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Margaret:

Okay. Welcome everyone. This is Margaret Lynch, and this is Class 2 for Powerful, Passionate, and Fabulous. Now this is the second class in the series. Again if you missed last week, you can listen to the recording and there'll be a transcript for you there as well.

But today we're going to move up to the second chakra. The title of today's class is one of my favorite fun titles to do, and it's called Bringing Sexy Back. So we're going to look at some of the aspects of the second chakra that really affect your power because there – the second chakra is where we really feel our power, and it's also where we feel our sexuality which is a big piece of our power as human beings. That life force pure energy is partly sexual in our life. It's also where we develop our self-image, and the self-image is really connected to when you feel who you are.

You know, you have a body at the first chakra like we worked on last week, and based on that body, and that nervous system, and those feelings, and those desires, and that intrinsic knowledge of the miracle of self. At the second chakra we are actually not just solid anymore like we are at the first chakra. The second chakra -- it's where we are sensually feeling, and interacting, and kind of wrestling with the world and other people. And so it's actually where the world flows into us through our feelings, our sensations, and our energy. And based on the way we feel our way through, and sort of wrestle with the world, we actually see and develop a self-image.

It's kind of like "What is my value as I wrestle with who I am in the world? My feeling of power. My desires. My needs. My gifts and talents." And so our self-image isn't really something that we need to think who we are. It's really about _____ who we are.

So the second chakra has a lot going on there, right? And the negative _____ that are in the second chakra are always going to have to do with vulnerability. Okay? Not wanting to be vulnerable because there's two sides to – well there's many sides to the second chakra, but there's two sides that I like to talk about in terms of law of attraction. Because the second chakra is where you as I said feel your self-image which is related to your value, your intrinsic value, and your power because when I saw wrestle with other people in the world I mean wrestle, right?

We kinda get a sense of how powerful we are, or aren't, as we do that process. So there's one side of it which is, how do we carry our power? All aspects of our power. The second aspect of that is that the second chakra is also your receiving chakra. It's where you receive. So if your second chakra is closed, you're not a good receiver because it's also where we feel our deepest needs – the things that we really, really want before we judge whether or not it's good or bad to want those things. Or shameful, or we should feel guilty.

Our basic, deepest needs, and by feeling those – what naturally happens is whether we use our voice or not, when we honor and feel our deepest needs we are open to receiving that which is aligned with those deepest needs. And those deepest needs are around money, are around having our power, being seen and felt, are around our deepest needs for love, for affection, to be adored, to be held, to be pleased, right? To have pleasure in our life.

So most, you know – Carolyn **Myss** who is one of the visionary teachers in the personal development industry, and the transformational industry – a lot of you guys I know have read her books. And she teaches the chakras in a pretty amazing way, which is one of the – which a lot of her books are required reading in Reece – in my fiancé Reece's school, because of the way she teaches the chakras. And she is very, very clear when she says that 99.9 percent of everybody on the planet – their issues are first and second chakra issues. All of their issues stem from first and second chakra issues.

So when you work on your first and second chakras, you will have the biggest overall change in your life. When you work specifically on your second chakra, you will have the biggest overall in the personal power that you are allowing yourself to carry. Because of that, we're also going to see where we've made vows to resist, or not carry that level of personal power. Okay?

So the way I wanna work with the second chakra today is the Bringing Sexy Back process. Now some of you guys that have done seven levels have been exposed to this process before, because there was a bringing back process as a bonus in the seven levels, and that is fabulous because when you've done the work once – to come and do it again on a live class with a live energy, it always creates a whole new level of experience, and change, and stepping up.

Working on your second chakra is something that you could do like for a year straight every single week, and you would always have benefits from it. Okay? I'm just gonna before we get started come to the Q and A line just because I've got a few comments or questions in here, and I want to make sure I'm not missing something here. Just some from feedback from last week.

Someone asking about how does this – this is a good question from Patricia because we are talking about the second chakra – how does this work affect **empaths**? Sometimes I don't know if I'm feeling my feelings, or someone else's feelings. I can feel the energy of the words that you are speaking. Right? And so that is your gift Patricia. You feel the word in a very sensual, physical way, and so you are probably a second chakra dominant person.

That's what we call and empathy, or in Reece's teachings in the profiles it's an – we call it the emotional intelligence specialist. It's a second chakra dominant personality type. So you do feel things really deeply, but recognize that, you know – Reece also teaches that you're never gonna feel anything that's not happening in your own field. So when we feelings – when we think we're feeling someone else's feelings, it's always triggering something in us that resonates with us.

Right? So we were – we're like a – you're like a tuning fork. Right? So if someone comes in, and they've got sadness and grief about something you're like a tuning fork. You're gonna tune into, and start feeling your own sadness and grief. Right? And

particularly if it's unresolved. Okay? So you really wanna get the gift from any time you feel like you're feeling someone else's feelings that there's – it's triggering something in you to clear.

Some great feedback that – from Sherry who said “I felt a great deal of energy being released around my eyes after class last week.” So that would be up around the sixth chakra, the way you see yourself. Patricia also said “Huge energy in – increase in energy flowing through my body when I asked questions for guidance going all the way up to my shoulders like a wave. I had some before, but now it floods through.” That is very, very, cool.

So lots of other great comments. Just feedback from last week. Going through homework. “Hearing the messages”, Jane from Texas saying, “Hearing the messages from my body, what's been apparent is that I have a lot of negative or violent thoughts. Fearing that someone could kill me at any minute if I'm out walking, or something bad could happen to me.” And so, you know, the consciousness about that – about actually catching how many thoughts are going on in our head – which sometimes we notice more when we start tuning into our body.

Because we're tuning into our body and we're quiet, and then all of a sudden we go, “Hey. What are these crazy thoughts?” We're more aware of them. Okay? And so we start to see some of those tape recorder thoughts that we can use tapping to turn them off. So what I would do with those kind of thoughts is to really voice them loudly over, and over, and over. Don't argue with them. Voice them like they are 100 percent true, and that's how they will reduce the fastest.

So if it's “I think someone's gonna jump out of the woods, and kidnap me.” You literally say it like that. You say “It's the truth. It's the truth. It's gonna happen. It's gonna happen immediately. I just know it. It's the truth.” And it will turn off that thought faster. It will quiet it, soothe it, let it go faster than trying to argue with it.

Same thing if anyone after last week is having – noticing how many more negative thoughts they have. “I hate my body.” Those kind of thoughts. You want to voice it exactly that way, and after voicing it take a nice deep breath. When it feels a little bit lighter, then make a choice. “Okay, what do I really wanna feel here?”

What's the real truth for me here?" And let yourself do an affirmation, or a positive round of tapping from that place.

Don't argue with it before you give yourself the peace, and the release, and the voicing of it, and the perspective. Once you've done some tapping, and it feels quieter, then ask yourself, "What do I really, really want here? Is there a need that I'm not meeting in my life? What do I really, really need here?" Okay? Much – a really, really powerful way to go.

Okay. So we're gonna jump right into the Bringing Sexy Back exercise, and it's going to build on something we did last week, or it will sound reminiscent to something we did last week. Because I want you to take a nice, deep breath. Okay? And close your eyes again, and I want you to see yourself standing there in front of that mirror again, and this time you're wearing a bathing suit. Bathing suit time! Right? No hiding in our clothes.

You're wearing a bathing suit in front of that mirror, and you're looking in the mirror at your body. And this time I want you to say "I'm sexy. I'm sexy!" And I want you to also test, "I'm powerful." And just measure on a scale of one to ten, how true do those feel? Okay? And also notice if you're already tuning into some really specific things that you can't let yourself feel sexy because of. Okay?

And so I am going to before I – I'll take feedback after this round, but I'm gonna jump in and start doing the tapping because I've done this process a lot, and I know that it triggers a lot of negative stuff, right? So I'm gonna jump in. I'm gonna kinda tune in and just – and give a – use a lot of different words that I've heard from lots of different people in this process, and we're gonna kinda do the negative round first. Okay?

So just tuning into yourself there, and we're gonna start tapping through the points. I usually start with the eyebrow point. So tapping through the points:

... There I am

... I am so not sexy

... Ohh noo

... I am not sexy at all

... I don't deserve to feel sexy

... Look at me

... Look at that body

... I accept it a little more now

... But it's not sexy

... Sexy means something different

... Perfect

... And that's not me

... I refuse to feel sexy

... It's not right

... It's not safe

... Because of my body, I refuse to feel sexy

... I can't, even if I wanted to

... Society would agree with me

... This is not a sexy body in front of me

... I am so not sexy

... Look at all the things wrong

... I'm loveable

... But with this body I can't be sexy

... I can't carry that off

... I'm not gonna let myself feel that

... Feel that energy

... Feel that flow of power

... It's dangerous

... It's inappropriate

... It's a long gone part of my life

... And I have really good reasons

... I'm gross!

... Embarrassing

... Not perfect

... Ugly

... Not sexy at all

... If I were to try to act sexy, that would be a joke

... I refuse to let myself feel

... The fun, energetic feeling

... Of sexy

... That's not for me

... And it doesn't even feel safe to talk about

Okay, and take a nice deep breath.

Now because we're dealing with this part of the second chakra that's your power which is mixed, okay, with your sexual power – second chakra is really where your life force survival energy flows up through your system. Your passion, your desire, your needs. And part of that, a big piece of that channel, is sexual energy. It's – life force survival energy is also sexual energy.

And so we're not talking about worthiness, or "Am I good enough?", or self-esteem. We're talking a real, specific feeling when we think about ourselves as this word that we use – as sexy. Okay? And we know that sexy is a word that goes beyond sexuality, right? Because marketing can be sexy, a car can be sexy – there's a feeling and energy about feeling sexy that goes way beyond just like, you know, "I feel good about myself."

So as we look at this, it is going to trigger – if you've got wounding around your sexuality, you're gonna feel it and see it here because you'll often have made a vow to never carry this piece of your power. Okay? So if that's coming up for you – we talked about this last class – I want you to just keep tapping cause it's gonna trigger some feelings of vulnerability, and it may also trigger some really strong resistance in you. Okay?

So just keep tapping, but I want you guys to give me some feedback. You can start to raise your hand, and I'm coming to Portland, Oregon. So how was that round of tapping for you, and what's coming up?

Participant 1:

This is Participant 1. And what's coming up for me is that you know, I mean I can look at my body, and know that I'm sexy. And I've not really had a problem knowing it, but it feels incredibly

dangerous to feel it, to use it, to you know, probably to acknowledge it. That I need to mute it to keep myself safe. I think a lot of this comes from – I've had three experiences in my life where people have basically tried to kill me in my physical life.

And one happened when I was a child. When I was 18 I was drugged, and taken to a frat house, and probably raped. I don't know for sure cause I blacked out. But I know that they – I know that they almost killed me by giving me too much drug. That much I do know, and then the third time a guy on meth rammed his car into me at 80 miles an hour, and I think he was trying to – he was trying to kill himself, but he was just gonna take whoever was in front of him with him.

So I've had these experiences happen at the negligence of others, basically. It's people who are not taking care of their own responsibilities, and I'm suffering because of it, and of course that taps into my childhood of massively alcoholic parents who neglected my needs. And I'm sure there are ways I felt that my life was in danger because of that.

Margaret:

Yeah. So we've got the issue with the – one of the things at the second chakra – a vow that we take is a vow to never be vulnerable, which can also be said to never trust. So you've got some real massive trauma, right? And everybody in their own story is gonna have some version of this. It may not be this extreme, right? You've got some real extreme trauma that you've got going on, right?

But everyone will have some version of, you know, of this kind of a story where they have experiences that happened interested the past that say right now, in the present moment, I can – it's not safe for me to own my power. It's not safe for me to feel powerful, to let this energy which is my divine, God-given, life force energy flow through me. Right? Because there's been experiences in the past where that was dangerous, and I don't trust.

Participant 1:

Yeah.

Margaret:

Okay? So –

Participant 1:

Yeah. It terrifies me to even think about being vulnerable there.

- Margaret:* Yeah, and so this is the dance of the second chakra – is that power and vulnerability are connected. Remember I said it's your power, and it's your receiving. And so to be able to receive reward in your life via law of attraction, you have to be open to receive so which means you have to be open, and when we're open we're a little vulnerable.
- Participant 1:* But I don't want to –
- Margaret:* Okay? Yeah. And so I want you to really tap about that. You know, this "I don't wanna be vulnerable." Because it always feels like it's black or white. We're gonna fall off a cliff, and that's it. We're vulnerable forever. Right?
- Participant 1:* Yeah.
- Margaret:* When the truth is we take baby steps in safe experiences with safe people to own our power, and to let ourselves be vulnerable. Okay? What happens is when we make a vow that says "The world's not safe, and I don't trust, and I'm never gonna be vulnerable," this is what we will manifest unconsciously. We will manifest people and situations that reinforce that model.
- Participant 1:* Yep.
- Margaret:* Crazy. Crazy way we manifest. Right?
- Participant 1:* Yep.
- Margaret:* We'll find –
- Participant 1:* We'll manifest battle, after battle, after battle.
- Margaret:* Yeah. So at the second chakra, you know, this is where we also make vows to, you know, to battle, to get even, to never be vulnerable by proving, you know, that the world is unsafe. So we'll manifest the battle that proves "I can never own my power." Does that make sense?
- Participant 1:* Yes. Absolutely.

- Margaret:* Okay. And you know, we didn't just decide to do that, and say "Hey you need to let that go sister." This came from real trauma, real experiences, real pain. You have real – your brilliant little mind has real evidence. Right?
- Participant 1:* Yeah.
- Margaret:* Real evidence like "This happened to freaking me." And so you wanna honor that, but I want you to really make that connection that what those experiences say, and what that vow to never be vulnerable is – says "I have to be a victim." Because if I can never own my power, that means I'm still being victimized. Right?
- Participant 1:* Okay. And that makes me vulnerable in an uncontrollable way I guess.
- Margaret:* Yeah, and so –
- Participant 1:* _____ my power.
- Margaret:* Here's the antidote. Okay? The antidote – because I know a lot of people are feeling the same "I don't wanna be vulnerable." Right? Cause as soon as we start tapping into sexuality, there's a feeling of vulnerability. As soon as we start tapping into owning our power, there's a feeling of vulnerability. The antidote to vulnerability is starting to take baby steps into trusting yourself that you can handle baby steps into vulnerability. Okay?
- That you can be a little vulnerable with someone that you – is proven, that cares about you, that's safe, that you know, that you trust already. You know, we don't go try it with strangers. But we take a step, and we see how we can trust ourselves – that if something goes wrong, that we can actually say "You know what? That's not okay for me. I'm gonna retreat a little bit." And when we build up that trust, suddenly it's not about trusting the whole world.
- It's about trusting ourselves. That I am actually kind of kick-ass, and I'm pretty smart, and I see everything that's going on, and I can actually trust myself. I might get hurt, but I can also trust myself to use tools, use techniques, to reach out to people. That

I'm gonna recover, and I'm gonna take steps, and put boundaries in place when I need to. Right? We've often never done that.

We've gone to being victimized, and then maybe exploding, or maybe never speaking up, and so in order to be able to take steps out of the fear of vulnerability you have to build up a new trust in yourself that you can handle little steps into vulnerability.

Participant 1: Okay.

Margaret: That you know – you know how to put a wall up, right?

Participant 1: I do. And when I'm hearing you – when we're talking about this it's also bringing up my need to always be on guard, and –

Margaret: Yeah. You're gonna be hyper – we call that hyper vigilance, right? "I've gotta control everything. I've gotta control..." And so you know, I want you to imagine what it would be like if you didn't have to control every freaking thing and every freaking person, and you could just sort of be free to be you.

Participant 1: Yeah.

Margaret: Like wouldn't that be amazing?

Participant 1: Yes.

Margaret: Cause there's a lot of shit you're controlling – excuse my French – that you don't really need to be controlling, but you do it to keep yourself safe. Right? And so it's not about trusting anybody else. It's about starting to trust yourself.

Participant 1: Okay. So it's not about completely letting go of control. It's more about looking at what I need to control, and what I don't.

[Crosstalk]

Margaret: Right. _____.

- Participant 1:* And letting some of those other things go that don't need my control or my on guard demeanor.
- Margaret:* Yeah, and it's about feeling your way through that, and so pick one thing, an easy thing, and go "If I let that go, what's gonna happen?" And then tap like crazy. "Oh my God. I'm gonna be vulnerable. I'm gonna be vulnerable. I'm gonna be vulnerable. I can't do it." Right? And then take a baby step saying "Okay, so what's the worst that can happen? Can I handle it if it happens?" Okay? We often forget in these moments how kick-ass we are in the rest of our life.
- Participant 1:* True. Forget about all the times –
- Margaret:* Yeah, how easily we're – we can put up a wall when we need to cause we've practiced that a lot, so know that putting up a wall if you need to is a skill you get to keep.
- Participant 1:* Okay. Okay. I like that.
- Margaret:* You are – you know, there's times when I need to put up a wall, and you know, I like to be very open, and I have that ability where I can slam down a wall if I need to, and turn off my feelings in a moment if I need to. That's a skill that I have, and I'm not getting rid of that skill.
- [Laughter]*
- Okay? Does that make sense?
- Participant 1:* Absolutely, and that feels really good. Feels doable.
- Margaret:* Yeah. And, you know, sometimes it feels like it's gonna be falling off a cliff that becomes the reason why we won't do it, right? It's like, "No." It's like all or nothing –
- Participant 1:* Yeah.
- Margaret:* And it's really – it's really baby steps in progress. So great question. Thank you for that.

Participant 1: Thank you.

Margaret: Okay. I'm coming to New York, New York. I think it's Participant 2?

Participant 2: Yep.

Margaret: Hi lady. How are you on this process?

Participant 2: Hi Margaret.

Margaret: Hello.

Participant 2: Hello. You know Participant 1 does it every time – she did it in the last class. She brings up a lot of stuff.

[Laughter]

I had a great week looking at being in my body last week helped me _____ a lot of negative stuff. As soon as you said look in the mirror, I saw myself in this – first I saw myself very quickly in this one piece bathing suit, and I felt great. It was a ten. I felt very powerful, but then it switched quickly to this two piece, and I went right down to a two. And everything got dark. I got nauseous.

I had this stuff in the pit of my stomach, then it kinda rose up when we were tapping to my heart, and then it went up to my throat.

Margaret: Okay. So did you ever wear a two piece when you were younger?

Participant 2: No because I have this burn scar – scar from this burn on my middle that covers my whole midriff –

Margaret: Okay.

Participant 2: And as Participant 1 was talking, it just brought up that. It was not until I was in my thirties that it kind – and after my mother died that I kind of found out she either burned me or allowed me to get burned. She always had some kinda – and a very, very early age. I

was maybe 18 months old, maybe two, and no one took care of that, you know? And she would always tell me it was my fault, that I was jealous, and I fell on this thing. And you know, it was after her death when I went to therapy, and I thought it might piece some things together cause I had to just take in and believe everything my mother said.

She told me that if I was beautiful or pretty that I'd be a vain person. So you know, when everybody was wearing the midriff pants and everything like I couldn't wear that because I – the burn was still kinda oozing, and doing all this stuff that you know, even that far beyond because no one took care of it. So I wasn't taken care of when I was badly burned, and the burn was on my arm as well.

So that just kinda like really clinched up for me.

Margaret: Yeah. You're wearing your wounded story. Right?

Participant 2: Yeah. Yeah.

Margaret: You're really still wearing it. So for second you got to feel good, and then your mind was like "Don't forget about this."

Participant 2: Absolutely.

Margaret: Right? That I – it – it's kinda like your mind saying, "Oh, no, no, no. We're not powerful. We're still wounded."

Participant 2: Right.

Margaret: Okay? And so, you know, you kinda got to hear how quickly that part of you that says "I am not powerful" comes in. Right?

Participant 2: Right.

Margaret: Because even though we're talking about your physical body, and how you look, this – the intention of this whole process is really around the power that you carry. So your mind if kind of showing you that like, "This is my – I still have a really big piece of

evidence that I'm not powerful." Okay? So you were probably, you know, you may have been kind of tuning into maybe that first moment, however old you were, that it really dawned on you. You know?

That this was going to be forever. That there would be something physically, visibly wrong with you. Right? Because you kinda went to some nausea there, right? Got very dark. So I want you to kind of keep tapping because we really wanna move, you know. When we find dark stuff with tapping it's like gold because to clear that dark stuff – it's like a brand new person. Right? It's a massive change.

Right? And so that's why we like – we like to uncover these layers. As painful as they are, and as much courage as it takes, we want to clear these layers out because they are getting in the way of you allowing the fire hose of power that wants to flow through your body – a beautiful, hot, sexy Participant 2 energy. Okay?

Participant 2: Right.

Margaret: Okay. Awesome.

Participant 2: Hey –

Margaret: Thanks Participant 2. Okay. We're gonna go in, and do another round of tapping. Okay? Cause I wanna help – I want to voice some of this what's going on with everybody.

Okay. So just tapping through the points again:

... I'm really feeling this

... I'm really feeling the resistance to it

... Even starting to feel more sexy

... Is triggering some resistance

... If I let myself feel sexy

... I do believe bad things will happen

... There will be pain

... Rejection

... Humiliation

... Or physical attack

... I will be used

... And I made a vow

... To never let that happen

... To never be vulnerable like that

... To never carry power like this

... This attractive power

... This goddess, attractive energy

... Because it will attract something negative

... Something painful

... Something shameful

... I'm really feeling this resistance

... It's dark

... It's yucky

... It's stuck in my second chakra

... This vow to never use

... My powerful, magnetic, attractive energy

... My pulling, and receiving, and allowing

... Power

... My brilliant, expanding, energetic power

... That is my sexy feeling

... It's not safe

... It's really scary

... And I've attached so many beliefs to this

... So many judgments about my body

... So many judgments about when you can be sexy, and when you
can't

... And society agrees with me

... So many good reasons to not feel sexy

... To not flow this energy

... I won't do it. I won't do it. I refuse

... I'm just gonna honor that

... I've put a lid on a volcano

... In my second chakra

... The volcano of my life force energy

... I've put a cork in it

... It's still there

... But the volcano is real

... And I'm just gonna honor that too

(Deep Breath)

... I'm open to healing all of these wounds at my second chakra

... This entire part of my body

... That's been carrying these wounds and vows for me

... I'm so open to healing it

... Not sure yet what that will mean in my life

... Maybe some baby steps

... But I'm so open to healing it

... I totally honor my second chakra

... My sexuality

... And my power

Okay, and take a nice, deep breath.

And I'm just gonna come to someone in Rockland, Mass. Oh he put his hand – he or she her hand down. Here you go again. I'm just gonna come to you because you had your hand up from before, and just check in. Is it Participant 3?

Participant 3: It's – yeah it's Participant 3.

Margaret: Hi Participant 3.

Participant 3: You know, I – last week when were doing the through – I felt like I was moving some stuff, but I knew that most of everything that I need to deal with is in the _____. And I'm feeling so jealous of everyone that's talking about all of the activity that their having, cause I'm just not feeling it, and I know that it's all there. Like I feel – I mean I know that it's related to this feeling of sex, for me, leading to regret. Like when I think back to first becoming sexually active, I had a whole bunch of stuff happen in like two years.

I got sexually active. I got pregnant. I terminated the pregnancy. I never told my parents. And then two years later my mother died, and so then there was this whole middle period of my life where I used sex in all the wrong ways, and it constantly led to regret, and it made me feel horrible about myself. And I didn't have healthy, loving relationships in my life, and that went on for like 18 years.

And then finally when I turned 37 I'd had enough, and I started energy healing. I learned about Reiki, I turned my whole life around, and my whole attitude and everything, and it's like is awesome now. I met and married the best guy in the world. I have this great business where I'm helping all kinds of women, and we've been trying for three years to get pregnant, and I just can't.

And I know it's all related to all that, and I can't move it. And it's just killing me.

[Crosstalk]

_____.

Margaret: Yeah, and so we're all tapping for you too, okay? And so I want to take just a nice, deep breath, right? And so this is – what you're being shown is the work that you need to do is forgiving yourself for the past. Okay? Because there is a decision in you that is so solidly congruent that what you did is unforgiveable. Right? And it's – because you're trying to get pregnant, it's going to go really specifically around terminating the pregnancy.

Participant 3: Yep.

Margaret: Right? And all of that going, you know – so if you imagine inside, there's a tremendous amount of self loathing, and anger, and unforgiven totally focused on this area of your body. And you, you know, you're intuitive right? You already get that. Okay? But the work that we're doing today isn't going to go specifically after – you've got a story that's got evidence and pieces in that that are still very unforgiveable to you.

Right? And so you're – as we're doing this tapping, you're, you know, you're – inside you're like “No way. No way.” All right? “Not going there. Not going there.” So we have, you know, you're using the power of your will to say, “I'm not gonna do this work right now.” And that's okay, right? Because you've got this pre-existing thing that you need to forgive yourself for. Does that make sense?

Participant 3: It does, and I – I've been working on that. I like I made peace with the spirit of this baby who stayed with me. I did some work with Lisa Campion on that, and you know, I've – it's not like I haven't done some of that, and so that's why I'm surprised. I mean I've had – doing tapping after my session with her like under a year, I released all this past life stuff that was all related, and I – it's like I've lived this pattern in many other lives too which makes it even more intense.

So, you know, where –

Margaret: Yeah. So my instincts would say to go back – that there's probably a part that goes back before. Before you got pregnant. That there's something in there around the decision when you first started to become sexually active. That there's something about that you were reckless, that you were this, that you were – whatever it is, that there's a judgment in there that's somewhere

sticking because you're not really willing to go back to – when we bring our sexy back, it's kinda like going back to being a teenager.

Right? And so I want you to look for any judgment you have because you may have forgiven certain pieces of it, but sometimes there's this part about, "If I had just not made that decision", and that can be the sticking point.

Participant 3:

You know, when I came up when you were saying that, and it's a little twist on what I've been – well I used to – I was reckless, and I remember like refusing to go on the pill because I thought that that would mean I'd have to stay with that guy forever. And I kept thinking, "Oh it's not gonna happen to me. It's not gonna happen to me", and it's interesting how in the last few years my fear around getting pregnant was not "It's not going to happen to me", but "It's not going to happen for me".

It's like I replaced one word with another, and in one case I was protecting myself, and in this case I'm like "Just get over it. It's not gonna happen."

Margaret:

Yeah. So you know, without working with you one on one, you know it's hard to know – you want to have a practitioner who really knows how to go in, and see what's in there. But you're exerting a tremendous amount of effort to make sure that you don't feel what we're doing right now, that you don't reignite that spark that you had that made you sexually active in the first place.

Because you know, when you became sexually active, it was freaking' fun. You wanted to do it, right? It was experimenting. It was wild. It was fun. It was all the stuff we do in our late teens and twenties hopefully, right?

Participant 3:

Yeah.

Margaret:

And so we're basically saying, "It's okay for me to return to that". And a part of you is like, "No it isn't. I made a mistake that ruined my life". In some way, shape, or form. And this is really common, you know, in a different way. A lot of people will start to feel their sexy coming back, and then feel this wall come up because they'll say, "When I was 22 I made – I was sexually loose, and I still judge myself for that".

Because we're literally saying, "I'm gonna return to that sexy, hot 18 year old who's like, "Yeah!". Okay? Now we're not 18, so you get to keep your experience, and your life experience and your perspective, but there – your inner, you know, your unconscious mind and your energy system is gonna get the connection that you still get to feel the feeling of what it's like to get all dressed up, and go out to a party at 18, and the excitement, and the bold curiosity, and the wildness of like hooking up with someone.

Right? Because it's a similar feeling. Doesn't mean you turn into that person, but we'll resist it if we're being – if we're still in judgment about that time in our life. Does that make sense?

Participant 3: Yeah.

Margaret: Okay. Cause it's almost like saying, "It's okay for me to feel that again". That "Woo hoo, I'm hot and sexy". Right? "The world's my oyster." And we want to feel that energy again, but we're gonna do it as we are today – as a person who is more mature, and has perspective, and has life experience. We're gonna use that energy as part of our life purpose and our mission. Okay?

But it will trigger anything beyond our sexual wounding – it will trigger any mistakes that we feel that we made in those wild, young years. Okay?

Participant 3: Yeah.

Margaret: Thank you for that. Awesome, awesome question. You know again, everybody who speaks often lets me teach through something that a lot of people are feeling so thank you for that. Okay. I'm just gonna come to some of the Q and A lines here because there's lots and lots of questions building up. Some people bringing up, you know, in their relationship, right?

About not having sex in their primary relationship, refusing to be sexy and powerful. It's dangerous, it's not safe, and so having non-existent sex life and things like that. And so remember that the – this is something really funny that Rhyse says – that the person with the lowest sex drive has more power in the relationship because you have something that you can withhold from the other person who really, really wants it.

So do you see how second chakra is always sexuality and control, and – okay? And conversely, the person in the relationship with the most money will also have a big chunk of the control because they control the money, and the other person needs it. So if you've got this experience going in your personal relationship where you are the person with the lower sex drive, and sort of refuse to be that sexy, hot man or woman that's attracting the other partner because you don't wanna give that to them, or give in to them, or somehow it feels disempowering to you? Right?

It feels like something that's just going on in your relationship, but that is absolutely a shutting down of your natural energy – your natural sexuality, power, life force energy, and so you're saying "I don't have a second chakra anymore". Which means we won't own our power, and then we will also have that same trouble receiving. We often start to go further and further down that path about saying – feeling like "I never get my needs met. How come nobody's like noticing what my needs are and meeting them?"

Okay. When we shut down our second chakra, we won't really allow. Okay? So lots of people are seeing – feeling that resistance that's coming up that we just had. Okay. I'm gonna come to one more person, and then we're gonna do some more tapping. Let's see, South _____, Texas.

Participant 4: Okay. This is Participant 4.

Margaret: Hello.

Participant 4: And as we were tapping I am just aware of that huge, huge resistance, and then kinda like Participant 3 – I'm jealous of it. You talk about this period of being hot and 18, and so on. It's like, I think I missed that. It's – but it's funny, you know, I was sexually active, but not from that perspective. I don't know – it's like there's just this huge missing there.

Margaret: So it wasn't something that was like your choice to be like, "Woo hoo. I'm gonna go experience"?

Participant 4: Well, I don't even – I don't know. I just –

Margaret: Right. Yeah so –

- Participant 4:* I remember one experience when I was young – probably like 13, 14 – being at a movie theater with a guy, and he had his arm around me, and every time he touched me my body would react, and I would just gush with fluid. And I can remember thinking that he was controlling me. Cause all he had to do was just touch me and my body would go _____.
- Margaret:* Right.
- Participant 4:* You know, this huge sexual reaction. And I think that was – I’ve always remembered that. It’s like I didn’t like him controlling me.
- Margaret:* Yeah. So you pretty quickly connected your sexual feelings and power with being controlled by someone else.
- Participant 4:* Right.
- Margaret:* Right? And so you never got to sort of own the power in that. Right? To own the power in your own sexuality, and what you – the pleasure that you get to experience, and also the attractive ability. You know, when we’re talking about our sexy – bringing our sexy back – we’re talking about the goddess energy, or if you’re a guy, the god energy. Which is a pulling, attracting force. The inner goddess is that pulling and attracting – the way we manifest things by pulling and attracting them to ourselves.
- Right? When we stand there in our personal power and we’re charismatic, and we’re alive, and on fire, people are attracted to us. Right? Yesterday I had a tele-class that Alan Davidson taught which was called Attract Your Perfect Customer. It was about attracting them.
- Participant 4:* You know Margaret, it’s kind of –
- Margaret:* So this power that we have is attractive and expanding. Go ahead. What was your – what did you say?
- Participant 4:* Well I just remember a period – I lived in New Orleans for a period, and of course during Mardi Gras you’ve got all this stuff going on, and I can – I was young then, and I was cute, and I can remember using my attractiveness there to get attention, but

somehow it was separated. It was separated from the sexy. I knew it was sexy that I was using, but I didn't feel the sexy with it. I felt the power with it.

Margaret: Yeah. You know, and so it's cause it's both. Right? Like a beautiful woman who's gorgeous and sexy hardly ever has to pay for her own way. Right?

Participant 4: Somehow I separated them out. I could either powerful, or I could be sexy, but I couldn't – it didn't go together.

Margaret: Yeah, and so it didn't really connect to, you know – you all – the pleasure side of it for you. You're like, "This is just something I'm using as a power thing", right?

Participant 4: Right. Right.

Margaret: And that's really common because it's like well, "I've learned to...", and this is what I just mentioned in relationships. Sexuality between the two partners has somehow become a power play. Right? "I'm not gonna give you what you're looking for, and I'm gonna hold that back, and that gives me, in a way, some power in the relationship. Or in my life." And so we're always, you know, money, and sexuality, and power are intimately connected and they're always going to be connected, and we're always using them as bargaining chips in our life.

Right? We're always using them. If we don't allow ourselves enough pleasure in our life, your second chakra will find it a different way. You know? You will get it through eating. You'll get it through compulsive behaviors. You'll get it through gambling. You'll get it through drinking. We are animals that are wired for pleasure, and so the second chakra is a very powerful place that most of us are pretty much living from all the time even though we think we're living on our upper chakras.

Most of our drives are coming from here. Most of our power struggles are from here. Okay? So for you, you know, you're real – this is you stepping into a whole new way, a new experience, an unknown feeling of what it's like to own your sexual power – okay – in an authentic way. Not just in a way we can manipulate people. Right?

Participant 4: Uh-huh.

Margaret: Or get something because it seems like that's what they want, but to actually own it in an authentic way – that I'm attracting you because I can, and because I want to, and because I wanna feel the pleasure of you adoring me, and whatever else happens after that. Okay? So the whole picture.

Participant 4: Okay.

Margaret: Now, if we take sexuality out of it, and we go to me standing on a stage – okay – where I'm speaking. It's very similar, but without the sexual aspect. If I want to seduce, and charm, and attract all of these people so that they totally adore me – right? Because –

Participant 4: Uh-huh.

Margaret: I want them to be my perfect customers, my perfect clients. And so that again is using my inner goddess, my feeling of how fabulously, sexy rock star I am. Now I might be dressing sexy, or acting sexy, but it's the same energy. Right?

Participant 4: Yeah.

Margaret: It's like "Come fall in love with me, and I will bring you to transformation". Okay? And every piece of that feels good and fun for me, and playful for me. Right? So whether we're, you know – even if we're in a point in our life where don't even have a sexual partner, right? This is the same energy of your attractive power.

Okay. Awesome. Awesome. So this is all new for you. Okay? Okay. So I'm gonna make a – just a guess, that we're – when we look at the picture again – kinda come back to yourself in the mirror in your bathing suit, and just see how it feels now. See if we're getting a little bit of increase in the "I'm sexy". If we're lightening some of those, the vulnerability, and some of those real, intense negatives about our body.

And just know that, you know, if there – often this process will show you something really specific that you're tuning into about

your body that means “I can’t be sexy because of this”. Okay?
And you can keep working on that. But I just want you to see
yourself there, and we’re going to – we’re gonna bring the energy
up. Okay, so we’re gonna do a positive round before we get to
what I wanna do next. Okay?

So just seeing yourself there, and if you want – if it makes it easier
you can change clothes from your bathing suit into an outfit that
you easily feel fabulous, hot, and sexy in. That you just feel like
you love your bad self in that outfit. Okay? And so just tapping
through the points:

... There I am

... I totally honor

... That I’m more than medium

... That I’m pretty fabulous

... That I am sexy in my way

... And that the truth is

... Feeling sexy

... Is a feeling

... That rises up inside of you

... Lots of different people with lots of different body shapes

... Feel sexy out there

... Some of them are role models

... So I’m just gonna let myself feel totally sexy in my way

... Just for me right now

... Fabulous

... Red carpet

... Sexy

... I love that feeling

... It's fun

... It's silly

... It's playful

... It's kind of awesome

... Powerful

... Attracting

... Sexy

... I'm open to feeling that massive flow of energy

... Owning my inner goddess, or my inner god

... Just for a minute letting myself feel it

... The pure, sensual sensation

... Of feeling so bad in my skin

... Loving my bad self

... Sexy

... Awesome

... Fabulous

... Standing on the red carpet

... Oh yeah, that's me

Okay, and take a nice, deep breath.

Now for some of you if you weren't quite there, you know -- if there was still a lot of negativity and vulnerability coming up, then that round may not have landed as well for you yet, but that's okay. You'll have the recording. Okay? And the transcript, and you can do it some more. Cause I really want you to let yourself feel that. You know, nothing else has changed in the outside world. Your body hasn't physically changed in the last few minutes, but suddenly you can bring up this feeling of being right there on the red carpet.

Right? Fabulous and sexy. Okay. So I just want you to look at yourself now, and imagine that you could really see your energy field around you. How does your energy look right now? So I'm gonna take a couple of comments here, and then I wanna jump in to another little process. I'm gonna push you guys a little bit hard today, okay?

And just a -- a great comment came up from the thing that when I said women who are beautiful and sexy never have to pay for anything, and vowing to never do any -- do that -- triggers a lot of shame, right? And so it's really -- it is a stereotype. She's like, "That feels like a stereotype." Yeah, it is a stereotype in our society, and you know, we can disagree with it all we want, but that is a way that our society operates -- that money, and power, and sexuality are all connected.

And it's written into us from the society that we live in. And so you might disagree with it with your mind, but your second chakra gets it. That -- that this is -- that sexuality and beauty is part of -- in

this society that we live – of currency, of power, and control. Right? And so, you know, she also said that even thinking about that, you know, feeling beautiful and sexy in what – that it actually triggers some shame. Right? In her.

And cause I want you to think about what happens next. When you're feeling fabulous and sexy, and standing there on the red carpet, I want you to think about the level of worthiness you feel right now. How worthy do you feel? And how worthy do you feel of asking for your needs to get met? Okay. It changes a little bit when we're feeling fabulous and sexy, doesn't it?

We're a lot more willing to say, "Hey, I'd love a foot rub right now. You know what I would love for you to do for me?" Right? And so it gets to your worthiness, and you're willing to ask for your needs to get met from that place. Like, "Hey, I deserve right now." And you know, maybe it should be different – quote unquote – but this is part of the way we are wired. When we feel our power, and part of that is our sexuality, and part of that is our body, and our feelings, and our sensations – when we feel that, we feel our intrinsic worthiness.

Even before we start talking about our Bachelors, and our PhDs, and our certificates. We feel that worthiness. Okay? So we're working at the second chakra, and that's what we're working with. Okay. I'm gonna come back to the phone, and I've just a quick comment. I'm gonna come to Participant 2. I know where you are now.

Participant 2: Yes I'm right here sorry.

Margaret: How was that last round for you?

Participant 2: Woo, well I feel dizzy now. *[Laughter]* I actually feel – when I changed clothes, I actually saw myself a whole different way. I can't stop – boy what a conflict – I can't stop from smiling. I am smiling all over the place, but I feel nauseous, I feel dizzy, I feel like I have this huge conflict, and I have this nausea hitting the middle of my stomach, but I understand about feeling sexy and feeling worthy. I recognize I'm gonna have to do a lot of work on this because those two did not go together for me.

Margaret: Yeah.

Participant 2: There's no sense of worthiness at all because like you said, the scars were the damage that kept coming up out of my mother's mouth my whole life. I walk down the street – I always get attention. You know, even heavy, I have a great shape. Always did, and my mother was constantly, you know, saying something negative about me – how I walked, all that other kind of stuff. So I definitely have a lot of work to do, but I am at least smiling so that's something.

Margaret: Good. Yeah, and so when you work on this, I want you to think about – one of the second chakra vows is a vow to get even. Okay? And one of the ways we get even with somebody who wounded us around our power is by making a vow to always look wounded because every time we feel our negative self talk, our loathing, every time we look at a wound and say "This wasn't right. It never should have happened to me, and my life is still limited because of it", we're literally holding them accountable again.

And saying, "You screwed me Mom. Do you see it yet? Do you see it yet?" Okay so –

Participant 2: Well that's –

Margaret: I want you to think about that.

Participant 2: Because my mother always looked wounded.

Margaret: Yeah, and so I want you think about, "If I were to feel so fabulous, and powerful, and sexy in my life, and walk around in a bikini". Okay? "Would she be – would I be letting her off the hook?" Because suddenly it will appear as though none of that ever happened to you. Right?

You will look like a woman of extreme self-confidence and worth, and no one would ever know that – it'll look like that wound didn't even exist.

Participant 2: Wow.

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- Margaret:* And she could appear in ghost form and say, “See! I didn’t do – I didn’t ruin you”.
- Participant 2:* Wow.
- Margaret:* And so this is really where the rubber hits the road in the second chakra, okay? It’s who would you be letting off the hook if you don’t look wounded anymore? Who are you still punishing and holding accountable?
- Participant 2:* Well even though I have a scar, if I act – am I acting like I don’t have a scar, or am I acting like it doesn’t even matter anymore?
- Margaret:* Yeah. If it so doesn’t even matter anymore -- that you are, you know, a woman that you standing there feel 100 percent congruent, worthiness, confidence, beauty.
- Participant 2:* Okay.
- Margaret:* And people saw your scar, and you literally joke, “That’s my beauty mark.” Right?
- Participant 2:* Got you.
- Margaret:* Would you be letting her off the hook? Would she be over on the other side going, “See? See? I never wounded you.”?
- Participant 2:* No. I’d be letting myself off the hook.
- Margaret:* Yeah. So really, you know, work with that a little bit in there as well. You know? So that any kind of – any time you can tap on, you know, “I refuse to let this go.” right? Because the second chakra – one of the vows is also a vow to get even, and that’s how it works when we’re dealing with wounds from the past.
- Participant 2:* Okay.
- Margaret:* It’s like we’re get – getting – we’re getting even with someone else by making sure we carry around that evidence.

Participant 2: Right.

Margaret: Okay. And if we transform into someone who no longer has the evidence, how are we gonna make our court case?

[Laughter]

Right? We're gonna show up in court, and the judge is gonna go, "You don't look wounded to me. You don't need disability."

Participant 2: Right. Right.

Margaret: Right? So it's just – it's kind of an aspect to think about. You know, this is when we kinda go a little deeper into the work, you know, that I say these things to people cause it's kinda hard to grasp. You know, it's not logical, it's very unconscious, but it's the way it works internally. Right?

Participant 2: Okay. I'll keep working on this one.

Margaret: Yeah. And the way that I know is because when we trigger that wound that says, you know, my mother – that I can't feel good about myself – the first words out of people's mouths are, "Cause my mother always told me."

Participant 2: Right.

Margaret: Right, so it's always connecting right there. Right? You're still in court making your case. Okay? And again, you know, just like the other callers right? This is real. It came from real pain, real trauma. It really did happen to you. And so it's not like just a decision that you made. You wanna honor it that way, but it's going to take more of your conscious effort, and even like the positive use of your will power to break that pattern.

Participant 2: Got it.

Margaret: And to say, "No, damn it. I am sexy, and powerful. And totally worthy."

Participant 2: Got you.

Margaret: Okay. Awesome. Awesome.

Participant 2: Thank you.

Margaret: Okay. So I'm gonna make it a little bit harder again, okay? So I want you all to see yourself standing there fabulous, and in this process I'm assuming that it looks pretty good. That you can look at yourself and often people will say "Wow. You know, I look brilliant, sparkling, energy around me. I can really feel that energy flow." Okay?

Even if it's just a little bit more energy than you normally have, feeling good and feeling sexy in your skin. Okay? And so now I want you to bring someone into the picture because I want you to really see what happens around your sexuality, and your power. Bring somebody in the picture, and if it's a partner that you have in your life – a sexual partner – then bring them in.

Okay? And they're looking at you, and they're agreeing that you are the sexiest thing on the planet right now. So what just happened in you? What just happened? Now for some of you it might feel great. For some of you something big changed. Right?

We start to pull it back in. Start to feel that conflict between power. "What are they gonna ask from me next? What are they gonna want from me? What are they gonna take from me?" Okay? So I just want you to see the way you can have your big, beautiful energy, and then make a decision to pull it all back down in in relationship with other people.

Okay. So if you wanna give a comment on that you can sorta star two, and raise your hand. Okay. But we're gonna do some tapping on what just changed in this picture. Okay? So just give me a – I'm gonna come to Portland, Oregon quickly.

Participant 5: Hi Margaret. So before you even said who to bring in I just saw my dad there, and my dad didn't sexually abuse me, and I didn't have any weird sexual stuff going on with him, but for sure he's the one who squashed my power, and was not okay with me being powerful whatsoever. And –

Margaret: Yeah. So I want you to take that information, and know that you've got, you know – he's probably the one you're getting even with. Okay?

Participant 5: Okay.

Margaret: And so, but I want you to do the exercise again like you know you've got a lot of work to do there, right? Because you're still really angry at him.

Participant 5: Mm-hmm.

Margaret: And while we're angry at him we've got that vow to be even which means, "I'm not gonna own my power cause it'll let you off the hook." Okay? That's a great way to know.

Participant 5: Okay.

Margaret: So I want you to sort of say, "Okay. Thanks." You know? "Step aside please." And I want you to do the exercise again, and I want you to make a conscious effort to bring in a sexual partner.

Participant 5: Okay.

Margaret: Right? Because you know, he's showing up in this picture, and it's changing the whole energy. Right? It's like, "Okay. I'm still angry at you for ruining my power, but right now I'm being sexy.", and it's not appropriate for him to walk in the room.

[Laughter]

Participant 5: Okay. Good. That's what I was thinking, but I thought "Well...",

Margaret: "Ahh. Get out of here." Right.

Participant 5: Okay.

Margaret: And so I want you to see how you're overlaying that in your current adult relationships with a partner. Okay?

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- Participant 5:* Okay.
- Margaret:* Awesome. It's like, "Dad. Get out!" Okay. I'm gonna come to Cranford, New Jersey.
- Participant 6:* Hi. I felt doing that exercise that I resisted and pulled back when I brought the – actually my husband in.
- Margaret:* Yeah. And so what was the feeling? Why did – what do you think was in that "I gotta pull back. I gotta resist"?
- Participant 6:* You know I was hesitant to even star two because I'm like, "I don't know what that's about." But I was just really surprised. I'm like, you know, "He's agreeing with me, and so why do you feel that resistance?" But as I'm talking to you I feel like it's more of a power. I feel like it's more of a power issue.
- Margaret:* Yeah. You know? And so this is a really good a-ha moment, right? And I always say, you know, one of the biggest – particularly for women – or even you know, a gay couple – if you are raising children, and in a relationship, right? The biggest buzz kill around sexual desire and intimacy is resentment. Okay?
- Participant 6:* Mm-hmm.
- Margaret:* And so when we have kids, and there is any kind of – there's a million opportunities in raising a family to have an imbalance in the work that's going on in the house. Right? In taking care of the kids, and the multi-tasking –
- Participant 6:* Mm-hmm.
- Margaret:* And blah blah blah. One partner's always more of a multi-tasker than the other. The other can barely take care of the kids, and the house is trashed. Right?
- Participant 6:* Mm-hmm. Mm-hmm.

- Margaret:* Where as the other partner took care of the kids, and made dinner, and did three loads of laundry. You know that kind of a story, right?
- Participant 6:* Mm-hmm. Mm-hmm.
- Margaret:* And so when we start to have resentment at a partner, you know, that we're in a long-term relationship with, there is nothing that will turn off your sexual desire quicker than resentment.
- Participant 6:* Mm-hmm.
- Margaret:* You know? So see what's in there. What are you punishing them for? Right?
- Participant 6:* I do feel like that's like dead on, or hit the nail on the head with that.
- Margaret:* Yeah. So it's kind of like, "You've taken things from me. This is the only way I can get back at you." Right? And unfortunately, you know, we're kinda screwing ourselves through – bad choice of words. We're kind of wronging ourselves too at the same time.
- Participant 6:* That's true.
- Margaret:* Okay.
- Participant 6:* Thank you so much.
- Margaret:* You're welcome. I've had a lot of people really get really clear during a weight loss process – that they don't wanna be more attractive to their husband cause that is just gonna open a can of worms that they do not wanna go into. Right? And they're in a good relationship, but there's a pattern that's been developed of you know, trying to avoid this kind of intimacy.
- You know? "It takes too much. I have to give too much." Or there hasn't been enough reciprocity. Okay? So we're gonna do some tapping. Tapping through the points. And I know that there's some people who are gonna trigger stuff that's more intense

than that right? Fear, maybe of being overwhelmed or taken advantage of. Okay?

So just tapping through the points.

...Whoa, this doesn't feel good

... I was feeling sexy, and fabulous

... And now I'm pulling that back in

... Pushing it down

... Hiding some of that

... I don't want that to flow

... I don't even wanna feel it

... I'm gonna come right back to medium

... To one note, one color

... Boring

... Smart

... Practical

... Effective

... But not sexy

... I'm pulling it all back in

... I don't really wanna give right now

... I don't wanna be taken advantage of

... What if they take too much?

... Want too much?

... What if I can't say no?

... What if they take my power?

... What if they use me?

... What if I don't really get what I want?

... I'm pulling it back in

... I don't feel safe with them here

... I don't feel safe being seen like this

... Powerful and sexy

... I don't wanna feel all this

... With them in the room

... With them here, I'm vulnerable

... I don't want to be vulnerable

... I don't want a deeper level of intimacy

... It's scary

... It's not safe

... And it comes down to a power struggle

... It feels like a power struggle

... And I've gotta put up a wall to be safe

... Where did all my sexy go?

... I'm just gonna honor and observe this

... How differently my energy operates

... How quickly I get triggered

... Out of my power

... Out of my sexuality

... And the belief that I have

... That I will lose my choice

... Lose my power

... If I let myself feel sexy

... I'm just gonna honor this

... And all of me

... I honor my power

... The energy field that surrounds me

... The volcano of energy that's always blasting through me

... That is my sexual energy

... My life force energy

... My passion, my desire, my sexuality

... My power

... In doing things in this world

... My power in attracting what I want

... My power in receiving

... Reward, and pleasure, and money

... And attention

... And affection

... And adoration

... This is the power at my second chakra

... Expanding

... And attracting

... And receiving

... And I totally honor it

... When they came into the room

... I pulled it all back in

... Maybe I have some work to do in this relationship

... But today I've seen how it limits my relationship

... And it limits me

... And my pleasure

... And the reward, pleasure, attention, and affection

... That I get to receive

... I'm just gonna honor all of this today

... And I'm totally open to healing it

... For my highest good

... MY highest good

... Just for me, my highest good

... I do this for ME, and MY highest good

... It may affect other people

... But this is for me

Okay, and take a nice, deep breath.

And I just want you to look at the picture again. You know, this kind of tapping, seeing what we see in the picture, and then tapping about it will change the picture. When the picture looks different, and you look calmer, you look more open, you look more compassionate, and engaged with the other person, – it'll actually change what happens when you're in the presence of that person. Okay? So I just want you to look at the picture again, and notice what's changed. Okay?

And just be conscious of the way – as we are – the way you just shut down some of your power. Okay? So I want you to really look at now, as you look at this picture – you've got this little coping mechanism. You shut it down, you pulled it back. Okay? But what is it that you really want? What is it that you really wanna feel? What do you want to receive in that relationship, in the intimacy with that person?

What is it that you're really wanting that you also have to shut down when you put up this wall? And notice that the wall works both ways. You don't get to receive either because with this wall, you don't even get to ask. When we started out I talked about how – the second chakra we really engage the law of attraction. It's literally where we ask, and it is given. Not the fifth chakra where we ask with our voice – that's a secondary process.

You ask with your second chakra. When you feel your deepest needs, and feel what you really want, you're already asking. And it is through that asking that you're open to receive. It's like you put your arms out, and you can receive. Versus having your arms crossed, and saying, "I don't want anything." Okay? So it's a lot to kind of bring together. The second chakra has so much going on.

Right? It's your power, and the way you reach out with that power in the world, and it's also that goddess, or attractive power that you have. Right? The ability to get what you want because you've attracted it to yourself, and there's power in that as well. And in that attraction, you're asking, and you're receiving. When you shut down this energy – whether you're like me going up on a stage, and bringing my sexy back energy – you know, I'm bringing sexy back when I go on a stage.

I'm not trying to attract any sexual partners, right? I got my hot man. But I wanna attract to me, and charm, and seduce everyone in that audience to come along with me. Right? And work with me, or work in a program that I've created to help them. To come in with a transformation.

And as I give that, and share that power that I have in the way that I have, in the way that I do – I also attract money. Right? This is what I do for a living, and so the more people that love me and what I do, the more successful I am because there's more people exchanging energy with me. Okay? So there's one side of it, and on the other side of it is as I let myself what's really at my second chakra.

Cause it's not just about my mission. Yes, I have an amazing mission. I really love transforming people. It is what drives me. It gives me so much joy and pleasure, but I also have a mission that's simply called Margaret Lynch. I am also part of my mission. And at my second chakra, my deepest needs are to be loved, and to get pleasure, and affection in all sorts of forms. Right?

From all sorts of people in my life. And to have money. The feeling of the power that comes with money. The joy of being able to have freedom to go where I want, and buy things, and do what I wanna do. All that is felt at my second chakra. I never pretend that I just have a spiritual mission. I also have the Margaret Lynch part of the mission, and Margaret Lynch likes relaxing, and getting massages, and alone time with Reece.

And that is a second chakra asking. And when I allow myself to feel that, I don't even have to open my mouth. It starts attracting and pulling to me. Okay? So two balancing aspects of the second chakra in that you're expanding power and energy, and feeling that, and your attractive, receiving, and asking energy.

Okay. And it's all wound up with this feeling about how sexy we are, you know? How awesome we are – sexy, rock star, on the red carpet. Right? Which is a totally different feeling than saying, "I have really good self-esteem." It's a totally different level. So I just want you to tune into that picture again, and really note, you know? Take these notes for yourself. This is your ah-ha moment.

What is it that you really, really want that you're not asking for that would show up when you own your sexy quality? When you stand in your life, walk into any room – even if it's a business meeting – and inside, you've got this energy of “Yeah. That's right. I'm sexy.” It's a totally fabulous energy. It's charisma. It's self-love in the most beautiful way, and it's attractive.

When we feel awesome about ourselves, it's attractive. People wanna talk to us, know who we are. This is a piece of your rock star quality power which is really, really cool. Okay? That's why people look at rock stars whether or not they're attractive at all or not, and say they're sexy. Okay. Okay.

And so I'm just gonna take a few more comments, and then we're gonna end for today. If you wanna star two, and raise your hand you can do that. On this whole process. And so what I want you to do this week, you know, a lot of you guys really saw more work for you to do. And so you've already got some homework, right?

So what I want you to do, you know, for the group homework – and I had it in the write-up – is just making this commitment to yourself. That you're gonna take a baby step in seeing and feeling yourself as powerful and sexy. I don't care if you're alone in your house. Right? Just stand in that moment, and let yourself feel inside your body, and let yourself feel the power and the sexiness of you.

And when you're in that space what it feels like to let the whole world sort of touch and caress your senses. Okay? Because when we feel sexy, and powerful, and valuable, everything that we look at in the world feels more alive and intense. You know? A flower will look even more beautiful. It's kinda like when you first fall in love, right? You're on this high. You feel unbelievable about yourself, and everything looks more beautiful, and everything tastes more beautiful.

Everything feels more sensually fabulous. So I want you to be really conscious about doing this little exercise where you sit in your skin for a minute, and you let yourself feel this powerful, sexy energy that you were born with, and in that moment see what it's like to let the world flow through you. Okay? A breeze. You know?

The smell of flowers. The feeling of a massage. Right? It's a good week to get a massage, and see what it's like to just receive physical pleasure in your body in a really safe way. Okay? I love getting massages. My personal belief is that when you get a massage it's fabulous for the law of attraction. Okay.

First of all, you're in your body unless you use that time to spend in your head, and think about things you have to get done which I don't recommend. When you get a massage, you're in your body, and you're saying yes to receiving, and you're saying yes to receiving physical pleasure and relaxation. So it's a really powerful thing to do and be conscious of while you're doing it.

You're also saying to the universe when you book a massage, and you use your energy which is your money to pay for it – you're also saying to the universe, "This is what I like." And what the universe always hears is, "And I want more of that." Okay? So when you get a massage, and that's just a great example for me because it's so physical, and it's very pleasurable, and it's actually really, really freaking' good for you.

So this would be a great week to go out and get a massage, you know? Even if you're just at the airport, and you get a chair massage. Okay? Or ask someone that cares about you – like that poor partner that you pull away from – if they'll rub your feet, or rub your shoulders, or somehow touch you in some way that feels good to you. Okay?

Or ask one of your children. You know? Sometimes I'll ask some of my nieces and nephews. I'll pay them two dollars to rub my feet. Okay?

[End of Audio]