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Margaret: Okay, welcome everyone. This is Margaret Lynch and this is Powerful, Passionate, and Fabulous. And today we are going to be talking about sexuality. So today I have brought on a very special speaker, one of my favorite people, Lisa Campion. Lisa is the head teacher and the Dean of Students at Rhys' School, so at the Rhys Thomas Institute of Energy Medicine. She works with the students. She's the head teacher there. She's been with Rhys day one from the day that school opened. Right, Lisa?

Lisa: Yeah, I have, yeah.

Margaret: Helping him out there. He would not have the school without Lisa and everyone's heard me talk about Rhys. Rhys Thomas my fiancé and Rhys is where you found out all the information about the fascinating things he teaches about the profiles which was a bonus you got in this class, learning about your profile. And also his very unique teaching of the chakras. So I'm going to tell you a little bit about Lisa. She is an energy healer and a psychic for 20 years of experience. She incorporates body centered counseling and/or psychic readings, and is also adapt at many kinds of vibrational healing techniques including reiki. She teaches a lot of reiki classes, full spectrum healing, crystals, flower essences. And she is one of the coolest people in the world. I've never met anyone who embodies the Goddess' energy more fabulously owning it than Lisa does, right, Lis?

Lisa: Gosh, Margaret, thanks.

Margaret: I know you agree with me on that. And she really specializes in the sexuality, in the raw life force energy that we call sexuality. So we have a special class today because part of Powerful, Passionate, and Fabulous, we've spent a lot of time with the second chakra. We even did the hedonist side of the second chakra because this is really about bringing up your power and as Lisa is gonna talk about a lot of our power is repressed because it has a sexual channel to it. So with that I am going to let Lisa take it away.

What we are going to do today is Lisa is going to do some teaching and we are going to do some tapping around some of the things that she brings up. So she will do some teaching and then we're going to do some exercises and maybe test some things, and then

we'll go into some tapping. Sound good, everybody? And again, if you guys, when we ask for feedback, you can start to and raise your hand when we ask for feedback and I'll unmute you on the line and we can go forward. So you ready to get going Lisa?

Lisa: You bet.

Margaret: Awesome.

Lisa: Okay, so thank you so much Margaret for having me on the class. It's really wonderful to work with you again. And I'm really glad that you're talking with your peeps about sexuality because I feel like it is something that really doesn't get talked about a lot. It doesn't get talked about nearly enough and it is a huge force in our life that we need to really clear and deal with and heal that aspect of ourself if we really want to be powered up. I love the fact that you're doing a class on, you know, your personal power indeed being fabulous and really owning your sexuality is a big part on that.

And the reason is because our life force energy—which truly begins down in the first chakra—you know, that is sort of our raw will to live and our raw physical power and vitality—then moves up to the second chakra where it just gets even juicier and yummier. And it has the second chakra life force energy is just this enormous source of our own vitality, our own passion, and our own, you know, juiciness, sort of our mojo if you will. And that is a combination of, like, if you sort of rated the energy threads together of your raw life force energy, your sexuality, your creative power, your sensuality, you would get this rope, this thread is sort of what it looks like down there in the second chakra of our vitality. And the problem is that lots of people really, really repress this energy for a lot of different reasons. And when you repress that energy, you end up with some big problems.

We can have like, low life force energy is a problem, low libido or sex drive, just sort of feeling listless or tired or people describe themselves as lacking pleasure in their life, not being able to have their creative energy. Or you have people that just sort of feel dried up and dusty. They can't, you know, feel any sort of juice for living. And it's really a shame because, you know, there's really nothing wrong with that energy and we're really told that there's something tremendously wrong with having that experience in life.

Margaret: Yeah, I find that and we talked about this a little bit on the Bringing Sexy Back class, that—and even really before the first

time you heard you teach this was so eye-opening for me because I—we think of it as a totally separate thing. Like oh my sexuality is like in this bucket over here that doesn't relate to anything else in my life. Maybe it affects my partner or maybe I'm not in a relationship, but what does that have to do with anything else in my life, right? So even in my mind it was always something that I—that was over there, you know that doesn't really have to do with anything else about my health, you know?

And it's kind of funny. They say, you know, and my mother always said, "Having good sex is essential to health." And it was this funny thing, you know, but you really don't connect them. It's like that's not really true. Men would love us to believe that's true, but that's not—I mean how does that affect my health at all? You know what I mean? If I'm going three years without a partner and in my mind that part of me is just not running at all because I'm not in a relationship or I've been with my husband for, you know, 25 years. And so I think we tend to, as I did, kind of put it in a separate bucket like it doesn't relate to the other things.

Lisa: Like sexuality is something that happens behind the bedroom door, you know. And shouldn't have anything to do—

Margaret: Doesn't have anything to do—right, with my energy level or my health or my mojo or my creativity. I would never make that connection. And so this is, you know, again why I wanted to bring you into this program again because I think it so interesting. So please continue.

Lisa: Well I wanted to just kind of go next and just to make a really important distinction because this conversation can bring up, you know, trigger a lot of people which is why it's so great to talk on it. But what I want to distinguish is the difference between sexual energy and sexual activity. So my goal for you all would be to have you full of this juicy sexual energy that you can use, that you can channel to create anything you want in your life. And you might choose to channel that into your, you know, monogamous relationship. You might choose to channel that into something highly creative or into your physical health. And sexual energy flowing unimpeded through your body does not necessarily mean that is going to translate into sexual activity.

And I think this is why people are afraid to open this up. That they're afraid they're going to become, you know, well, I open up that channel, I'm going to become this uncontrolled, you know, ravening beast, you know. I'm a nymphomaniac or, you know.

But that's not necessarily true. That's not what I'm advocating at all. But it's really just to have this free-flowing energy that can be put in anything that you choose to do. And it's really important that your—whatever sexual activity that you do—falls in line with your sexual integrity so that you stay inside your own sexual integrity whatever that is. If you're in a committed, monogamous relationship then your sexual integrity is to be that and, you know, there's lots of—you know it's a very personal choice for people about what their rules are for their own sexual behavior.

Margaret: Even if you are dating, it's still you're out there dating and looking. And you know, dating—going on dates with different people that it falls in your own personal sexual integrity is how quickly you move and what happens, you know on date number three or date number seven, right?

Lisa: Yeah, so it doesn't mean that opening up, you know, that energy current means that you're going to act out or that you're going to go against your own morals.

Margaret: And what about the other side of it which is maybe fear that if I allow—you know I love the way you say letting sexual energy flow unimpeded in my body which was a really cool statement. It's like an affirmation right there. That that will trigger an attack. That that will trigger me to be objectified. That that will trigger me to somehow be used or disempowered. Is that kind of the other side of the issue?

Lisa: Yeah, absolutely. That is the other side of it is if people are afraid that if they let that sexual energy flow, they're gonna get targeted as the victim and lots of people have that experience that when they are really bright and shiny and charismatic and beautiful and flowing that not sexy stuff that they could get targeted. And you know it doesn't have to go that way either. If you're working with your boundary setting and your ability to say no and we always want to be really clear that we're in control and in charge of how we're going to engage in that energy. And I find that it can make you sexy but it tends to make you very charismatic, very magnetic.

So this is the energy, especially through working on magnetizing or laws of attraction stuff. This is where that energy can—it can come across as just plain charismatic, magnetic, lively. It doesn't have to—you know you're not going to maybe become like a sex bomb or a sex symbol just over night if you start doing this. It doesn't need to translate that way.

Margaret: Yeah, you know, it's—we're talking about the way you flow your energy in your body. And again a lot of the wounding that we had happened when we were younger, and so we don't—we're not having people on this class right now, nobody is 17 years old or 22 years old, which is often when we experiment with our sexuality and maybe we were wild and crazy, right? It's like doing this work at this time in our life, which most of the people in my classes are somewhere around 15 year plus or minus-ish my age.

You get to keep your entire base of experience and your integrity and the values and the morals that you have set yourself as an adult man or woman, but to repress this piece of your sexual energy of your total—this sexual piece of your total energy because of all those beliefs or because of what happened when we were younger, that's where we want to recognize that you can let this energy flow and there's huge benefit to it. Certainly we're going to do some tapping about the resistance to that, right, Lis?

Lisa Yeah, yeah, definitely.

Margaret: But to kind of talk about some of those fears, we're not going to revert back to a wild 18 year old just because we let our sexual energy flow, right?

Lisa: Right. I mean my goal would be to have you guys just all sort of like turned on by life. That turned on by yourselves, turned all by your goals, turned on by your projects, turned about by being alive. Being alive is a giant turn on. I mean really having a body and that energy of being turned on by something it has a little bit of a broader than just the sexual connotation to it. It is that attraction energy, but it's also just excitement and an incredible magnetism. So when you're really flowing a lot of energy that way in that unimpeded energy flow that's the experience that we're hoping for.

Margaret: Yeah, I think in the second chakra class, the Bringing Sexy Back. I talked about this sexy has a feeling like I am sexy. It's very different than saying I have self esteem. like I feel good about myself. When we say—when we have this feeling of I'm sexy, it's a whole different level and it—in English, if English is your primary language, we really use that word sexy. I feel sexy. It doesn't just mean sexual. It's this kind of a bigger vibe. And I love what you said because it's the same thing. It's like saying I'm happy and I'm content with life versus I'm turned on by life. Very, very different step up in energy and passion.

Lisa: There's some really interesting research around sexual appetite and productivity too. So if you look at the studies about this, they'll tell you that the most highly productive and creative people in the world have pretty strong sex drives. They are really connected. They're really linked. And when you repress your sexuality—and we'll talk right now a little bit about why do we—what is that repression and where does it come from? Where do we get it and what kind of flavors of repression are there? It really just does block our power, our personal power.

Margaret: Right, so let's get into that. So where we do we block? Let's talk about some of the things that really block our sexuality. And I think what we want to do maybe was even talk about it and then have people—we'll have them visualize or picture something that will give them an example and if you get them triggered, right?

Lisa: Well, I have a little bit of a wonderful cocktail of sexual repression here that includes things like the concept of sin, religious teachings, guilt, shame, fear and trauma. Those things are the basic reasons why people's sexuality gets shut down. And the overall sort of umbrella term of repression can come from sort of a tribal first chakra experience where the tribe you come from thinks of sex as bad or dirty or shameful. And it could be from parents. It could be from religious institutions. I would say if you're a Catholic, you get automatic points on your second chakra.

There's tribal beliefs around sexuality on that. And that this repression can be sort of a control mechanism used by the tribe to control people's behaviors. So it becomes evil. It becomes sinful, like the whole story of Eve and the garden and the apple and the snake where in some religious traditions that's the carnal knowledge the downfall of humanity. And that will give you pretty big kink right there in your sexuality if you have been exposed to that kind of belief system.

Margaret: Right and you—I mean I was raised Catholic so that's like how can you tap that away. It's original sin that came from Eve. There's no way I can rid myself of it. I mean when you get baptized—you know the things that we like baptism and stuff I can't even remember. Had all those things. Some of them are supposed to get—wipe away original sin but that's not really how the nuns teach it when you're a kindergartner and first and second grade. It gets pretty—in my experience, it was pretty hammered into me that I was a little sinner, right. And of course one of the first things we learn is that you have to confession.

You know now there's a lot of beautiful things about the Catholic church that I like, but some of this stuff was really, even as a child I wondered why do I need to know—like how am I a sinner again? I have even done anything. So there's definitely some programming there and it's not just the Catholic Church. I hate to beat up on them.

Lisa:

No, it's not. It's practically every religion has its variation of that and so it isn't fair just to pick on the Catholics at all. But that's a good example of how this can be set into these sort of tribal beliefs. And what that does is it creates guilt, and guilt is the wound of the second chakra. Now guilt is what happens when we're made to feel bad for meeting our own pleasure needs. And the second chakra is really geared towards, in our sexuality, towards pleasure and pain.

So pleasure is good and pain is bad. And this is so deeply rooted into our limbic system, the back parts of our brain and that ability to distinguish between pleasure and pain has helped us evolve as humans. Like we wouldn't have made it this far in humanity if we did things that were bad—you know things that were bad felt good. So everything about having a body that supports the body is pleasurable. Sleeping, eating, reproducing, touch, all of those things create pleasure when you meet your own biological need to feel pleasure.

And little children naturally know this. They just enjoy their bodies. You see little babies are playing with their toes. Their toes are the coolest thing in the world and their genitals are too. And children have a very sort of rudimentary sexuality that's nowhere near like an adult sexuality, but it just sort of is this more pleasure that we feel in having a body. And guilt is what happens when we are made to feel like that's really wrong and bad.

Margaret:

Yeah, because I was trying to write that sentence down. That was really a great way to say. So guilt is when we're made to feel bad about our need for pleasure. Is that how you said it?

Lisa:

Yeah. When we our own—first of all, when we meet our own biological needs that that is somehow bad or wrong or if we meet our own pleasure needs, that that's really—we're told that that's very very bad. And that's where guilt comes from. Guilt is an incredibly repressive feeling. You know guilt just shuts down your sexuality in your second chakra like pretty much nothing else.

Margaret: And so when we—you also mentioned shame and fear which can come from the same first chakra tribe, but how does trauma—you know because we've a lot of people in this class and previous classes have talked about the trauma that they've had. And so how does trauma come because now it takes all that right to a whole another degree.

Lisa: Yeah, it does. So you know so many people have some variation of trauma in their sexual life. It's sad to say. I think it's sort of it bad more people than not have a variation of that in some way. And trauma is when we're just targeted and there's so many different variations of it. But we are exposed to inappropriate sexuality and children cannot handle the adult version of sexuality which is so much more—has such an intense energy towards it. And because sexuality has a lot to do with power and power dynamics, the sort of penetrative energy of adult sexuality is just completely overwhelms a child's nervous system and creates tremendous damage in the whole being of that child, in their chakras and their energy field and nervous system.

It's really like a systemic overload. And it can definitely be worked through and healed through; but if you have a trauma, a sexual trauma, and if you—you've had plenty people make it through childhood but are traumatized as adults, it's really important to address that and heal it so that you can reclaim your sexuality. Which it can be a long road for some people and difficult to do that but it's totally possible and absolutely worthwhile to do that.

Margaret: Okay, so say—so we're going to do some tapping but I want you to tell them that basically even if you don't have a partner in your life right now or you're in a relationship and it's not very sexual lately—even if that isn't going on in your life right now, to do this that we're going to do today and what did I call it? Unleash some of that sexual energy that you have—even if you're not about to go have—act that out as she's saying, letting sexual energy flow versus sexual activity—the upside of doing this is huge. So if you want to talk to that a little bit, Lis, before we—you know what is the upside of unleashing this?

Lisa: The upside is when we let that energy flow really up through the spine and it hits that second chakra, it's designed to move up through the entire energy system. And what you might feel is like a rush of energy, that sort of turned on feeling we talked about, a surge of life force energy, magnetic, charismatic. And that energy could really be directed towards anything. Alive—it's like a feeling

of being alive, feeling juicy, and having some energy to do whatever you want with.

Margaret:

Awesome, that's a pretty good upside and what I talk about a lot about in my e-mails, in my newsletters. I just sent out a newsletter yesterday. Well, some people got it last week, and some people just got it yesterday and it was called "Be a Rock Star." It was about bringing up that excited, passionate, charismatic energy. Now coincidentally rock stars are often known for their sexual promiscuity and so you can kind of see the connection in the shadow side, right?

And again it brings up the fact that there's lots of people in the public eye that we see that channel a lot of sexual energy really in the shadow side, in a very negative way. And it's just like the fact that we can see really, really wealthy people doing really bad things who are greedy and obnoxious. So there is a shadow side of people who live from the shadow. And in this class everybody on this class are people who are committed to transformation, consciousness, and professional development.

And we are opening up to this kind of energy to integrate it and knowing that this energy is yours to use and it doesn't mean you're gonna turn into, as Lisa said, some kind of promiscuous, crazy rock star person who is living from the lower self. It means you get this energy to use in your mission, in your life, in your money, in whatever it is that you are trying to magnetize, create, attract in your life. Awesome.

Okay, so that's a pretty good reason to go forward. Hopefully people agree with that 'cause I do get that question, "Well, if I have no one to be sexual with, why is this class good for me?" Okay, so what I would love to do is to have us go into some tapping. And so what I'm thinking, Lisa, is for everyone to tune into—'cause I want to do some tapping and I want to talk about next in the class is the taboo edge that I know we talked about before. So I first want to get everyone doing some tapping. So I want everyone to just close their eyes and I want you to imagine or picture that little dark sexual fantasy because everyone of us has one, right, Lisa?

Lisa:

You bet.

Margaret:

We go there in our head, okay? And so you're—nobody knows. You're all alone. I can't see you. I can't even hear you. So go to that little fantasy that you know you have and just let yourself feel some of that guilt, shame, trauma, fear about it, okay? So I'm not

talking about an event from the past. I'm talking about a sexual fantasy that you have—'cause we're going to talk after this about the importance of sexual fantasy. And I want everyone to just really feel that shame and guilt and you can kind of even measure if you want. Sometimes we'll do that on a scale of 1 to 10. You know how high is that?

And so I'm not gonna take feedback yet because probably no one would want to give feedback but I'm going to lead us through some tapping. And I'm going to use lots and lots of words, okay—lots of shame, lots of guilt, lots of it's disgusting—to see if we can lighten up some of this guilt and sin and darkness around the fact that we all have some sexual fantasies that go through our mind. So since you're on with me, Lisa, do you want to be my echo?

Lisa: Sure thing.

Margaret: Okay, so tuning into that little fantasy and then just tapping through the points:

...Oh my God
...That's disgusting
...I'm so ashamed
...I'm afraid to picture it
...No, no, no, no
...I don't even want to admit that I have this
...It's shameful
...It's dirty
...It's gross
...Maybe it's violent
...It's a fantasy
...And it pops in my head sometimes
...And I kind of wish it wouldn't
...I feel guilty
...Embarrassed
...Ashamed
...And maybe even afraid
...I don't really want this fantasy
...I don't even understand it
...It's so far away from who I am
...It's not even me
...I would never want it to actually happen
...I don't know why I think about it
...But it kind of turns me on
...And that is disgusting

...I'm so ashamed
...And I definitely learned that somewhere
...I'm so ashamed of my sexuality
...Of my fantasies
...Of the thoughts that go through my head
...They scare me
...I like pretending that I don't have them
...I don't want to look at them or talk about them
...It's wrong
...If I admit I have this
...That makes me creepy
...Dirty
...Sinful
...And I'm so ashamed of that
...I'm so ashamed of the sexuality
...I'm so ashamed of my sexual urges
...I definitely have to repress them
...I can't not repress them
...Something bad would happen
...And I'd feel humiliated
...And justifiably shamed
...I should feel guilty
...It's disgusting

Margaret: Okay and take a nice, deep breath. And so when we find something in us that we can actually find shame about, right? And I would love you to speak to this, Lis. Shame is such like heavily, dark negative feeling. It's such self hatred, right? Self rejection that when we find it, to actually tap on it and like move the energy of that, I think is incredibly powerful because it is so dark.

Lisa: Yeah, Margaret, you're right on the money with that. I think that of all of the emotions, shame is the most toxic because it is hatred of yourself. It's hatred and rejection of yourself. So with guilt which is in the second chakra, we have—we're told that we did is bad, but shame is who we are is bad. Like you are bad. And we really internalize that and believe it and it is a very, very destructive emotion. So anything you can do to lighten up shame is really good.

Margaret: And who we are, like it or not, if you anybody on this planet, who we are are sexual beings. That's part of our being is sexual. So we can't get away from it, and if we're taught it's bad then we'll feel shame about it.

Lisa: And the worst thing about that is too is that when we repress it, it sort of sneaks out sideways you know. Whenever we repress something or push it into our shadow, it really owns us from our own conscious. Then we can end up even sort of creating a bigger mess in our life when we let our unconscious rule part of our lives.

So what we're doing even in this call, especially when working with fantasies, is calling those things out into the light, calling them out into the light of your consciousness so you can see what's in there and then you can choose how you want to be in relationship with that, what things you want to act on, how you want to be with that. That's where we have power, but there's just this incredible destructive potential that happens when we run that stuff through our unconscious.

Margaret: Yeah, and we see lots of examples of that in the media as well because you see people who have long histories of being extremely straight-laced and puritanical and then you find out they have some crazy sex closet in the back of their house and there are prostitutes running through their living room on a daily basis. And we've seen that story play out a million times. Like the one person who is so puritanical and they've got this whole fetish side going or this whole promiscuous side going on.

And that's what happens when it just pops out in our shadow somewhere is the more rigid we try to be about it, the more it shows up, right? Or people who have said to me like, "It was I had an affair and it was so unlike me. I never would do anything like that, and I can't believe it even that I'm still in it. It's still happening and I can't get out of it."

And so it's really we start to live our life from that shadow place instead of owning our power in the light. So I want everyone to kind of take a nice, deep breath, okay, and before we do another around—before we do the next thing with this fantasy, I want you to recheck and see how intense when you picture that fantasy again, how intense is your reaction to it? Now again we're not reducing your reaction to it because we want it to come true or for you to go out and act on it, but I want you to just test on how intensely you need to push against it, okay? And if it's gotten—how about this?

You can start to—I'm not actually going to call on anybody—but start to to if it's really still very intense for you, and that will tell me if we want to do more tapping on it because I want Lisa to talk about the upside of having a fantasy once we have this a little bit more calmed. Let's see. I'm just getting a lot of comments in

there. Some people like my comments about I can't tap it away because it's original sin for me. Okay, awesome. Let's see.

Okay so some people—I've got one person at least saying I love my fantasies and I feel good about them. And so she kind of has a slightly different issue which is having dysfunctional man and putting sex ahead of having a great life. So the shame for her comes from staying with someone because she enjoys sex because she's not—that's not her issue of staying with someone who—just because of the sex. So there's shame in that from meeting your own needs, right? And for meeting some of your needs, but yeah, absolutely, you want to work on getting the whole picture of what you want not just one piece of it.

So I do recommend kind of going to class again today, and maybe when we're talking about fantasy for you, because you're totally fine with your sexual fantasy, your fantasy is a man who treats you like a real queen in all aspects of your life, right? Not just the sexual ways. So that might be the fantasy that you tap on, that somehow wrong to want the whole picture.

Okay, so great comment 'cause we always have people with a range. Okay, so I am getting some people to raise their hand that it's gotten more intense. So we're gonna do another round of tapping on—I'm going to put you guys hands down. We're just going to do another round of tapping on judgment about that fantasy, okay? So tapping through the points again:

...I totally judge this fantasy
...And I judge myself for having it
...My higher self says
...No, no, no
...Inappropriate
...I should feel guilt
...Don't I need to keep this?
...Don't I need to have a governor?
...Telling me what's right and wrong?
...This fantasy is wrong
...And gross
...And admitting it to myself
...Is humiliating enough
...I should feel shame
...And if anyone ever knew
...Oh my God
...They would see the evil in me
...The dark in me

...The twisted in me
...And they would turn their backs
...They would run the other way
...If I own this fantasy
...Even in the privateness of my mind
...There's just no way
...I can be okay with that
...If I own this fantasy
...That means
...I am evil
...I am twisted
...I can't live with it
...I can't say it's okay
...I refuse to own this fantasy side of me
...I refuse to own
...The sexual pleasure and fantasy
...That there is somehow pleasure for me in this fantasy
...Wrong, wrong, wrong
...Inappropriate
...Not who I want to be
...I refuse to own it

Margaret:

Okay, and take a nice deep breath. And so sometimes when it gets more intense, we want actually loudly refuse to let go of the guilt and the shame. And so I want you to answer that question, as we did a little tapping in there on—if I own this, like, if I actually just in the quietness of my mind, just within me, if I own this, what? Fill in the blank. What does that mean about you? All right? And so you know that's a good aha moment to capture. What does it mean? Okay, and in general it kind of means you're human, right, Lis?

Lisa:

Yeah, pretty much.

Margaret:

So can you tell us about this fantasy in general? Because often in our sexual fantasies, as we said in those tapping words, it's so different. You know if we're really powerful in our life, the sexual fantasy is being tied up, right? If we're really submissive in our life, the sexual fantasy is like seducing somebody. And so it's often is very different from any anything we'd even want to actually happen, right? So you can you speak to that a little bit of why our— what makes sexual fantasy so erotic and so exciting? And what does it mean to really own that we have that? Does that we have to go to tell someone?

Lisa:

Well, you get brownie points if you do, but you don't have to. It really if you want to unrepres yourself, working with your sexual fantasies is one of the ways to do it. It's not the only way, but it's sort of a fun way and an easier way to do it, an interesting way to do it. But in general what we fantasize about are the things we're not supposed to do. The things that are really taboo, the things that our tribe tells us is not okay. So whatever—and that's where you tighten up. That's where you restrict. That's where you repress.

So if you're—just like you said, it's like if you're highly monogamous, you may fantasize about having an affair or really sleeping around and having multiple partners. And in general our second chakra and our sexuality is geared towards variety and spontaneity. And that's something that sometimes we don't get, especially if we've been married a long time or in a primary relationship for a long time. So we tend to fantasize about what we can't have, what we won't let ourselves have, what we repress or what we think is bad or naughty. And there's just an edge to it.

So it's that edge that creates a lot of energy, a lot of sexual charge, a lot of excitement. And those fantasies generally are things that we wouldn't care to act out. It wouldn't be the same to act it out. But to allow our thoughts—I walkways like to there's no thought police here. There's nobody that's going to arrest you for the thoughts you're having. And one of the ways you can really let that sexual energy flow through you without acting it out is to sort of not repress your thinking.

Margaret:

Yeah, I that, when we've talked about this before in a different class, and the feedback that I got back overwhelming and was really interesting to me, is that part of the reason we won't—we don't even want to own that we have that fantasy—you know because it will come into our head at certain times, you know? Sometime during sex, that's when fantasy, you kind of can't shut it off. That the very—and we kind of—it's so different and it's so shocking or it's so, like, I would never want that to happen in real life. Why do I even fantasize about it? So just knowing that that's the exact reason it's your fantasy. The more—the things that are—it's the exact things that are taboo that you wouldn't normally do in regular life, the situations you wouldn't normally be in that make it the sexual fantasy.

So it's kind of like, oh, you know, it's exactly because it's so different from the normal way you operate, and it's so on that edge of what is bad and naughty and unacceptable. And that really seems to, for me and the first time we did this in the feedback that I

got, it was kind of a big aha moment, and it let off a little bit of the steam about the shock of why do I have this fantasy that pops into my head at certain moments. And it's exactly because it's naughty, it's bad, it's the opposite of you, it's the way you would never normally act that makes it.

Lisa:

You shouldn't do it. You know like, oh, we really shouldn't be doing this is kind of like the hallmark of that sexual charge. And our sexual appetites, if you just look at the raw form of them are usually much bigger than what we can, with the rest of our chakras, the rest of our being is prepared to get behind. So sexual fantasy is sort of a way to discharge or to invite that energy into your life in a fairly harmless way.

And it depends on the nature—some couples who really have open relationships—open relationships with each other, honest, communicative relationships with each other really enjoy sharing their fantasies with each other and get a lot of pleasure or juice inside their own relationship by sharing those. Other couples it's harder if there's more repression or there's not as much stability in the relationship. You might think, Oh my God, I could never tell my partner my fantasies. And some partners really can't handle that or don't want to know that. Some partners really do like that. So it sort of depends on where you are in your relationship, but it can be the basis for playing with that energy inside of the container of your relationship.

Margaret:

Yeah, and so it also kind of means if you know you have a partner who, like, that wouldn't be cool for them to hear that, does it give us more permission to enjoy that fantasy instead of having it and then being so judgmental afterward and being like kind of horrified at ourself that that goes through our head?

Lisa:

Yeah, it's better if we can share it. We can't always do that, but if you can it's a nice thing to try and see if that opens up some space inside of your relationship for more sexual energy.

Margaret:

Yeah, and even if you can't share it with in your—like you said there's no thought police. What if I can just let myself enjoy that fantasy and instead of having it and then feel all the shame and this guilt, et cetera about it? Does that make sense?

Lisa:

Well, it's sort of the same thing of being attracted to—somebody asked me the other day when we were teaching second chakra in the school. And this woman who is sort of fairly repressed came up to me and said, "I'm having a really hard time with this because

as I open up my second chakra, I find I'm just like attracted to these people that are like really inappropriate and that I shouldn't be attracted to." And it was freaking her out. She had no idea what to do about that. And so I taught her a method of clearing an attraction for an actual person through your energy field if you—and the first thing you want to do is acknowledge that you feel that way.

You don't have to tell them, but just acknowledge in yourself, "Oh my God, I'm really attracted to this person. And then you just makes space for it. You're like, that's okay. It's okay to feel that way. It just means I'm alive. It just means I'm not dead yet." And then you, if you breathe that energy up from your belly up into your heart and you bring it up into your heart, usually then you look at the person and go I really love that person and the sexual charge is gone. So moving that energy up through the other chakras, up your spine, and particularly up into the heart can help you navigate those attractions to actual people.

Margaret:

I'm going to actually have you walk us through that. So I want to get another round of tapping in to get everyone feeling better about the fantasy. And I'll ask you the direction I should go on that. And then maybe can I have you walk us through that moving that sexual energy up through our body so it's not just sexual energy anymore. You'll do that for us, right?

Lisa:

Sure.

Margaret:

Awesome. We're going to do another round of tapping. I do want to say quickly that Lisa and Rhys are going to be offering an online class on the chakras. Now it's not going to be a sexuality class like she's talking about today. But it is going to be part of Rhys' teaching and they're going to offering an online class of the chakras. So if you are interested in getting some training from Rhys and Lisa on how he teaches the chakras, make sure you're signed up on their newsletter. So you can go to www.rhysmethod.com.

And as long as you're on their newsletter, you will hear about this awesome—it's probably in the next couple months, right, you'll be offering this chakra class? It's an online program. They've never done anything online before. It's always you have to fly out and be at the school. And it's something I've been encouraging them to do because I know you guys will love it. So just make sure you're signed up and watch for that that chakra class that's gonna be coming out because you can hear how Lisa is such a great teacher.

Okay, so I want everyone to tune back into their fantasy. Now, Lisa, if everything feeling a little calmer, the shame and the guilt is a little calmer—and if it's not, you guys have the recording, you can tap again—but where do we want to take it from here? When we look at this fantasy, whether we know we could never share it with our partner, whether we don't have partner, or whether we maybe could playfully talk about—no matter what the scenario, how do we want to feel about that fantasy? Is it sort of like about making peace with it, owning it? Like what words should I use?

Lisa: Yeah, I think making peace with and owning it. I think feeling liberated 'cause liberation is the opposite of repression. So feeling acceptance, liberation, maybe feeling a rush or a flow of energy through you, and feeling—it's almost like—can be like a joy, even an ecstasy that you that you can have when you really stop repressing.

Margaret: So I'm going to do one more round and then I will take some feedback, and then we're going to do this cool process where we kind of can move that energy up through the system, okay? So tapping through the points and just any points you'd like to use:

...Even though I have this sexual fantasy
...And I've never really talked about it before
...And it's really hard for me to look at
...I feel guilt and shame about it
...And I'm also afraid of it
...I don't want to manifest that into reality
...I'm open to just seeing it
...Accepting it
...As crazy as that sounds
...In liberating myself
...Freeing myself
...To let my sexual energy run
...Freeing myself with the knowledge
...That the very things that are taboo
...That are wrong and naughty
...Create sexual charge
...And that's exactly why it's in my fantasy
...The taboo edge
...That's in my fantasy
...Is there to create a charge
...I have a lot of judgment about it
...I'm open to just accepting it
...As a trigger for a rush of energy
...Awesome pleasurable energy

...I kept a lid on it
...I'm freeing it to run up through my system

...This little fantasy
...A two second thought
...A three second picture in my mind
...Creates such a charge in me
...If I can let go of asking why
...And judging it all the time
...And my rules about this
...I can let that charge free
...It's my energy
...I can let it turn me on
...In my life
...In my mission
...Being alive
...I'm open to freeing this energy
...This charge of energy
...That I get from the taboo
...And letting it be an energy in my life
...Maybe sexual
...Maybe creative
...But definitely attractive and magnetic
...Definitely charismatic and mojo
...I love that kind of energy
...This is really new to me
...But I'm just gonna let it flow

Margaret:

Okay, and take a nice, deep breath everybody. And I just want a check in. So if you want to start to and raise your hand and give me some feedback on this. And I'm just gonna come to the Q&A line to and see if there's anyone here that. Okay, so just a couple people saying you know I get afraid to indulge in fantasies that would—that actually, in real life, wouldn't really be pleasurable because of law of attraction and visualization is used to create.

So you know what happens if I let this fantasy—if I allow it to be there and then it creates me being you captured and treated like a slave girl? I don't actually want—so I always use the slave girl example. I don't actually want someone to capture me and treat me as a slave girl, so if I fantasize about that, what if it comes into reality? And so you want to speak to that, Lis?

Lisa:

Yeah, actually it's just the opposite way around. It's when we run that energy through our unconscious that you're much more likely to attract it—when it's under the pressure of the unconscious and the

shadow. If it's just energy that you're just playing with, that you're running through and creating a lot of energy, you're not going to manifest it. You're not going to create it that way. You're much more likely to do it from your subconscious.

Margaret: Right, it's because when we are conscious and we look at that fantasy—just like the tapping we just did which is what if it's just the taboo that creates a charge in me? Okay? Because, as Lisa said, it's about that your body wants to feel pleasure and feel good. And so what the fantasy is really about is just a charge of energy for you to feel what in that fantasy? Totally wanted? Totally adored? More alive? More powerful? More pleasure, right? Maybe intense pleasure?

And so that's what you will manifest more of, not the actual specifics in the story. You will manifest more of what you are consciously noticing that fantasy gets you. Okay? Someone else said if I own this, I'm contributing to the incidence of rape in the world. Do you want to speak to this Lisa because the truth is that rape is an extremely high fantasy even though nobody wants that to come true. So this is a perfect example.

Lisa: Yeah, rape is probably one of the most popular fantasies on both sides of the fence—the raper and being raped. And it's because of the sort of animal nature and there's an edge where sexuality can be this aggressive power dynamic that is very—can be very sexy when we want a lot of the power dynamics to our sexuality. And I think that I'll just sort of repeat what I just said is that it's much more likely to actually happen if the energy is unowned and running through somebody's unconscious. When you consciously own that desire, you kind of the charge out of it and it's much less likely to get acted on when it's in light than it is when it's floating around in somebody's subconscious.

Margaret: Yeah, and I like to say that because this is the stuff that nobody newly would dare talk about except me on these kind of classes because we're talking about stuff that has a lot of charge for a lot of people. You know if you have been raped in your past, it's gonna be really hard and very charging to hear about people who have rape in their fantasy, right? At some level that there's some kind of a power struggle going on there whether you're overpowering somebody else or whether you're being overpowered.

And this is where you really want to see the gift in this fantasy. You know is that there's a calling to that something in there is—there's a feeling in there, maybe a feeling of finally being

vulnerable and helpless or finally being so powerful. And if you are able to look at that consciously and know it's a fantasy and it runs some energy for me because there's something in there. There's a feeling that when I'm in the most intimate, trusting, safe relationship with someone that I want to explore in a deeper way—a deeper way to explore my vulnerability, right? Or a deeper way to explore my power and my dominance.

Lisa: I think too it's a lot about like why we tap on the negative when we do tapping. You know that it's the principle. like you really call up in sort of an over-the-top way the negative to clear them—to clear them out so that they're not in the way. They're there anyway. And it's the same thing with your fantasies are there anyway, and if you call them out and tap on them and clear the energy or own the energy of that, it takes away the likelihood that we might be manifesting them from an unconscious place.

Margaret: Yeah, and the thing is we're not telling everybody to create a fantasy about a certain thing. This is your fantasy that already runs in you, right? And so it's just like anything else, law of attraction, when we have a lot of energy trying not to think about the thing that runs in us, right? We're trying to—we have to repress it. And so these fantasy that everyone is tuned into, their personal one, it's already in there. You've already looked at it quite a few times in your head. That's why it's the first thing that popped into your mind when we did the tapping. And so it's in there anyway and to clear the negative about it, to feel calmer about it so that it can be a lighter thing for you. So I'm going to come back to that.

Lisa: I really like what you said, Margaret, about finding the sort of core quality or the essence of the energy that you're looking for and then that would be a good thing to manifest.

Margaret: Yeah, and so in the two examples I talked about, it's like okay, is it okay for me to admit that sometimes I'd like to—you know I'd like to be dominated which means I get to be totally not in control in that moment. And I have to run everything in my life. Or the reverse, you know, I don't feel that empowered in my life or that's not the role I play in life. You know maybe I'm a really supportive person and part of me would love to play out being more powerful, more dominant. And so you know those are the two extremes because they're the two sides of the power at the second chakra. And so what if we could admit that to ourselves and say, okay, there's a part of me that wants to play that out. What if it can just be playful? Okay so I'm coming to—New York is unmuted.

Participant 1: Hey Margaret, it's Participant 1.

Margaret: Hey Participant 1.

Participant 1: Hi Lisa, how are you?

Lisa: Good, how are you?

Participant 1: This is absolutely great, and the reason I say it's great is because it's something I've prayed and have been dealing with for quite awhile. I got a lot more clarity. Two things for myself I saw with all the the fantasy was really the side about it that wasn't sexual was about being powerfully connected with people and taking, like, the initiative, being seen, and satisfying others, making others—meeting their needs and having what they want and being good for them and readily receiving and being very attractive and being very attracting.

And it's funny because I had a dream this morning about being naked on the subway, naked everywhere practically I went. And not feeling like, oh my God, I'm the only one out here without no clothes on. And i didn't feel that as much. And I've had spasms—really bad spasms hitting my body all this weekend. I haven't had this in years. I've really gotten past this. And they've been so intense, but as we were talking about all this, I just saw this, like, pain was like this girdle around me because it's all like in my butt and all around that whole area shooting down my legs, not in the sciatic though.

And I felt like this armor, and I said to myself, "What am I protecting?" And then it just hit me. This is not in me. This is stuff that's on me. This is like outside stuff I took in. So now I'm looking at all these things I've been seeing this past year about how I feel about myself sexually—which is always I love it, I enjoy it. I don't have it just because of my own personal values at this point and I'm not dating so don't feel like playing with myself all the time. Put that on the other thing. It's like Lisa said, this energy is charging through me though now that I'm recognizing is what I read in this book and I thought I don't get it. How do you transmute your sexuality? But I have more energy. I have more openness towards people. I have more openness about myself and that's very exciting 'cause it comes from seeing myself as very sexy.

Margaret: Yeah, it's being turned on, like Lisa said, by yourself, by life, by your mission, by other people, you know which is bigger than just

being content and being happy. It's like would you rather be happy or totally turned on by the situation?

Participant 1: Exactly. But the fact that it's keyed into this pain, really is something that I'm gonna tap on some more and really look at because it started to really move and that was so key to me was that a lot of that junk I listen to or heard from my parents or other past experiences, you know, sexual and all sorts of things. That has nothing to do with, in a lot of ways, who I really am. I've chose to do something different and feel something different and not feel guilty about tapping into this energy and using it the way I want to use it.

Margaret: Yeah, it's your energy.

Lisa: Yeah, you sound so liberated while you're talking about it. It's really exciting to hear you.

Participant 1: Oh, it is and my back is feeling much better—excuse me, my butt is feeling much better.

Lisa: I'm glad you brought that up because pain is a huge indicator that there is a block in your energy and a lot of times, people will feel sciatica, hip pain or sciatic pain. Which is the back of the second chakra which shuts down and causes pain because that second chakra literally squishes flat and squirts out energy sideways into the hip joint or into the sequal joints when we repress either our emotions or our sexuality. So that's kind of it's great that you brought that up.

Participant 1: Cool, I expect to be much better soon. Thank you.

Margaret: You're welcome.

Lisa: Thank you.

Margaret: And thanks, Lisa, because Lisa has such a deep knowledge of the chakras and how they work with the whole body that it's so cool to kind of hear that description. Okay I am going to come to Participant 2.

Participant 2: Hey, good morning. Lisa, as well, it's so great to have you on. And Margaret, thanks. Well, like Participant 1, it's been—I didn't have an issue with my fantasy and then I what I realize is that I kind of suppress my fantasy a long time ago because I wanted to be good girl kind of thing. And but I never really had an issue with

that before so as I was thinking about it, I didn't have an issue with it. My issue was around the whole thing about manifesting if you don't-because the law of attraction, all of that thing. I have to say that yesterday I had the most amazing day of just feeling—it was so weird.

At one point I laughed and I looked at myself in the mirror when I was brushing my hair or something, I thought, I feel like I'm in love with myself and isn't that just totally egocentric? And I was so in that high, like you were just talking about it. I think it was the work that I had done the day before and in the morning and then leading into my whole day. I was just so in love with life. I really felt vibrant and alive and happy. And I had a great lunch with a friend. And went and got my children, I was silly and just having a great time in my life and then I did feel like this total connection to myself, like just feeling that love with myself.

And then I felt—I remembered a friend of mine saying to me when I was like 13 years old because I used to like, you know, I'd get up and leave a room and I'd excuse myself. That's what I was taught in my tribe. And I remember her saying to me, "God, you're so self-centered and conceited. I mean you always have to call attention to yourself even when you leave a room."

Lisa: Wow.

Participant 2: I thought, gee, I thought that was just being polite. I don't know. But it's just I feel so excited to be in my life right now—really truly excited. A little uncertain of who I am, but that doesn't really matter because I'm just excited to be alive.

Margaret: Awesome. Awesome. So moving some good energy up. Great, thanks, Participant 2. It's great. You hear it in their voice, right, Lisa?

Lisa: Oh yeah, that's awesome.

Margaret: You know, if you're on the call and you're struggling a little bit, this is the upside for you. You might not be there yet. If you have wounding around your sexuality, as Lisa said, this is going to be trickier for you to work through. You might have to go back, as we said on the second chakra class, that Bringing Sexy Back, and really work through some of that wounding because it's very hard to let our sexual energy flow when we sort of made a vow never to do that because we might not be safe. So Lisa, let's say we're all feeling good, and we're feeling that sexual energy. Can you—first,

I'd love you to describe again now that we're in this different place about. Could you describe again that grated rope and then I'd love you to kind of walk us through that visualization of how we can take that sexual energy and move it up through our body and use it for different things. So everyone doesn't have to run off this phone and go have sex with someone.

Lisa:

Absolutely, and your partners will all call me and thank me later. This is what happens when we do second chakra weekend is the partners will call and say, "I don't know what you did to my partner, but do it again." So yes it's actually—if you can even close your eyes and feel it, 'cause we really, really heard it in the last two people that called in. You could hear that passion—and passion and enthusiasm are very different. Passion is a lower chakra experience that has to do with our feelings and enthusiasm more of a mental upper chakra experience. But you could feel and you could hear in their voices the passion had for what they were talking about. And that's the energy that I'm hoping that you all will find.

So and if you feel into your body—even close your eyes and feel. See if you can feel your life force energy running through your body. For some people it will feel like tingling or pulsing. It may feel like the swishing of your blood flowing through your veins. And if you sort of center that down in your lower body, in your legs—begin it there. It'll feel like just this powerful desire to be alive, to take another breath, to live.

And then if you breathe it up into your second chakra, you'll really feel it mingling with this beginnings of this sensuality and the sexuality currents and that brings intense pleasure. It can bring ecstasy. It can bring like intense just love, desire. Passion is the best way I can put it. This intense passion for life. And those all come together into this—that thread that you can use for anything.

Now, say, imagine that you are seeing somebody in front of you that you feel an attraction for, and it could be somebody that you shouldn't be attracted to. They belong to somebody else or there's some inappropriate reason why that attraction shouldn't be there. I want you to imagine just really looking at that person and allowing that thread of energy, that rope of energy, that braid of energy to really be there, just to be present with you. And you might feel it in your pelvis. You might feel it even in your genitals, and that's okay too.

And the first thing to do when you feel that is to just make space for it because there's an automatic impulse to repress or deny. If you just make space for it and allow and accept it to be there and begin to breathe around it. Sort of loosen it up with your breath. If you do this exercise right, you might notice that you get hot, that you put out some body heat, that you sweat. And in that space for that attraction just notice what attracts them? What is it about them? Is it the way they look? Is it how they smell? Is it how they make you feel? Whatever it is about whatever aspect that is, just appreciate it.

So one of the first things we do with an attraction is we bring a lot of appreciation to that person. We can even honor them in a way by really deeply appreciating their beauty, their voice, the way they dress or appearance or their being. That's like how they feel. All of those things are things that can attract us, and so we can behold them in a way that honors them very deeply. And usually when we're beheld that way by somebody it feels really good. And as you're doing that honoring and beholding, bring the energy up your spine. Really breathe up your spine. Breathe it through your solar plexus right up into your heart.

Now I want you to imagine that you're looking at that same person through the eyes of your heart. Your heart is open, that you're viewing them through the eyes of your heart and notice that they look different. They may have a different appearance. They may—you know you may feel differently about them. And sometimes when we look through the eyes of the heart at that person, our experience changes from maybe sort of a lustiness or a sexual attraction to more of a love to a reverence even where we could revere them. Notice how that—how does it feel to behold them? To honor them and to appreciate them from the heart space?

And then breathe up again. Breathe up your neck and into your head and blow that energy out the top of your head, just like a fountain blowing out the top of your head. And a few breaths—usually a few breaths breathing up through your feet all the way up through your pelvis, through your heart, through your head, and out the top of your head will really clear that energy. And as we connect with the upper chakras, look at them again. Look at them through the crown of your head or through your third eye and you'll see them as a spiritual being. You can even like see their soul or see their spirit. And just again appreciate them, behold them, regard them from this place of deep spiritual knowing. And that's it. That's how we transmute sexual energy.

Margaret: Now people might notice that there might be a little resistance to even doing that process, right? Because part of us wants to keep it as a sexual charge, right?

Lisa: Could be. Yeah, depends on how you feel about that. You could be that or you could be like, you know, you get me out of this sexual feeling with this person. It sort of depends on which way you go.

Margaret: Yeah, so just it's okay if there's a little resistance like. You might feel that part of you going, ooh, I don't want to let this go. Could you walk us through—and you know a lot of people were commenting that they were—there's an affair that they had in the past or something and so I know this was perfect for a lot of people. Can you do the same process again, 'cause I think it was really powerful, with us picturing that fantasy that we had so much of a hard time with judging? And kind of show us what we can do, 'cause we don't have to let that—it's not like we need to let go of attraction to somebody, but maybe do the same process or however you would do that process to let us take the charge from that fantasy and then what we do with that energy? Like how can we use that energy in our life, in our mission, in our work?

Lisa: Yeah, that's great. Let's do that.

Margaret: Okay, so we're going to tune into our fantasy, right? That we came up with in the beginning.

Lisa: Right, you're going to tune back into your fantasy. Find that fantasy and get one that has a nice charge around it. And just notice as you begin to play that movie in your mind or you begin to feel the feelings that are associated with that, allowing yourself to be stimulated, aroused, turned, on whatever happens to you when you think about that fantasy—notice how you feel in your body. Just what are the body sensations? Do you feel a rush of energy? Do you feel tingling? Do you feel pulsing? Do you feel your heart beating faster? And notice if you feel it in a particular part of your body. Is it pelvic centered? Genital centered? Is it more in your mind 'cause lots of people say that your mind is the biggest sex organ you have?

So again and notice where, if you can, make that connection where the energy is emanating inside your own body. And when you take your judgment away from it and the repression away from it, you can feel that that is just raw life force energy. So imagine that feeling you're having now, that tingling and pulsing, rushing,

flowing feeling—imagine you could take that pure energy source and apply it to whatever goal you are trying to create right now, whatever business project or manifesting project you have. Just concentrate on bringing that into your mind now. Hold in your mind the vision of your goal and maintain that feeling of excitement, of arousal, of turned on.

And use your breath. It's really great to use your breath to move the energy. You might want to move it around your body. So if it's really concentrated in your genitals, you might want to move it up into your third chakra which could really take action or your sixth chakra which can really make a plan or into your heart. Or it may need to move the other way. If it's really concentrated in your head, you may need to breathe down your body and bring it down into the lower chakras so you can create it. So use your breath to flow the energy to whatever part of your body feels like it's lacking energy. And then again make that connection to whatever goal, vision, dream you're trying to create. Notice how that feels. How does it feel to do that? There you go.

Margaret:

Wow, that's so—I still find it so enlightening that you can—that it's like one of—I always think that one of these things is not like the other. You know that sexual energy is way over there, and it's just such an eye-opening idea that you can take that energy and move it and use it to be turned on about anything that you're doing or literally wanting to attract in your life, right? You know you said magnetic and attractive a lot. You know I like to tell people and think about when you're in a certain vibe energetically that you're like a magnet drawing it to you. That that is a powerful magnetic place to be. And I bet this is a pretty magnetic place to be because if you are letting the energy flow and now your picturing—

Like I was picturing my live event, right? Everybody on this class, everyone who has my seven levels product, has a ticket to my live event which is a \$1,000 ticket. And so people are starting to register. So it's on my mind. It's not until March, but I was picturing all of my excitement and my joy of inviting people to my live event. We're just about to send the e-mails today to say register, use your ticket. And it's kind of like you wouldn't think those two things are connected, but was the feeling in me. I'm so turned on about being at this event with this group of people that are going to arrive and show up and come and what we're going to create there together. And so, yeah, that's a really cool—it felt like I was already there and I was so enthusiastic. I was so psyched about being there and just like the e-mail I'm about to send out

inviting people to come. It's like I can't wait for you show up. So that is very cool. Very cool.

So we have a few minutes left if anyone wants to star two and comment. There is definitely lots of great comments coming in at least from the webcast. People saying they're having a major shift. Someone else said they also had a release of pain in her SI joints. A lot of people thanking me for the opportunity. People discovering that they were—that the fantasy they had, that they have afraid of it, afraid it would somehow ruin their life. And that they found the tapping very, very powerful.

Other people saying how they definitely have put a lid on on their sexuality out of fear that it would make them in a dysfunctional relationship or something. And the woman wrote in about bringing more rape into the world, her fear, she said she really, like, okay, I get it. The emotional charge is pleasure and joy. So the law of attraction will bring pleasure and joy not the pain no matter what the image is.

Awesome. Awesome comments, guys. So I'm just going to come back to the line. If there's any—if you want to comment again. That was a really powerful process. Sometimes we need to sit with it for a minute. Okay? So I'm going to do some tapping to just to kind of finish this out. And then we'll take a few more comments if anyone wants to star two and raise their hand. Okay? So just tapping through the points again:

...All this energy flowing in me
...The passion is unbelievable
...The charge is awesome
...I feel electric
...I feel magnetic
...I feel powerful right now
...Electricity is flowing through me
...Cause I am totally turned on by life
...From this feeling
...It even looks like anything is possible
...My optimism right now is unbelievable
...I'm looking at my goals
...And things I want to attract
...Things I want to do
...And I'm feeling how much I want them
...How much passion I really have
...Desire that I have for these things
...Desire to be the version of me

...That's going after it
...That's asking
...That's receiving
...I feel the pleasure in that
...The pleasure in power
...The pleasure in raw energy
...The pleasure of being turned on
...I have a lot of judgments to clear still
...That's okay
...But I totally honor this feeling
...This sexual energy
...Flowing through my body
...Liberating me
...Liberating a bigger charge
...Of my big energy
...I don't want to put a lid on any of my energy
...I respect and honor my energy
...My integrity
...My humanity
...And my sexuality
...I honor all of me
...And I'm grateful for this awesome energy charge

Margaret: Okay, and take a nice deep breath.

[End of Audio]