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Margaret:

Okay. Welcome, everyone. This is Margaret Lynch and this is Class Number 6 for the Powerful, Passionate and Fabulous Program, our last class today, and today's class we are gonna move up to the higher chakras, because we're gonna talk about creativity and intuition. We're gonna access these higher faculties that we have through what I like to call the magical child. So we all have as one of our archetypes an inner child, and many of you have heard of inner child work and done inner child work. So we're gonna be doing a really interesting twist on that today, because your creativity, your intuition, your ability to believe, you know to almost to think naively, which is the way a child thinks in wonder about the world with curiosity about what's gonna happen next and infinite possibility that dreams come true, that magic can happen, these are all aspects not of your analytical mind, not of the person that's in you that's more like a manager, your inner manager as I call it that's about tasks and execution and thinking logically and thinking practically. Those are all fabulous faculties that you have, but the creativity, the magical qualities that you have, we find through the inner child.

So today we're gonna be working with the 6th and 7th chakra, but in order to work with the 6th and 7th chakra, what I like to call the magical child, we first have to revisit the 1st chakra, okay. So I want you to think about the paradigm of a child, what we know about children. If a child does not feel safe, is that a playful child? Is that a creative child? Does that child even have time to think about playfulness, fun, wonder and joy? They really don't, do they, because they're at basic survival level. Most of their body is running with anxiety, fear, maybe panic, maybe terror about actually just surviving. Secondly, if a child – say a child has been raised to feel safe, but and they're trying to do an art project and standing over them is your worst nightmare of a Little League baseball coach who is standing over them, screaming at them every single thing they're doing wrong, correcting them, yelling at them, telling them it's not right, it's not perfect, you didn't draw that right, you didn't do that perfectly, what are you doing, that's all wrong, how creative and playful can that child really be? Okay and so it's the child, this image of the child that really lets us recognize that the two forces that run inside of us – one is do we feel safe at the most basic level and, secondly, what does our inner

critic sound like? How high is that inner manager in us, that critical manager who demands perfection and can be ruthlessly critical to us? Both of those things will lop off your ability to be creative, to really believe or have moments of deep congruent belief in infinite possibility, because really even having moments of belief in infinite possibility are more than enough to carry us through. They lop off our ability to be filled with wonder and awe, which means we're anticipating and expecting and allowing more things to show up in our life that bring us wonder and awe, okay. So we want to work with both of those aspects today, so that we can lighten up some of that and allow the magical child to come forward.

So we're gonna use a lot of imagination and metaphor in this class and we're gonna work with the inner child, because it's much harder for us to – how do I want to say this? It's harder for us to resist the work that we're gonna do today when we're using some of this imagination and some you know creating and seeing the image of what I call the magical child, so we get better results because we're working with a deeper part of you, okay. So first we're gonna start and start and see where your inner child is at. So some of you may have done inner child work before or matrix reimprinting, if you've ever heard of – if you're a tapping person and you've heard of matrix reimprinting, very very similar to the classical inner child work that we learn during hypnosis training, for example. A lot of hypnotists learn inner child work but it's blended with tapping. So some of what I do will – you know when I went to matrix reimprinting training I was like, hah, that's what I'm doing. *[laughter]* So you will definitely see the parallel there, okay.

So here's we're we start: I want everyone to take a nice, deep breath and close your eyes, and I want you to imagine that your mind could paint you a picture of a very young child and this is you, maybe around the age of 5 or 6, maybe the age of 4. Just let your mind paint the picture of the age that it wants to show you, and just imagine that your mind really could do that, just like a picture on a screen and that you could even fill in more detail, you're imagination, scraps of memory. Maybe it feels like you're making it up but you could fill in the details and even see what you're wearing in that picture, okay. I just want you to see that little child there and put the child in their home, in the home that you grew up in, and the parents and caregivers are there in the background. So I just want you to get a test. Does the child feel safe? What is their basic level of 'I feel safe?' And just test that. Do they feel safe at a 10? Do they feel safe at a 2? Okay, so

depending on your childhood, you know we'll always have a lot of variation in a class like this. Some people will have you know trauma and abuse, and some people will have kind of a standard maybe home life, and they'll just be a little bit of you know it wasn't safe for me to be me, okay. So we just want you to measure that basic safety and how does the child feel about that? Is there a level of fear or anxiety? Is there a level of sadness?

Okay, now secondly, and particularly if your child feels relatively safe, I want you to tune into the criticism that went on. So does the child feel criticized or was it perfectly fine to be everything you were? Because when we're a child and we are – all of our basic needs can be met, we can even have loving parents, but criticism can bring a similar feeling of panic, terror and unsafety, because we are wired at the 1st chakra level, that's our most basic level, that to fit in with the tribe is of utmost survival importance. So if you were being criticized, besides it breaking your heart as it can often do, it also will trigger panic and fear, 'cause the unconscious primitive, illogical fear that the child has is being ostracized from their tribe, okay. There's something wrong with you, child, means that child could find themselves kicked out of their tribe, which is equivalent to death as a child. There's no difference to the unconscious mind of a child.

So I want you to get a measurement on you know was it safe to be you or was there a level of criticism? And you can even let that happen in the picture, maybe one or another or both parents were critical and just see that happen; and even if your child did feel safe at first, what happens to the child when they get criticized? Okay, so we're gonna start and do some tapping right there and take some of this down. Now the words – I'm gonna use words that go from medium to extreme and it's okay if the extreme words don't resonate with you as much. It's okay. We're not going to instill anything. Tapping is clearing and so we're going to have a deeper clearing, especially when we go to use over-the-top words. It will actually break any fear that you have. For instance, if you just have a little anxiety but you tap on panic, fear, life or death terror, it'll actually clear that little bit of anxiety or anxiety faster, because it speaks to the unconscious mind in a more emotional, rich way. It releases the emotion in a more emotionally rich way, okay.

So we're just gonna start tapping right through the points and we're gonna tap for the child, so it's like we're voicing the child. Okay, so tapping through the points:

...I'm afraid
...I'm scared
...I don't feel safe
...It's not safe here for me
...Why am I even with this family?
...This isn't how it's supposed to be
...I don't feel safe
...I'm scared
...Terrified
...Afraid all the time
...I never feel sure
...I'm not physically safe
...I'm not emotionally safe
...It's not safe to be me
...I worry that they don't really want me here
...I worry that I can't survive here
...I worry I'm not meant to be in this family
...I need this family to survive
...But there's something off
...They criticize me
...They only want to see pieces of me
...They don't want to see all of me
...Not all of me is accepted here
...I don't feel safe
...I'm afraid
...Terrified
...Anxious
...It is not safe here
...And I'm gonna remember this for a long time
...My family's not safe
...That must mean the world's not safe
...Love isn't safe
...Relationships aren't safe
...It's not even safe to trust
...I'm not safe

Okay and take a nice deep breath. Okay and so I want to hear from some of you on how it's going. You can start, too, to raise your hand. I want you to look at the child again and see how the child looks now. So tell me how intense it was and if it's come down a little bit now. Okay I'm gonna come to Participant 1.

Participant 1: Hi.

Margaret: Hello.

- Participant 1:* Hi, this is my first time raising my hand in this class.
- Margaret:* I noticed that.
- Participant 1:* [Laughter] You know, it's funny, I've never gotten this emotional from tapping before, so I just want to start by saying that. It actually brought tears to my eyes.
- Margaret:* Okay.
- Participant 1:* You know, I grew up in a pretty average home with fairly supportive parents, so I was really trying to connect with that unsafe feeling as a child, but for me it came – it started coming more back to me as an adult, and what really struck me which is where I got emotional is when you were saying that it's not safe to love or be in a relationship.
- Margaret:* Yea. So I want you to keep tapping and honor that sadness, because you're feeling what you lost. Sadness is about loss, so what have you lost because of this belief?
- Participant 1:* Well, I've lost the ability to find a relationship, a loving partnership.
- Margaret:* Yea.
- Participant 1:* And I've – I just, I'm 39 years old and I guess it's been a really long time since I've been in a relationship. I was married. I'm divorced, which I'm – that's fine. I left my marriage, but I had an unhealthy relationship after that, and since then I just don't seem to be able to allow love in again and that gets in the way of sending love and doing things with love. If you can't let love in, how do you let love out?
- Margaret:* Yea and it's like being able to love is about trusting, you know trusting not somebody else but trusting that you can handle having some vulnerability and setting boundaries when you need to, right, having some vulnerability, even maybe getting your heart broken and being able to handle it, okay?
- Participant 1:* Yea, that's it. Yea.
- Margaret:* You know, so – you know when you looked back at your child picture, you know what did you see in there as far as relationships? Was there any unsafety around or not trust around your primary relationships as a child?

Participant 1: It, you know, it's not – not there necessarily. What came up for me I remember, and I don't know where this stems from, but I remember being a young child around a toddler age and any time I was in a stroller, I felt unsafe. I felt like somebody might leave me, that I couldn't see who was behind me, I couldn't see who was pushing the stroller, and if the stroller stopped for a minute, I would turn around immediately to make sure somebody was still there because I felt unsafe.

Margaret: Yea, so that's a great one for you to work with for the tapping. So if you use the recording again, you know or when we tap again on this, I want you to picture – tune into that picture, that little toddler, okay? Because for some reason at that age, you did not trust that your parents were running the show properly.

Participant 1: Hmm, okay.

Margaret: So like you had to be on guard. You know somehow maybe a sibling would push you or something. I know that happened a lot with me. My sister thinks she pretty much raised me, 'cause we had eight kids. She's like I was the one pushing you in the stroller. And so you know some reason you decided at that age, I can't really trust my parents on this one. Those people are gonna leave me somewhere, and so you had to be hyper vigilant, right. So you're seeing even at that young age, you realized I got to be on this. I got to watch. I got to check. I got to be hyper vigilant. Okay, so that will set you up to be kind of a hyper vigilant adult, which means you're kind of always on guard. Does that make sense?

Participant 1: Yea, it makes a lot of sense.

Margaret: Okay, so when we tap again, I want you to tune into that child in the stroller.

Participant 1: Okay.

Margaret: Okay, that's where it started. Awesome. Okay, I'm gonna come to Participant 2.

Participant 2: Hi, good morning everybody. Hey, Margaret. Well, I definitely had a lot of anxiety. The safety, obviously, at a 1, and then a broken heart of a 10, anxiety at a 10, fear at a 10, criticized definitely at a 10. I felt terror and rage and then, so I could feel like everything around me, I saw myself kind of at the – here it

goes back to the little _____ girl. I kind of a little dirty, kind of like a little, dirty little girl, but I never – I was never like that. I mean I was raised in a, you know like a good home and everything like that as far as that's concerned, but I saw myself sort of as very skinny, which I was and dirty and stuff like that, and then my mother had an image of what a perfect child would look like and she was kind of holding it up, like saying this is what you're supposed to look like and not like you look. And that image was of like, you know sort of like a little bit of a more like a fuller little – like a heavier, a little heavier kid with a you know like pretty, you know like kind of some idyllic painting, picture of her.

Margaret: Right, right.

Participant 2: And I didn't match that.

Margaret: Yea, you were like Cinderella before she became the princess.
[Laughter]

Participant 2: Exactly. [Laughter]

Margaret: [Crosstalk] You were wearing rags and dirt.

Participant 2: Right. Almost like you know something on Les Miserables or something like that. It was very odd, and I know that I didn't really look like that but I guess that's how she made me feel? And so there was a lot of anxiety obviously not matching her desire of what I should look like so that I could be accepted.

Margaret: Yea, I think you're tuning into the piece of you, the inner child in you that you know your mind is showing you this is the piece that she would never – that would be criticized.

Participant 2: Right.

Margaret: This is the piece you could never be – you could never be, because children don't care if they're dirty. They are playing in the dirt.

Participant 2: Right and I – no, and I think [Dogs barking] I'm so sorry, and I think that, that also that wild sort of child look that I've got is part like my creativity.

Margaret: Yea, you know so you can't really – so you're really tuned into the piece of you as a child, 'cause you know you didn't actually look like that all the time, never mind sometimes.

- Participant 2:* Right.
- Margaret:* That would have been totally criticized, right, so that little piece, the party of you, the wild child in you, was, was very unsafe. Okay, awesome.
- Participant 2:* Right, because besides, we always looked exactly the opposite. I mean we were always – we couldn't even like, we couldn't you know sit on the floor. I mean we couldn't do any of that. We had to be perfect all the time.
- Margaret:* Right, yea. Great – great example, thank you. Let's see, I'm gonna come to – I've got Participant 3?
- Participant 3:* Yea, hi.
- Margaret:* Hello.
- Participant 3:* Well, I had 5 on safe, and 8 on criticism, and I was feeling like, oh this is gonna be kind of mellow, and I started hyperventilating in the middle of the tap when we were talking – it was about not being safe to show all of me and to be who I was, and I'm still feeling like really shaky over that.
- Margaret:* Yea.
- Participant 3:* I mean I know that's – I may have been dealing with that a lot, you know, especially through this whole course.
- Margaret:* Mm-hmm.
- Participant 3:* But you know I'm feeling like kind of nervous about really getting to the bottom of it.
- Margaret:* Yea, so when your body starts to want to shake a little bit, I would – what, what, you know it's kind of like what we call bioenergetics.
- Participant 3:* Mm-hmm.
- Margaret:* Like, let your body shake. Let it move. Let it release that energy that's literally stored in your nervous system.
- Participant 3:* Yea.

- Margaret:* Okay and that's why I do this at the end, because we've already come through the program in the lower chakras once and then it – when we do this class last, we're back at the first chakra in the beginning and we're able to process at a whole new level. And the reason why I have you do it and look at the child is because, like I said in the beginning, most people will go, no, that's not really gonna be my issue, and then they get into the tapping and it's like wow, right?
- Participant 3:* Well like, I'm kind of not surprised because I can't remember very much of my childhood at all, and I know – you know and I've been dealing with so many issues about feeling horrible about my creativity and just like not even being like that I have a right to be alive, so so much of that has come up through this whole course, but still it's like, you know, it's like oh my God. *[Laughter]*
- Margaret:* Yea and when you – and when we can't remember a lot in you know, because we know it was a little bit traumatic, it means that we dissociated a lot; and when we dissociated a lot, that means that our nervous system went into the fight – not the fight or flight, but the actual freeze response, okay. And in that scenario it's typically where when we access some of this, you get the body shaking.
- Participant 3:* Uh-huh.
- Margaret:* Right, so it's typically when we were – as children we dissociated a lot, so we kind of don't even remember it. We might have just sort of been numb a lot of the time and felt distant from what was happening at the – a coping mechanism, right?
- Participant 3:* Yea.
- Margaret:* But when we access that, some of the trauma, it'll create that kind of a shaking and shuddering feeling, okay. It's almost like a shudder, and what we tend to do is tense against it and go, oh my God, I'm shaking. I got to stop. And it's like what if I could just let that energy keep moving, like what does my body want to do? You know and let – and let your body do it, right. It's – they call it in the books that have been written on the neurology of this, and there's an amazing neurosurgeon who wrote a book, Dr. Robert Scaer, about trauma, and he goes and speaks at the EFT conferences because he's so – a such a believer in how tapping works in this, that from the perspective of the brain, people who specialize in the brain, like neurosurgeons –
- Participant 3:* Mm-hmm.

- Margaret:* It's the releasing of that freeze response that's like literally frozen in your nervous system in your tissue. That's a natural release. Normally, if you were terrified as a child, right, say a child you know almost got hit by a car and you saved the child. A child would shake and cry and sob and maybe kick and scream while you held them. That's the natural release of that fight or flight or freeze response. So it, it almost like we access that trauma a little bit and you start feeling that intensity. It's like this is what would have come out of you as a child, but there was no one there for you, right?
- Participant 3:* Yea, yea.
- Margaret:* That could not have processed this, no one would have been like holding you saying, it's okay, you're safe, you're safe, we love you.
- Participant 3:* Yea.
- Margaret:* Right, that's [*crosstalk*] comes in.
- Participant 3:* Yea, I'm actually pretty comfortable with shaking. I actually practice that, but –
- Margaret:* Good.
- Participant 3:* I feel like I am so – I am starting to tense against what I might find out.
- Margaret:* Yea and so you can tap on those words, too. Okay, you can actually say I don't even want to find out more. I want to heal this. I don't want more. I'm afraid. I don't want to go there. It's fine to use that on tapping, right?
- Participant 3:* Okay.
- Margaret:* And then see what happens that usually makes the fear about the fear less.
- Participant 3:* Yea, yea.
- Margaret:* Okay?
- Participant 3:* Okay, great.

Margaret: Okay, so never be afraid to tap and refuse, *[laughter]* right, to say I refuse to go there. I don't want to feel this. I don't want to have this. I don't want to clear this. I just want to leave it be. I want to you know it's okay to do that. It's part of your healing and it's voicing what you're really feeling, right?

Participant 3: Okay.

Margaret: Resistance is what you're really feeling.

Participant 3: Yea.

Margaret: Okay, awesome. So I'm gonna come and we're gonna do another round of tapping. I got a lot of people with their hands up and we're gonna jump into another round, so you'll have to raise your hands again if you want to comment on the next round, but I want to jump back in. And so tapping again:

...There I am as a child
...I didn't feel very safe
...I felt a lot of sadness
...A lot of anxiety
...Maybe even rage
...Some part of me knew
...That it's not supposed to be this way
...That I was losing every day
...Losing my childhood
...Losing being me
...I lost being carefree and playful
...I was too afraid
...Too sad
...Too shut down
...Maybe even too angry
...All that energy stuck in my body
...I couldn't express any of it
...Still it's stuck in my nervous system
...But I'm choosing now to start healing it
...It was a long time ago
...And I actually survived
...In the here and now
...I'm safe

...My nervous system doesn't really know that
...It gets triggered with intense energy
...Both fear and anger
...Trigger my nervous system

...And it started way back then
...Sadness and loss trigger my nervous system
...And it started way back then
...I honor this little child that I once was
...I totally honor all the fear, sadness and anger he or she felt
...It's okay
...No one's really understood
...But I understand now
...All this old fear
...Everything I lost
...All the games I never got to play
...All the things I never let myself believe in
...All the carefree days I could've had
...I honor the loss of them
...The sadness
...It happened to me
...And I honor it
...I honor and heal the past
...And I'm letting my whole nervous system know
...That in this present moment
...I'm okay
...I'm all grown up
...And I'm safe
...I'm safe right now in my body

Okay and take a nice deep breath. I want you to look at the child again and just notice how the picture may have shifted a little bit, and I want you to notice if the child is now aware that you are there, aware of you, seeing you there with her or him. And I just want you to be there with that child, and I want to ask you is there any reason in the world that if you had a child like that in your life, that you wouldn't be willing to give them a huge hug and tell them it's okay, I'm here for you, I'm gonna keep you safe? Could you do that for them, just like you were a wonderful auntie who came to visit for a few days? An auntie or an uncle that you wish you could have had, and so if that feels okay, I want you to go ahead and do that. I want you to be there with that child, okay, and you can tap through the points or just tap one point, and I'm gonna lead you in some things to say directly to this child, and you can say them in the quietness of your mind or you can say them out loud, okay. Now if the child is not engaging with you, that's okay. It just means you have a little more tapping to do. You can use the recording and do more tapping and re-do this process.

Okay, it'll go – it, you know you still want to walk through the process with me now, but it'll be even more intense and even more

solid if you can get a little more tapping in so that your child's really engaging with you, okay. And so I want you to just tap again, either all the points or one point. Sometimes I just like to tap karate chop, I mean a collar bone point when I do this or the heart chakra point, which is it would be right where your breasts are, right across the nipple line there right in the center. People will tap right on the heart point of their breast bone, okay. And so I just want you to say to the child:

...I have something to tell you
...It's really important
...And it's gonna be the truth
...Because I would never lie to you
...The truth about you
...Is that you are already perfect and lovable
...Of course you are, you're just a child
...Not because of anything you do
...But because you were born that way
...A miraculous piece of the divine
...It's the truth
...But your parents came into your life
...With their wounds and their pain
...They couldn't give you what you wanted
...Maybe they were harmful
...But it never had anything to do with you
...And you are an eternal soul
...Which means you have always been safe
...You are unending
...You always will be safe
...And I'm gonna be here now
...I'm gonna hug you
...Tell you it's okay
...I'm gonna keep you safe
...I'm gonna make it safe for you
...Just with me here
...To be carefree
...To be totally you
...To feel safe
...To play
...To shine
...Because I love you
...And I understand
...I'm the only one who does

And if that was okay to say, I want you to take a nice deep breath, okay? And for some people it feels wonderful; for other people

they have a little bit of a hard time saying those words and that's okay. Just a little more tapping to do through the process, but I want you to imagine that you could send the child love. So instead of just through your words they could actually feel love coming from you like a beam of beautiful green heart chakra light coming right from your heart into theirs, so that they can feel that love you would pour into them. Just the way we pour love into children so easily, because they are right from the Divine. And let that light flow right into that child's heart and notice if they're receiving it willingly, okay? And let it change from green to any color that seems important. So it can be green, it can be light, it can any color that feels good to you. I just want you to see how does the child look now and how do they feel? Does the child feel safe? And with the child feeling a little safer, I want you to ask them, what do they want you to know? What do they want you as the adult you to be, to do? What do they need from you? And I want you to really note that information down, because this is profound message for you in your life right now. Sometimes it seems so simple it seems crazy, and sometimes it seems like an unexpected message, okay, but these are powerfully important messages for you. And I want you to observe the child now. Now that you've given them some safety and some love, what is the child's first choice to do? What do they do? You just gave them permission to be totally them, totally shine, totally free, totally play. So I want you to notice what they do and I want you to write down at least two aspects of this child, your inner child when they feel totally free to play, because you've made them safe. Okay and I want to take some feedback on that, so you can start, too, and let me know what's happening there with your child. Just gonna come to the webcast here. Okay, lots of people on the webcast. Got lots of people on the webcast today you know that had a lot of intense you know childhoods, and so you know this is someone saying can I really break free of these memories and tapping you know when you've had a lot of you know, especially terror? Tapping is a powerful, powerful tool and it will take time, and so you want to – in that situation it's a great time to work with a coach. You know you can see on my website there's Keri, who's one of my rock star coaches, and Bethany, also, who has her own business but she's also totally trained in my work. So between Keri and Bethany there's some great coaches available to help you work through some of this stuff. Okay, so I'm gonna come back to the line, got lots of hands up, guys. Okay, I'm coming to, let' see, New York.

Participant 4: Hi, it's Participant 4.

Margaret: This is Participant 4.

Participant 4: How are you? [Coughs] Sorry.

Margaret: Good.

Participant 4: I'm choking here. When we started, I was a 10-plus on everything with the criticism, not feeling safe, definitely was shaking, was having a hard time breathing, and it just really made me look back at a lot of the things in my past with not feeling safe with either one of my parents, not being able to sleep. There was an incident that happened, my father was going to – he was attacking my mother with a little – you know how the kids had the little play tables with the chairs where you sit and play your games and stuff like that?

Margaret: Yup.

Participant 4: And he was gonna hit her over the head with this chair, and this voice came out of me as a little kid saying, "Put my chair down!" So he couldn't hit her, but he left the house, and apparently he didn't come back the rest of that night and my mother blamed me for it that if I hadn't said anything you know he'd have come home. Guess he came home the next day it was you know, and I think – from there I really couldn't sleep for a – I just started sleeping pretty well the last year, but I recognize that a lot of stuff was I didn't feel safe with either one of my parents, because neither one of them seemed to be very happy about me. They both told their sides of you know he wanted a boy, she didn't like me 'cause I looked like him, he didn't like me because of this, and I was always like kind of caught in the middle and for me there was never any sense of safety or comfort, and –

Margaret: They weren't actually adults, right?

Participant 4: No, they weren't, and they thought I had lost my mind, 'cause when we moved into the last house that we lived in until before we moved to the house that they had in Washington, I said at the table and I don't know, I was maybe nine or something and I said to them, "When is Mommy and Daddy gonna come home?" And they thought I had lost my mind, because to me they were like these teenagers who fought all the time, weren't loving, and this brought up a lot of stuff for me because I'm not exaggerating, through my whole life my mother or my father never told me they loved me. Gee, I still have a hard time saying this.

Margaret: Yea.

Participant 4: Okay, I can get through this. Anyway, and neither one of my parents were physically demonstrative ever, so as we were going through this I realize, I think it – I forget who it was, but I think it was Wendy, I really understood that freeze part, because I forgot a lot of my childhood because I was totally disassociated with a lot of stuff. And because of –

Margaret: Yea. Yea and it's, you know it's like a mechanism that lets you survive.

Participant 4: Right, right.

Margaret: You know?

Participant 4: And I've come past a lot of that stuff. This is just bringing up a lot of stuff for me.

Margaret: Yea.

Participant 4: But I was able to see myself as a child a lot lately and so tapping through this, it – what surprised me was even through all this and all the criticism and all the negative stuff and you know lack of love and all that other stuff, I remember my therapist once saying the fact that I wasn't institutionalized was just amazing.

Margaret: Right.

Participant 4: But I just started, like I said, crying – but I saw myself, and I saw myself as this child looking back at me and receiving that and instead of it being like this intense beam of whatever, it was just like all these incredible colors of the rainbow just going from me to myself as a child and the first thing I just saw was – and for me to see this to me is just amazing and it's what the tapping has done for me, is that the little child me was able to just relax next to me in the chair and actually lean on me, 'cause I still have sometimes have a hard time being very physical with people. You know, I kind of like sit over here and don't want to get in your space. I'm sure it's because I used to get hit a lot, like let me move over here and be safe, but and just smiling at me and the first thing she wanted to do was go out. She just kind of grabbed me by my hand and just left and just was skipping down the street and on the trolley we went and not knowing where we're going but she was very happy.

Margaret: Yea, nice, a little adventure there.

- Participant 4:* I'm happy about that because I feel like that is that. I think maybe that's the beginning of getting back with my creative stuff, even though this other junk you know is sometimes still there and feel that, but the fact that, like you said, neurologically it's releasing out of my body.
- Margaret:* Yea and that you know that's a great little metaphor – she wanted to get on a trolley and no idea where you're going, right, and that's creativity.
- Participant 4:* Right, oh, okay.
- Margaret:* You know there are other parts of our faculty that's like, well, I need to know where I'm going and how to get there and I need to map it all out, and that's a great faculty that we have, but it's not that creative, magical side where it's like I have no idea where this is going. And in this scenario this gives me this one piece of freedom that I can allow myself that I don't have to know all the variables and control everything, right?
- Participant 4:* Right.
- Margaret:* You know there was no mapped course. She was like let's get on a trolley.
- Participant 4:* Right.
- Margaret:* So that's an important little metaphor for you, you know to jump on and go into the unknown sometimes without knowing why or when you're gonna get there or where you're heading. It's a great metaphor for just allowing creativity.
- Participant 4:* Got it. Great
- Margaret:* I'm dying to see what happens – what we might see in the next pot.
- Participant 4:* Thanks.
- Margaret:* Right. Okay, I'm gonna come to South Bosque, Texas – Participant 5?
- Participant 5:* Yes, uh-huh.
- Margaret:* Hello.

Participant 5: It was interesting when we did the first rounds of tapping, my child is like between 2 and 3, and she's just standing holding onto a coffee table and she's not – she's not doing anything. She's trying to figure out what she should be doing to – I think to make everybody else okay, and I can't even see my parents. And during any of this tapping nothing changed, no feeling, but when I started talking to her she started kicking me and hitting me, you know like coming after me.

Margaret: Mm-hmm.

Participant 5: And I feel emotion about it now but I didn't when we were tapping, and –

Margaret: Yea.

Participant 5: And then at the end she did at least come over and stand by me, and I could hug her but she's still not moving, you know and I think like several other people I don't, I think I'm – I am very sure I was dissociated most of growing up, 'cause I can remember clearly doing that. You just lived in a fantasy world.

Margaret: Yea, so that's what you're seeing, and this is what's so cool about inner child work is that you know your mind is painting you the picture of so much important information. That's why I said you know is the child even receiving it from you, because some people have this reaction. They're like, no. My child won't even look at me, right, and so you're seeing a couple things there. You're seeing that as a child, even at that age, you had already decided to not have any needs.

Participant 5: Right, for sure.

Margaret: Right, because that wouldn't have been safe, right, so for you to –

Participant 5: There wasn't anybody there.

Margaret: Yea, so now you're trying to engage with the child, and she showed you tantrum and attack, right?

Participant 5: Yea.

Margaret: So there's the wall, so what, what I would and so I want you to – here's the question: If you were to picture her a little child of that age having a full-blown tantrum kicking attack, what would the feeling of the judgment in you be about a child doing that?

Participant 5: Well, I've seen – I'm again the oldest of a lot of children and I was really good with little ones that melted down, because I would just stay with them and make sure they didn't hurt themselves, so I've done – I know I've done that before and that's what I would do.

Margaret: Yea, so if it – but if it's, if it's you and your parents were looking, just guess, what would the reaction be of a child throwing a tantrum like that – kicking you, kicking an adult?

Participant 5: I don't even know.

Margaret: What would you guess?

Participant 5: I guess to say stop or you know quit that or just stop, stop.

Margaret: And what would the judgment be about a child who's having a kicking tantrum be?

Participant 5: More like they're, they're bad – I don't know. In our family it was like, well, they're overtired.

Margaret: Right.

Participant 5: You know, take 'em home.

Margaret: Okay.

Participant 5: But I mean it would – it would be not good.

Margaret: Yea, so – so what I would do is I would let – go back to the inner child as we're, you know as I talk to some more people, and I want you to let her have her tantrum.

Participant 5: Yes, I have.

Margaret: Let her kick. Let her scream. Just like you said you would be with a child, be there with her.

Participant 5: Right.

Margaret: You know, you can even tap and go, she's angry, she's screaming, she's yelling, she's kicking at me, you know, and see how much anger and rage is in that child.

Participant 5: Okay.

- Margaret:* Okay, 'cause right now the child doesn't trust you. It's like your inner child doesn't trust you that if I show how angry I am instead of people pleasing and making sure everybody's okay, if I show the real devil that's in me, you're gonna – you're gonna reject and abandon me, too.
- Participant 5:* Oh, uh-huh. Okay.
- Margaret:* So let the child have a tantrum and then see what she comes to.
- Participant 5:* Okay, what she did is at least she started looking around.
- Margaret:* Yea and so she's come out of the dissociated state. You know that's your mind's way of showing you she's not as dissociated, like all of a sudden she's engaging a little bit.
- Participant 5:* Right.
- Margaret:* She's more present, right? And so it's really cool you know how the mind will show us this picture and as we tap it changes. So you've seen her sort of come down out of her dissociated state and then the battle – *[Laughter]*
- Participant 5:* Right.
- Margaret:* That she's got this wall, like no way I'm gonna care and let you get in, and now she's a little more engaged, right?
- Participant 5:* Uh-huh.
- Margaret:* And so keep, you know keep working with her, because you'll be able to have that love connection be stronger.
- Participant 5:* Okay.
- Margaret:* Okay, 'cause she is gonna be very very key. Our inner child is key to us our present adult life to being silly and childlike and joyful and having fun. And the closer you get to touching your soul, the more childlike you behave as an adult in the most positive, wonderful, light sense. Okay, the most joyful and curious and enthusiastic and silly and goofy that all are gifts from our inner child, and you see how long ago she shut that down, right?
- Participant 5:* Right, right.

- Margaret:* Yea, awesome. Okay, great – great feedback for everyone to hear. Okay, I'm gonna do one more. I'm gonna come to Fort Bragg, California.
- Participant 7:* Hi Margaret. It's Participant 7.
- Margaret:* Hi Sandy.
- Participant 7:* What I came to at the end there when you asked us what was our little self doing after we'd – after I'd spoken my, you know, love and protection and safety, she was running in circles with her arms above her head, like thrilled.
- Margaret:* Okay. *[Laughter]*
- Participant 7:* Like, ahhh! You know, it was like I couldn't hear it but that's what it would have been, and I saw myself in this little, this red dress that I loved as a kid that I kept wearing until I was bursting out of it. It became a top for me as I got older. *[Laughter]*
- Margaret:* Wow. *[Laughter]*
- Participant 7:* You know I'm not letting go of this and which is like, actually, as I say that, that's a pattern in my life. It's like not letting go of this, not letting go of this, and I – and I got, you know I grew up in a family that was, I mean there's, it's – I was well loved and my parents did – were demonstrable and you know I don't – there weren't any bad. There was no yelling, there was no, you know none of that that I can remember, but there was also withholding of anger, I think. You know it wasn't expressed and –
- Margaret:* Yea.
- Participant 7:* Huh?
- Margaret:* Even the Brady Bunch, right, we can be as perfect, you know, as we try but there's always gonna be something about the tribe that limits the child.
- Participant 7:* Right.
- Margaret:* I mean your parents take up all the energetic space and they set the rules you know, and so it's like there's always gonna be some little aspect for you to free in a bigger way.

Participant 7: Right and it feels like a big aspect. That's what's so kind of stunning about it, and I – out of looking at my profiles I'm a charismatic leader but the secondary is emotionally sensitive and intelligent, and I have really discovered that through doing your work how is giving voice to or giving you know distinguishing I am really sensitive, I am really emotional and I always have been. So that little person you know it could be one little moment, and there were little you know those moments where they were crushing to me.

Margaret: Yea, yea.

Participant 7: And I really didn't probably shut down.

Margaret: It's hard to let go of them too when we have that quality. We'll hold on to it for a long time, the hurt of it.

Participant 7: Right, yea.

Margaret: Yea, so I would recommend you two things. When you go back and look at your child with her running around and I want you to imagine that she is, like you said, she's yelling woo-hoo, like let her really open her mouth because that's gonna open up your 5th chakra more, right? And I would recommend that you pick a time that you can and actually reenact that. Run around your house screaming, going, "Wooo!"

Participant 7: [Laughter]

Margaret: Okay? Actually reenact what your child is doing. I know it sounds crazy. [Crosstalk] It's a physical bioenergetics. It's putting your body in that state. It's opening up yet that 5th chakra and that which is really important for the charismatic leader quality, 'cause it's a 5th chakra dominant.

Participant 7: Yea, okay.

Margaret: Right? I'm crazy, I'm wild, I'm screaming, I'm sensitive, I'm you know everything that you are.

Participant 7: Uh-huh.

Margaret: Right, and just let it – let it fly.

Participant 7: Okay, that's great. Thank you. Thank you.

Margaret:

You're welcome, you're welcome. Okay, so what we're gonna do now is now we're gonna take this to another level, okay? And so we want it – we want to get to this point 'cause I wanted to see that your – that the child that you're seeing is now in a happier state and so some of you will have a little more work to do. The child might be a little bit happy but not all the way there, and that's okay, 'cause you can tap through again with the class recording, but we're gonna move onto the next part. So this – it works best if your child is feeling pretty good, pretty free, and again, I want everyone to sort of note down some real specific aspects about their child now that they're feeling good that they're feeling free. So if they want to go, as Participant 4 said, get on a trolley and have no idea where they're going, what aspects would you mention about it, would you assign to that child? What would you say? Are they adventurous? Are they curious? Because these are aspects that you need to start owning more in your adult present life. And by the way, Participant 4, I got several people on the Q&A line here that are on the webcast who are writing in on the Q&A line that they really resonate with your story and lots of tears happening. So just wanted to share that, that everyone who speaks really helps bring healing to so many people.

Okay, so I want you to tune in to your child again and just see them there all happy. If they, if they ran out of the house and went somewhere, you know ask them to come on back. If they're playing, ask them to come on back just for a minute, okay, because something incredible is about to happen. I want you to take a look at this child and imagine that their energy, their light, their field, the very electric field, their full energy field just becomes even fuller, richer. That beautiful bright white light fills their entire field, every rainbow of their chakra, and it takes them, their energy, their vibe, their shine, their divinity, comes up to a whole 'nother notch. Okay, and that light could come from above them, from around them, from the ground, just let them fill with even more light. And I want you to see how the child looks and watch, because the child is now going to shift. I want you to give your child permission to change into something more magical, an archetype, a mythical character, something from the Greeks, something from the Roman times, something from literature, something from fairy tales, a creature, an animal, a fairy, just let your child shift and become this magical archetypal creature. Just see what they've become. Okay, now your mind is going to paint you a picture of the perfect archetype for you, even if it seems strange or confusing to you, okay? So I want you to look at your magical child and now write down some, at least two very specific aspects of this magical or mythical creature it has turned into, and

notice as the child became this archetype how different the energy is, how full and rich. Maybe it's more strength, maybe it's more lightness, maybe it's softer, maybe it's stronger, but I want you to see this magical child archetype and write down some very specific aspects; because these are additional aspects for you to start owning in your life right now, okay? And so this magical child has an incredible 6th and 7th chakra, the connection to all that is infinite, magical, possible, divine – it's magic and impossibility already in this archetype. I want you to see how this magical child is your direct source to magic, to miracles, to creativity, unbounded creativity, to joy, to lightness of being. We get to creativity through the freedom, the unbounded carefree freedom to play, because it is in play that we are full of magic and wonderment.

Okay, so I want to hear from you guys on what your archetype looks and how it is, and we'll do a little round of tapping first and I see lots of people are already raising their hands, but I want to do a little round of tapping first on this, okay? Tapping through the points:

...There he/she is
...Wow, really amazing
...I'm not sure what this means
...I'm not sure this is real
...This is my magical inner child
...An archetype within me
...With power
...That I've never seen or experienced
...With abilities and aspects
...Strengths that I've never even considered as being part of me
...This is the part of me
...Connected into magic
...The miraculous magic that is the Divine
...The unknown
...The un-manifest
...Pure creative energy
...It's amazing
...How can this be in me?
...It has so many gifts
...Are those really gifts for me?
...I don't see how I could own those gifts
...I honor this magical child
...This part of me that's been denied
...My denied light
...I honor this magical child

...The part of me I've never set free
...The part of me that would have ran the streets when I was a
child
...In joyful, playful creativity
...But it was locked down
...I'm glad it's not too late
...To own this beautiful archetype
...My logical mind does not see how this can work
...But I'm open to owning this archetype
...This magical, mythical child in me
...And all of the gifts it has for me

Okay and take a nice deep breath.

[End of Audio]