what I shouldn't have done, what I could have done better versus perfection.

And based on that judgment process, that critical view of things, we can shut down the heart. Now when the heart's open there's wisdom there, we see the big picture, we go, “Oh, my God, in the scheme of things,” right? We see the big picture in the big – when we see the big picture we often bring acceptance and compassion to things. So the mind is the biggest shutter of the heart.

In the concrete wall that we all have in our heart, because we've all got some in there, is literally a construct of you of your mind. Okay, so how do we get at your concrete wall? Because when you've got that wall, which comes from that critical mind, you are engaging with the law of attraction a millions times a day in a very negative way about yourself personally. You are manifesting and allowing abundance, love, joy, all the things you want to come to you in a very specific way because your mind has decided how deserving you are, and that's what we're going to hold and see and feel at the heart.

Okay, so I want to really make this connection for you. So here's what I want everyone to do. I want you to close your eyes and I want you to imagine that you could bring up the story just like it's a movie of the week special, and it's the story of that thing that you did that is still unforgiveable. Something that you did in the past that you have not forgiven yourself for, that if you look back you can say, "No, no, I should have known better, I should have done better, it's unforgiveable."

And you can even look at your life today and maybe even still see evidence of how you're paying the price of that thing that you did, maybe in your money, maybe in your health, maybe in your self-esteem.

So I want you to tune into that event, the 'it's unforgiveable' event, and just see yourself there; notice how old you are, you know, maybe you were five, maybe you were a teenager, maybe you were 30. So I want you to see yourself there in that movie and I just want you to get a check on a scale of one to ten on the phrase 'it's unforgiveable.' 'What I did is unforgiveable.'

Okay? Sometimes it's something you did; sometimes it's something you didn't do. I just want you to get a check on that, okay, and notice how you're feeling thinking that thought. And I want you to guess how many times a month do you think this crosses your mind in some way, shape or form. Really think about that. How many times a month do you think that this brushes your consciousness?

And I want to suggest to you that you're probably off by about 50 percent, because it's probably twice as much as that; that this event, the consequences of it, the mistakes you made, the 'should have known better,' 'should have done better,' brushes your consciousness at least twice that many times, a day, a week, a month.

Okay, every time this event or any part of it or the evidence or the aftermath or any evidence that you still have in your life, it may be in your money, like I said, it may be in your health, it may be in your living situation. Any time it brushes your consciousness there's a vibe that goes out with you directly to the universe that says, "I don't deserve."

It can also sound like this, "This debt that I have, this crappy result in my life, this poor health," and of the effects of that old event, the vibe is, "I kind of deserve what I'm getting." I kind of deserve

what I'm getting. Yep, yep, still guilty, I kind of deserve what I'm getting from this.

And so your vibe to the law of attraction is, "Yep, this is exactly right, what I'm manifesting and the results that I'm getting in my money and in my health, my relationship; I'm pretty much getting what I deserve."

Okay, I really want you to make that connection; this is why it's so powerful to tap on this. And I find that people won't because when they look back at this event, they go, "Well, why would I tap on that? I'm right. I'm right about it, I should have known, I should have known better, I should have done better. I screwed myself. I screwed somebody else, I did something horrible and I'm right. Why would I tap on that? I've already got that one figured out."

So we're going to tap on it today. So first we're going to voice very loudly your inner critic and then I'm going to take some feedback on it, okay?

So just tapping right through the points:

...There I am  
...Making a huge mistake  
...Doing something awful  
...Something so stupid  
...So destructive  
...I do not forgive myself for this  
...Why would I forgive myself of this?  
...It caused so much pain  
...So much loss  
...I can't let it go  
...I think about it so often  
...Sometimes I imagine all the things I could have done better  
...God why didn't I do it right?  
...If I had just done it better  
...If I had just seen what was happening  
...If I had only been strong enough, smart enough  
...But I wasn't  
...It's unforgiveable  
  
...Unforgiveable  
...I refuse to let this go  
...This is too big  
...Too bad

...Too shocking  
...And it created too much loss and pain  
...Yes, there were other people involved  
...But I blame me  
...I'm the one  
...I should have seen it coming  
...I should have known better  
...I should have been smarter  
...Stronger  
... More conscious  
...It's unforgivable  
...And I am right about this  
...This is my story  
...And I watch it over and over  
...And I wish I could change it  
...I wish I could go back in time and shake myself  
...“Wake up, what are you thinking?”  
...But I can't

...But I can call myself guilty  
...A million times over  
...I can sentence myself  
...To punishment  
...A million times over  
...I can remind myself of this big piece of evidence  
...A million times over  
...I refuse to forgive myself

Okay, and take a nice deep breath. I just wanted you to notice how harsh that sounded, okay? The inner critic is ruthless and when we do this to ourselves, even when it just brushes our consciousness and we don't even notice we're going through this cycle, we are breaking our own hearts.

So I want you to look at the picture again of you and see how intense it is now, the 'I should have known better, I should have done better, it's unforgiveable.' Okay?

And you can start to – if you want to give me a comment. Now depending on what the event was, how intense it was, will depend on how much tapping you need to do, okay? But what we're looking for is some feeling of compassion coming in about this old event, and do you know what that means? When you start to feel compassion your heart just opened, okay?

So I'm to come to Tucson, Arizona.

*Participant 1:* Yeah, hi, this is Participant 1. I am just amazed because it just brought me back to this event when I was about 12, 13 and it just launched all these things. It's actually – it's almost like – when you said it's not forgivable, I didn't even think that it was even possible to forgive it. And I'm starting to actually see that there's actually a little bit of a possibility of forgiveness there, but I didn't – it just set me up for the rest of my life and I've never seen that before until we talked, it's like – I thought it was like set in rocks.

*Margaret:* Yeah. And that's why I call it concrete, right, the concrete heart wall. It's like, you know, this is it.

*Participant 1:* This is it and from there on everything became confusing and that has – and now it's like all this threads through all my life, whenever I get into places where I can experience happiness or power or any of it, this always comes in.

*Margaret:* Yeah, and so energetically when you can look back on that and say it's unforgiveable, you have to manifest more punishment in your life.

*Participant 1:* Exactly because I really believe that this was somehow implanted at that time that there was a big part of me, it was my fault and I was part of it so it must have been my fault, right?

*Margaret:* Yeah. And so, you know, it's like even when – so when bad things will happen there's this – or you know, say someone had like a financial disaster and then they have debt because of it, even though we can say, "I can't believe this is happening to me, I wish I had done better things in my life," there's this little part of us going, "Yeah, I kind of deserve this," because remember, remember what I did?

*Participant 1:* Right, and the other thing that's always with me is like I have to make up for it. I have to make up for it. Like in some way I have to be good or better or do better because, you know, God, I have to make up for things.

*Margaret:* Yeah, so once you're hearing that, like, so I've never been deserving, that's something that I have to earn and fix.

*Participant 1:* Exactly. I have to earn it; exactly.

*Margaret:* And this is where it goes directly to the 'I deserve' vibe of the universe, right? It's like, 'no, not yet.' So I like to make people

really aware of how destructive I should have known better is, because it sounds like such an innocuous little phrase, and people will say, “But Margaret it is true; I should have known better. I could have done better.” It’s such a powerfully negative thing that we don’t catch our self doing that – it destroys that vibe of deserving.

It says, “I don’t really deserve yet. I actually deserve what’s happening to me on some level.” Okay? That’s awesome. So you keep tapping for this one, okay?

And I want to see from you guys if we need to do another round on the ‘I don’t deserve, I can’t forgive myself yet.’

So I’m going to come to New York. I think it’s Participant 2?

*Participant 2:* Yes, hi Margaret. God, I feel like I totally screwed up now, because this morning I just finished saying inside of myself – it shocked me – I love all of me. So now what’s happening on this stuff – and the biggest thing that comes up is not so much the thing that I’ve done, it’s what – is both my parents, because neither one of them every said I deserved anything.

*Margaret:* So the unforgiveable, is it your parents are unforgivable?

*Participant 2:* No, I think it’s made me feel like there is something wrong with me, that no matter what I try to do, both my parents in one way or another would say like, “No, it’s not right to help you. No it’s not right, you shouldn’t look for help,” you know, all those kinds of things. So I think I’ve sabotaged myself as we were doing all this, that every time I start to do things that didn’t involve my family then that “You don’t deserve anything” would come up and I’d screw everything up.

*Margaret:* Yeah. So you know what I want you to focus on, I want you to focus on this younger version of you, and then unforgiveable act is ‘I believed them.’

*Participant 2:* Ah, okay.

*Margaret:* Okay, so I want you to look at the little girl you were and say, “You believed them and that has screwed me.”

*Participant 2:* Right.

*Margaret:* Okay?



*Participant 2:* Got you. Okay. Thanks.

*Margaret:* So I want everyone to look at the picture of you again, okay, and you might be feeling a little more compassion, but I want you to think about the destruction just as we started to get you there that it's caused. Before we move on I want to also get to what has been the price that you've paid because of that mistake, okay? Before we get to compassion and forgiveness we want to really voice what is the price you paid? What did you lose because of that, okay?

I'm going to come to Colorado. Participant 3, I think, in Colorado. Are you there? I'm un-muting Colorado.

*Participant 3:* Hi, yes, this is Participant 3.

*Margaret:* Hi Participant 3.

*Participant 3:* I just had to follow Participant 2 again. I just have a very quick thing to say and that is that what really is the biggest part of this is that I don't deserve it yet; it's the yet part. I'm a striver, I'm a builder and I've let everything else in my life take a backseat to striving for what I wanted, but it's been a life of striving and not getting. For me that's the hugest part of all of this.

I don't know if it's true for everyone but that's what stands out for me, that I'm still – because I have some compassion, I thought at least I didn't hurt anyone else, I just hurt myself. And, yeah, I don't deserve it yet. So I'm always trying to be more deserving and it hasn't happened yet.

*Margaret:* Yeah, and it's the mind that says, "Not yet." So this is what happens – great comment because so many people – you know, I've heard that from so many people and that's why my little expression is 'Always striving, never arriving actually at the point that I really deserve,' right?

So when the heart's closed there's no wisdom, there's no big picture; it's the mind. And the mind will be based on your tribe, your family, your upbringing, whatever. It's looking at a more rigid view of this standard, right? And so in the profile system we call this the knowledgeable achiever and the dark side, it's the rule keeper, right?

They're the rigid view of what success is and what achievement is. And when I get to that standard that I have set for myself, then I

will be deserving, okay? So we set this impossible standard and view that – deserving isn't intrinsic, it's earned and it looks like something that I've got this impossible view of. And when I get there then, like this impossible point in the future, I'm finally somehow going to have earned my deserving, right?

Whereas when the heart is open we recognize, "Oh, my God, I deserve right now, even before I lift another finger; I deserve." And when that vibe comes from the heart the way that you manifest reward in your life totally, totally changes, okay?

So I'm getting a lot of people on the webcast who are saying, "Please, do another round on this deserving issue, because it's really triggering how much I don't deserve." Okay, so we're going to do another round of tapping, starting on eyebrow point again, or any point you'd like to start on:

...There I am  
...I feel a little bit of compassion  
...But what about the price I've paid  
...The loss  
...The suffering  
...Because of that mistake  
...I lost everything that day  
...I lost me that day  
...I lost something that was important to me  
...I lost a piece of me

...I've really paid the price for this  
...I'd love to forgive myself  
...But I don't know if I can  
...I don't know if I should  
...Don't I have to hold myself accountable?  
...I can't just let myself off the hook  
...I've got to hold myself to much higher standards  
...So I need to hold onto this blame  
...To make sure I learn my lesson

...So much pain and loss  
...So much suffering  
...I'd love to be more compassionate  
...But it's just too big  
...It's too much  
...I'm too sad  
...I'm too angry at myself  
...And I totally judge myself

...I was an idiot  
...I'd love to forgive myself  
...But what about the price I've paid  
...And nobody understands  
...Nobody gets it  
...I need to hold onto this  
...To make sure I learned my lesson

Okay, and take a nice deep breath. And so, you know, the interesting thing about tapping is – as a clearing technique – is that we literally voice the dark stuff and it releases and it gets lighter, okay?

And so when we voice that, you know, we kind of become conscious of how harsh that is and ruthless, and it releases. So I want you to look at the picture again and see yourself there; how do you look? How old were you?

Given your life and what was happening and everything you knew up until then, is there any way you could have known better? Is there any way you could have really figured it out? Is there any way you could have really done any better than what you did, with everything you had going on at that time?

And I want you to think about if a young person came up to you at that age that you are in that picture, and they started to tell you about this mistake they had made, would you say to them, "Yes, you should never forgive yourself from that; never, never, never." Or would you say to them something more about the big picture, in the scheme of things, and about doing your best, and about growth?

Would you say something to them about how every challenge has a blessing in it, a gift or something you learn, that you take forward and that's what matters. Yeah, we do that for other people don't we? But when it comes to ourselves we're pretty ruthless. We are pretty ruthless.

So I want you to look at that younger version of you; was he or she doing their best, the best they knew how at the time? Forgiveness is realizing there's nothing to forgive. I was doing my best. I've always been doing my best, even when it looks like I'm doing my worst. At the time, in the big scheme of things, in the picture of my life, in challenges and growth, I was doing the best I knew how at the time.

So I just want you to see and feel that and we'll do another tapping round on that and then I want to take some feedback, okay? And, you know, if you still feel really resistant, if there's still a lot of "No, what I did is too bad," you know that's okay, you want to keep tapping on that because when you find something that's that stuck in ruthless and pretty harsh – I mean I've had people say – I'll say, "What age are you picturing?" and they're like, "Five," and they're like "She should have known better, she should have known better, she should have known better." And like wow, right, that's pretty harsh for a 5-year-old child that you're looking at.

So it's not logical because when it comes to ourselves we're not logical like we would be to a 5-year-old child, right? But these can be really hard to break because it's not a real feeling; it's a stuck though process. In stuck thought process when the mind believes it's right it's harder to break than a real feeling, a real emotion.

Okay, so your mind – if you're looking at the picture and you're still like, "Yeah. No, I'm right; this is unforgivable," you just have to keep tapping on it and saying it over and over and over, "It's unforgiveable, I'm right about this; it's unforgiveable, I'm right about this," okay? It just means that you have an even stronger mind around "No, this is my view of what's right and what should have happened and I'm not going to budge on that." Okay?

But we're going to move on and do a round with a little bit of this compassion in there.

Okay, I'm tapping through the points:

...There I am  
...I'm just going to honor  
...All the things that were going on in my life  
...It was actually a really hard time for me  
...And there's no real way  
...I could have known better  
...There's no real way I could have figured it all out  
...There's no way I had  
...The energy  
...The presence  
...The consciousness yet  
...To be stronger, better, wiser  
  
...The truth is  
...I was doing the best I knew how

...I was doing the best I knew how  
...With everything going on in my life  
...I was doing the best I knew how  
...I've been blaming myself for this for a long time  
...And I feel the sadness of that in my heart  
...And I'm open to releasing that  
...To healing that  
...To moving that energy  
...And letting that un-forgiven vow  
...Just flow out of me

...I'm open to releasing this un-forgiven  
...This unforgivable  
...This 'should have known better'  
...And the 'I don't deserve' that comes with it  
...Because from this vow  
...I've manifested  
...A whole bunch of justified punishment  
...To fit my crime  
...I've manifested a whole bunch of pain  
...To match my undeserving  
...And I'm so ready  
...To let go of that life sentence

...The truth is  
...I did learn from that event  
...I did change  
...I learned something there  
...I grew  
...It was painful  
...But because that happened  
...I've had growth in some way  
...I'm just going to honor that too  
...In the big picture  
...I was doing the best I knew how  
...And things unfolded exactly as they were meant to  
...And the truth is  
...I did learn the lesson  
...Do I still need the punishment?  
...I'm so open to letting this un-forgiven go

Okay, and take a nice deep breath and give me some feedback on that round. This can be particularly intense. This is the kind of tapping that people will e-mail me after and say, "Margaret, I was sobbing and I couldn't un-mute because I was crying so hard." Okay?

And I'm just going to come to the Q&A too, because I know there's people coming in there. A lot of emotion; people are saying on the webcast here – wow, okay. And so I think I've got New York, Participant 2, un-muted.

*Participant 2:*

Yeah, hi, this is great. First of all thank you because you cleared up a big thing for me. I always thought it was these big feelings but I realized you're right, it's a stuck thought process and how I see myself is like a deer in the headlights, you see the car coming, you know you're going to get hit and can't move, can't move, can't move, and because of that unforgiveness, stupid me, all that other stuff that goes with, "I should have, could have, would have," which I heard a lot in my life, I did not trust my own judgment.

And I have learned and I have made choices and changes and still am, which feel right to me – or better for me. So this kind of lifted a lot of that – I don't know, I would say like in the back of my head, don't quite look at it but see it kind of floating on the other side, and brought it back into focus for me.

*Margaret:*

Yeah, awesome. It's kind of like we can have two hearts, you know, we can have this big, warm, loving heart for other people and then we'll have this little walled-off area of our heart, where we're saying, "Yeah, no, I don't forgive that about myself," right? And so it's really kind of like the mind controls it, you know, because it's the mind that's stuck on it; the heart has wisdom, right?

And so you want to look at that event and remember that when we look at the past and we say that shouldn't have happened, you know, I should have known better, I should have done better, that whole thing shouldn't have happened; basically what we're saying is I know better than the Divine, right? Like hey, that actually right there was a mistake from the Divine.

And so with consciousness and when we do this kind of personal development work, the goal is to be able to – and we don't just get there spontaneously, you know we have to work our way through it, just like when we grieve a death – but the goal is to be able to look at the past and see that even in that there was divinity; that divinity was unfolding even in that event, as horrible as it may have been, that there was something in that event that triggered your life purpose, that triggered growth in you, that triggered a commitment in you.

You know, some people made a commitment from that day forward, you know, I have battled, you know this – I’ve been on a mission to do this in life, right? Or I made a vow that I was going to love my children and do this. So you want to see that something in that event was exactly what you needed. You know, we can’t go back and undo that past, but in the heart’s wisdom we can see that divinity has always been unfolding, okay?

And that’s when we have – and actually our seventh chakra is opened and we’re not just running from this rigid view of our mind, we’re seeing the big picture, our heart’s open. We have access to that wisdom. Again, like we would tell a young person, right, “Oh, yeah, you should forgive yourself because in the big picture,” you know, we’re so good with it with other people and not with our self, so awesome.

Okay, I’m going to come to Pennsylvania – Philadelphia, Pennsylvania. I think it’s Participant 4.

*Participant 4:*

You know I was having trouble really honing on a particular incident and at first I was thinking about a time when I really allowed myself to be abused in a relationship, but it didn’t really feel like that was it. And at this last round it started feeling like – I started thinking about my poor impulse control when I was a little kid. You know, that I was constantly getting in trouble because I lost my temper.

And so I was just kind of wondering what’s the best way to work with this when there’s not really like a single incident or, you know, if it’s more like a behavior pattern or something, because I started crying and I felt like this was really something that I was touching on and I feel like yeah, it’s kind of like ridiculous to have blamed myself for my poor impulse control as a child. But it really was huge.

*Margaret:*

Well, they’re both, you know, two sides of the same coin; they’re both about your power, right? So first if you were to really tune into yourself as a little child and picture you being like tantrummy or bratty or whatever, right, you want to work with that because there’s sort of like “I hurt people and I had a lot of consequences when I was powerful,” right? Because when you were out of control or whatever you’re doing, it’s a child who’s using their power, right, exerting their power in ways that aren’t that fun for an adult, right?

*Participant 4:* Yeah.

*Margaret:* So it's around your power. And then in the other scenario it's like you wouldn't use your power, right? You allowed yourself.

*Participant 4:* Yeah, it's like – to me that feeling is just one of like overwhelming frustration; it does not feel powerful at all.

*Margaret:* When you look at the child?

*Participant 4:* Yeah.

*Margaret:* Yeah. And so you'd need a little tapping to get there but when we're looking at a younger child that was sort of out of control, right, and all over the place, if you do some tapping around that, and process the feelings that you feel, like you're looking at that little child and then you process those feelings of looking at that child and really tap about it, like whatever judgments you would have, you know, she's out of control, I don't want to see this, this is crazy; whatever you would tap on, okay?

When you do that a few rounds like that, you'll be able to see the child very differently and see the power that the child was carrying, okay, even though it was sort of in a negative way. So you probably got in trouble and learned I've got to shut that impulse part of me down, that crazy, wild, big energy part of me down.

*Participant 4:* Yeah.

*Margaret:* And vowed to not be that. So now what can I be? Well, I can sort of be somebody who has no power.

*Participant 4:* Yeah. I mean it's like the big energy that was positive, I felt shut down too, so, you know.

*Margaret:* Yeah, because we shut down both. You know, when we try to shut down the dark side we shut down the light side too, right? So when we depress something we depress all of it. When people take depressing medications – that when you're depressed – it depresses everything like joy and sadness; you don't feel anything as much, right, when take things like Prozac that sort of turn down all the intensity?

It's the same thing in your body; we sort of have to repress that whole energy, right? And then other side of it, because you came



in with some big energy and some power, any time we have in our life, especially if we have that charismatic-leader profile – so anyone listening who’s got that – often the unforgiveable event is when you were fearful, when you let somebody over walk you and that will be the unforgiveable event.

If somebody’s got a strong, knowledgeable achiever, you know then the unforgivable event is always going to be around not figuring something out and not knowing better and all that kind of stuff.

So the thing that’s most unforgiveable for us is always going to tell us the most about how we block our power, right? So either one of those – so you kind of have a battle on both sides; it’s unforgiveable when I don’t have any power, but when I was young and I had this natural, you know, kind of like exploding energy everywhere, that was unforgiveable too because nobody liked it, right? So you kind of have it on both sides, right?

And that’s why it will kind of feel like despair and frustration because it’s kind of like “I can’t go either place with this, right, like “I don’t want to own that either.”

*Participant 4:* So, as I keep tapping it should become clearer what the core issue is, because it still feels like really murky.

*Margaret:* What I would do is the same process we’re doing right now, when you rewind the audio, picture yourself as that little out-of-control child.

*Participant 4:* Okay.

*Margaret:* Okay? And make it really loud, like total meltdown tantrum, impulse problems all over the place. And I want you to really rail and yell at how unforgiveable that little child is and how you don’t want anything to do with them.

*Participant 4:* Okay.

*Margaret:* And then see what happens as the picture changes, because that’s where you made the vow to not have your power.

*Participant 4:* Okay. Okay, thanks.

*Margaret:* You’re welcome. I know that’s going to resonate for a lot of people.

Okay, so I'm coming to Fort Bragg, California.

*Participant 5:* Hi Margaret.

*Margaret:* Hello.

*Participant 5:* I too have been having trouble visualizing, actually throughout everything I've done with you I see that I have trouble visualizing, and it doesn't stop me from having emotions come up in a big way so something's working. But I'm also not landing, like in this case, a particular event, although some different ones have come up and they've evoked something big, so I'm just going with that.

And when you were talking with – I'm not sure who it was, maybe it was Participant 4 – about trust. Out of the incidents of the past what was coming up for me a lot lately is I can't trust myself, you know, I can't trust that I'll accomplish, I can't trust that I'll do it right, I can't trust that I have what it takes, and what's shown up all throughout my life, or since whatever the initial incident was, is a lack of – like I don't deserve to be satisfied or fulfilled. I am always trying to make up for something, whatever it was, I'm always trying to make up of it and I'm hoping nobody finds out, you know, that I'm a fraud, and it's all loud, very loud right now.

*Margaret:* Yeah, so a couple of things. So when you try to visualize, what happens? Do you go from thing to thing to thing or like what happens when you try to visualize?

*Participant 5:* It's just like burry, there's not anything – I can't see. You talk about how do I look now, how do you look now when you look at yourself after this tapping around, but I can't see myself. I can't see anything.

*Margaret:* Yeah, so there's a couple of things you can try. Some people aren't like super visual visualizers, right? And so what I'll say – there's a couple of things you can try. It can be a sign that you're really defended around this, which means, "I really don't want to trust myself, and I don't really want to go there."

Now, emotion is coming up for you but it can be a sign that there's a pretty strong defense mechanism in place, right, of "This is how I operate and I'm not going to start trusting myself because I don't and I'm right about that," which is how we work.

So you can do two things. I do recommend people to do a round of tapping that sounds like this; I can't see it, I don't want to see it, why should I see it, I really don't want to see this, I really don't want to go there, I really don't want to change, I really don't want to see this. And just keep tapping on that. And then they're like, "Wow, I can see it." Okay?

But also what you can do is – I'll if I'm working with somebody one-on-one – I'll say, "Okay, even though you can't see it, I just want you to guess." If you were to see – you know, guess, what event do you think it would be? And they usually have an event there, and I'll say, "Okay, if you were to see yourself standing in that event, doing that big mistake, what would you guess you would feel about it?" Okay, and you usually know.

*Participant 5:* Yeah. And I'm getting the emotions around it, and so now I'm getting more about – it's like I know the story of it, you know, like the story's been there since it happened, so I know the story of it and that's what I bring up is like a short-version of the story.

*Margaret:* Yeah, so what would your feeling about it be if you were to tune into that story?

*Participant 5:* Yeah, well what was happening in the tapping round is really upset, really embarrassed, you know, sad, like really like a criminal, do you know what I mean?

*Margaret:* Okay, so this is the thing. So in there you have – the defense mechanism says, "There's a part of me that's so dark and so bad and such a monster, such a criminal, so horrific that I don't want to see it, I don't want to go there." And this often a big charismatic leader trait, right, because we know we have a big dark side.

And so – I was just working with a whole group of people yesterday on biggest fear; fraud, fraud, fraud, fraud, they're going to find out that I'm a fraud. It was like everybody across the board, right?

And so what happens is it's like if people really saw that, saw me, they would see this horrific dark side in me, and they'll immediately know that whatever I'm pretending to be, this good, loving person, is a fraud.

So when we've got that we have to have a massive amount of defense around that, okay? And that makes sense, defense is there for a reason that's why we don't try to just rip it away and say, "You've got to face this." All right? We tap and we go, "I don't

really want to see this. It doesn't feel safe for me," you know? And so what I'll do sometimes with people is I'll say, "But I'm open to letting some of the feeling go today. I think it would be shame. I'm open to letting some of that go." Like let some of the steam off, okay?

So what happens with you is when we talk about unforgiveable you're going to your biggest core issue right away, right, is that there is this darkness in me that's just – I could come up with a million scenarios and it's the same darkness.

*Participant 5:* Yeah, right.

*Margaret:* And it's not okay, it's unforgivable for me to have that, right?

*Participant 5:* Right. Okay, good.

*Margaret:* So be gentle on yourself about it and just know that this how, even with tapping, our mind, our willpower can kind of come in and kind of like say, "Not going to go there," right? And it's doing that for a reason and sometimes it's good to, you know, to work with a practitioner who can sort of help you come through it and you feel like you're with somebody one-on-one and they're like there with you energetically.

*Participant 5:* Yeah, I need that, I do.

*Margaret:* Yeah, and to work, you know, I've got Keri and I've got Stephanie, because what happens is – especially when you work with someone who's been coached under me – there is nothing that anyone can say from their lower self that is ever going to be a blip on the radar of – because we do this kind of lower-self work, right? So you're with somebody who is like fabulous, that means you're a charismatic leader and you're like, "Oh, my God, I just told them that I killed somebody," right? And you're like, "Yeah, that's your..." right?

And so really there's a way to be – work with somebody who is going to be incredibly accepting of whatever we come up with on our dark side, does that make sense?

*Participant 5:* Yes it does.

*Margaret:* Because every dark thing we have has a light side to it and it's just an aspect of that, right? And it's part of being human, you know? So admitting that we have – for instance – murderous tendencies,

you know, “I have murderous fantasies about my wife,” or something, it’s like, “Yeah, of course you do; everybody does.”

*Participant 5:* Right, right.

*Margaret:* So yeah, so sometimes that can really help because charismatic leaders, we don’t want to be seen and we’re kind of hard to work with because we’re very slippery and we’d rather figure things out and sometimes we can trick therapists, right?

*Participant 5:* Uh-huh. That’s how I feel about my therapist.

*Margaret:* Kind of like, “Mm, I can completely pull the wool over their eyes.”

*Participant 5:* I want somebody that’s smarter than me, in that way, to work with me, because I know I can be slimy.

*Margaret:* Yeah, it’s a chameleon and so you want somebody who’s going to call you on your stuff.

*Participant 5:* Exactly, right.

*Margaret:* And speak to your light side, not agree with you when you’ve convinced them that you’re broken, right?

*Participant 5:* Right.

*Margaret:* So, awesome. Great, great comments, because again, when you speak you speak the truth for a lot of people listening.

Okay, I’m going to come to New Jersey.

*Participant 6:* I have several questions. The first one is, when you mention about the profiles, the charismatic leader and all of those things, where is that from?

*Margaret:* There’s some training that you got as a bonus and so it should be on your class page, it’s called the Rhys Method: Life Purpose Profile Training, and it comes from Rhys Thomas, who’s my partner and my fiancé and a system of profiles; it’s five different kinds of people on the planet, basically, that he teaches in his energy medicine school.

So you can read the history of it, it came from the work of Alexander Lowen and so you can read about it, hear about it there.

*Participant 6:* Okay, I'm familiar with Alexander Lowen. And then the second question is if you're in a place where you can't verbally, like speak or speak really loud, does that have an impact on your being able to release that \_\_\_\_\_ or to be able to summon up the emotions?

*Margaret:* Yeah, when you're tapping, you mean?

*Participant 6:* Mm-hmm.

*Margaret:* You know, it's still better to do it. You may want to try tapping again in a situation when you can, you know, when you can really voice, you know, get in your car and drive out somewhere. But I always say, remember, it's the tapping points are making a change in your nervous system and your energy system when you tap them.

So when you're feeling something, when you're tuning into it in your tapping, that's how it acts as a clearing technique; it's kind of like disconnecting it from like your nervous system and your energy body, right? So it kind of depends, you know, if you feel like you wish you could scream and you can't, you might want to get that scream in at a later point.

*Participant 6:* Okay.

*Margaret:* Because the voice is such a powerful element in healing. The fifth chakra is the healing channel, and so what we voice with our fifth chakra is really powerful, so letting this stuff out, because we're already speaking it into ourselves, really negative stuff all the time, letting it out and then bringing in the positives with our voice is really powerful.

*Participant 6:* Okay, all right. Thank you. And I was just going to say the reason why I asked that question was because I felt like I could not connect as much but I was wondering whether or not that was because I'm not really fully vocalizing with all the emotion and everything because of where I'm at.

*Margaret:* Yeah, you know definitely, if you sort of have to keep a lid on it, energetically you will. You know, like sometimes when I'm in live groups it's amazing but we can work on kind of intense stuff and people just – it's like they know that they're in a live group and they can't go like to the deepest place where they're at, right? And so there's a level of sort of, "I've got to hold it together a little bit." And so you might want to try it again and just see if you can really bring the emotion up and in.

Because if you can bring the emotion up, that's when you can really get the best clearing. And certainly there's lot of people commenting that they're having a lot of, a lot of emotion process on the webcast and everywhere else, so awesome, great question.

*Participant 6:* I do feel like I – but I just want to add too though that I do feel like the energy is shifting and clearing though inside of myself.

*Margaret:* Yeah, absolutely. Especially when you – that's why I like people to tune back into the picture; when the picture looks different you've made a change in your nervous system, your unconscious mind, your energy system, because your mind is painting you a picture of what you're carrying now in reference to this old event, okay? And the important thing is do you feel more compassion there?

*Participant 6:* Okay, thank you so much.

*Margaret:* Okay, awesome. So I do want everyone to kind of take a look at the picture again and just kind of see yourself in that old event and we kind of did some tapping about the truth is I was doing my best, okay?

And just kind of see, you know, how does it feel now when you look at your younger self? How important is it to remember that you made this mistake, to keep that evidence alive, right? And what's your perspective now on the utility of that in your life, of learning that lesson? And what is the gift that you got from that old event, what did you learn?

And so here's the thing, here's the real test; is when we can look back at that event and feel compassion for our self but also see that that event – that because of that event – we're actually smarter. Because of that event we actually became stronger. Because of that event I actually trust myself more now than I did before; because of that event. That's the real test.

So I want you to just think about that. Think about that event, all the things you learned, the pain that you suffered, the perspective that you have now. And what we do when we have this unforgiven thing is we let that event be the reason that we don't trust ourselves, that we don't deserve, that we don't think we're smart enough, that we're afraid because we're going to make a mistake because we did that one time.

And with our heart open and the wisdom of our heart, we recognize that because that event happened and I lived through it and I see it, I actually trust myself more. I'm actually smarter because of it, and less likely to not see what's going on, not to become aware, not to make a change, a tweak, change directions, put up a boundary. I actually trust myself even more now. And that is another gift, okay?

So I want you to look at the event in another way, which is what does that old event say about how deserving you are today, about what you deserve? Because every time you have remembered it and it's just brushed your mind, and you've said, "Should have known better, shouldn't have done it, should have been better, should have done better, should have known better," and you've rehashed it, "Why did I do that?" you've said to the universe, "I really don't deserve still. I still should be being punished for this crime."

And so as you're looking at it now do you still deserve the punishment? And if not what do you deserve? What does someone like you, who's gone through that event, who overcame it, who dealt with it, who learned from it, who actually now has the compassion and the forgiveness about it? Before you do another thing in the world, do you or do you not deserve?

And I want you to really feel that all the way through. This isn't – you know, we know that we have to be deserving so we try to think that down, we try to think it and affirm it and think it down into our body; this is a natural rising up of deserving.

Okay. So I just want you to start tapping, and imagine that you could just be there with that younger version of you, the person that made the mistake, that you could step into that picture with open arms and an open heart with the wisdom and the compassion – and imagine that there's just this beautiful green heart energy surrounding the two of you. And you can grab that younger version of you and give them a hug and tell them, "It's okay. It's okay. You were doing the best you knew how."

And I want you to give them a piece of advice, just like you would to somebody that age who made the same mistake. I want you to say to them, "You need to forgive yourself for this. You need to let it go. You've the lessons, you've made the changes, you had the loss, you've already had the pain; you need to let it go and move forward, because you deserve forgiveness, compassion. You deserve understanding and I'm giving it to you now. You deserve



love, you deserve joy, you deserve abundance, you deserve your heart's desire, not because of anything you do but because you just deserve."

Just be there with that younger version of you and give them permission to let it go. And just imagine that the younger version of you lets it go and lets it go at another level inside of you.

And now I want you to imagine that you're there and now the room is filled with people, all of these people that represent everybody that's on this class right now and who will listen in the future, and everybody in that room has just given this unbelievable gift of love and forgiveness and acceptance to themselves and honored their deserving.

And just see that beautiful green heart energy of all those open hearts, the wisdom, the compassion, the forgiveness of the heart that loves you; a room full of them. And let that green, beautiful light just spread out in that roomful of amazing people who have done something so courageous today. And let it flow into universal love; everyone in that room, beautiful, open-heart chakras. Everyone in that room has done courageous healing; we are all connected right now; that's a lot of love.

I want you to look around the room, just energetically you're looking at all the other people on the call; is there anybody that doesn't deserve? You don't know what they do, what they accomplish, what they are, who they are. Is there anybody there who at an intrinsic level doesn't deserve to give and receive their hearts desire?

So it's just like Oprah, you're looking around the room and you're saying, "You deserve and you deserve and you deserve and you deserve and I deserve." Because when your heart is open with this compassion, not only do you see the perfection that you are, you can see and perceive the perfection in everyone else instead of filtering that through a lens of standards and acceptability.

I want you to perceive the divinity of everyone and in yourself; do you deserve? Does everybody in this room deserve? Awesome.

Okay, so we're going to start tapping, just through any of the points, okay?

...Even though I've been holding out on myself  
...This event

...Like a cement room in my heart  
...Where I'm unforgivable  
...Which means I deserve punishment  
...I forgive myself today  
...I was doing my best  
...I've always been doing my best  
...In my imperfection  
...I am divine and human  
...Always growing  
...Always making mistakes  
...And always divine and deserving

...I'm letting go of this cement block in my heart  
...That has kept me defended in some way  
...Blocked my ability to love me deeply  
...Which blocks my ability to love other people just as deeply  
...Which blocks my ability to let the universal love in  
...To feel how loved I am by the universe  
...Because I thought the universe judged me too

...I'm open to letting go of that cement block  
...So I can feel with my heart open  
...All of the love pouring into me  
...And the love bursting out of me  
...For myself  
...For the universe  
...For other people that I care about  
...For the Divine  
...I'm letting myself feel the warmth  
...The presence  
...The wisdom of my undefended heart  
...And I commit right now  
...To see the love and divinity in myself  
...To see myself as so lovable  
...To look for pieces of me that are so loveable  
...And I commit to seeing it in other people

...And when I see things I love in the world and in other people  
...In the entire universe  
...I open my arms with my open heart and I say, "Yes, I love that."  
...And as I love I draw to me  
...I literally manifest more things to love  
...I commit right now  
...To proactively looking for reasons to love myself  
...To proactively looking for things to love in this world

...I commit to letting myself fall in love  
...With everyday things in my life  
...Fall in love with my paycheck  
...Fall in love with what I just made for dinner  
...Fall in love with the beautiful blades of grass in my yard  
...Fall in love with other people  
...They're funny, they're crazy, they're brilliant, their mistakes

...I commit to letting myself fall more in love with life  
...Than I've ever been  
...And as I feel that  
...It is completely clear to me  
...How much I deserve to feel that love  
...To express that love  
...To receive and let that love wash over me  
...And the entire universe and quantum field is listening  
...I deserve  
...I deserve  
...I deserve what my heart is wanting  
...And what my heart is wanting deserves me  
...I totally honor, love and accept myself

Take a nice, deep breath. Awesome.

*[End of Audio]*