

*The 7 Levels of*  
**MANIFESTATION**

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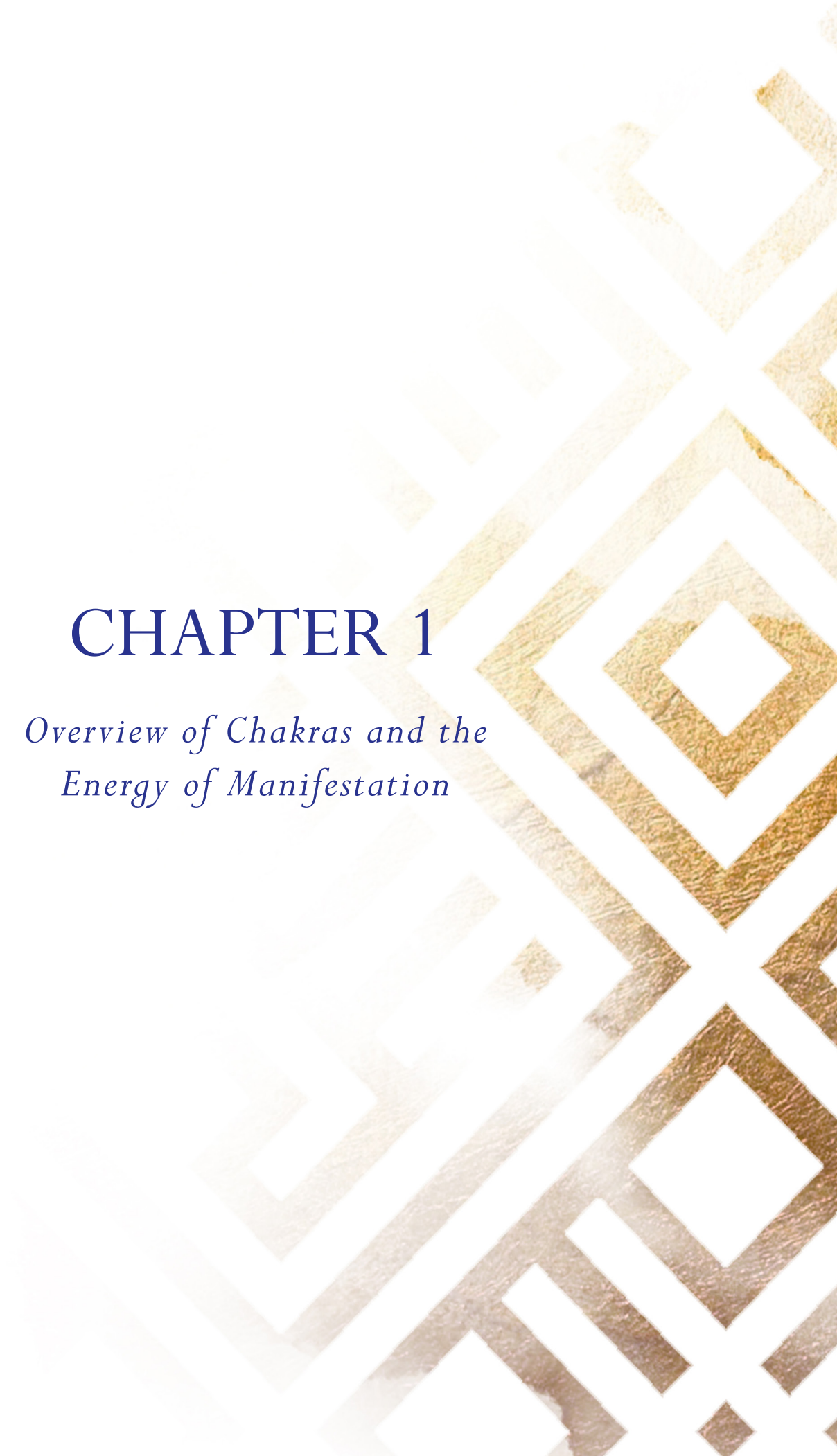
# TABLE OF CONTENTS

CHAPTER 1 – Overview of Chakras and the Energy of Manifestation	1
CHAPTER 2 –The First Chakra - Sacred Energy of Physical Manifestation	15
CHAPTER 3 – Special Healing for the Hurt Inner Child	29
CHAPTER 4 –The Second Chakra- Sacred Energy of Receiving	39
CHAPTER 5 –The Third Chakra - Sacred Energy of Empowered Action	53
CHAPTER 6 –The Fourth Chakra- Sacred Energy of Pure Deserving	65
CHAPTER 7 – Bonus Healing for Pain of Rejection	79
CHAPTER 8 –The Fifth Chakra - Sacred Energy of Creative Direction	89
CHAPTER 9 –The Sixth Chakra - Sacred Energy of Vision	103
CHAPTER 10 –The Seventh Chakra- Sacred Energy of Spiritual Guidance and Miracles	115



# CHAPTER 1

*Overview of Chakras and the  
Energy of Manifestation*





## *Welcome to the all new 7 Levels of Manifestation program!*

The goal of this program is to truly clear away, chakra by chakra, any blocks that you have to manifesting anything you want in your life – and very specifically in this program, money and wealth. We'll also ensure that we step into the energy that each of our chakras is supposed to carry, which is our birthright, so we can absolutely manifest what we want, and the way we want to in life. I created this program because whenever I think about manifestation and creating abundance and prosperity, my first question is: What is stopping us?

It's a natural process. We should be manifesting as a natural process of our energy, our desire, and our actions all through our life. So what stops us from manifesting certain things, and why do we have trouble manifesting particularly the energy of money and wealth?

*My goal is to do three things for you:*

- 1) To give you an understanding of the deeper levels of how your actual energy – all seven of your chakra energies – are involved in physical manifestation.
- 2) To give you personal “aha” moments, not just a list of ideas of what could be blocking you, but to actually give you your own personal “aha” moments about what the biggest issues are for you. And then,
- 3) To bring you step-by-step to true and measurable healing at a mind-body-emotional and nervous-system level, because that is actually possible now! This is why we'll be using a tool called “Tapping” or “Emotional Freedom Technique.”

When we look at manifestation in the way that we look at things like the law of attraction, we tend to view it through a very limited lens. We look through the lens of visualizing on one hand, then to very pragmatic action-taking on the other hand. We're not looking at it holistically since there are seven levels of the way that your energy works and they're all needed for manifestation. In particular, the focus of this program, money and wealth, make up the physical form – the physical manifestation – of abundance and prosperity, which are more general concepts. When we look at money and wealth, we need to concentrate specifically on our lower chakras, because that's where manifestation really happens. We use the chakras as a lens to look at how we're manifesting things in our life, which gives us a more comprehensive view. We'll be able to see some of the blind spots we may not be seeing when we wonder, “Why don't I manifest money and wealth the way that I wish to?”

I'll start with an overview of how the chakras work and what I call the manifestation channel and the liberating channel. Then I'll walk through an overview of each chakra so you can self-assess and have a little experience of each chakra. Most importantly, I want you to start assessing where you are at each one of the chakras, because for so many people that's such a blind spot.

As we look at the chakras through the lens of money and wealth and truly all forms of reward, we'll examine some of the massive and scholarly body of work that teaches about the chakras. In particular, I'll be referring to the book, *Eastern Body, Western Mind*, by Anodea Judith. I'll quote that book quite a lot in this program. We'll take that information and specifically look for and go after the issues that block each of the chakras, and the sources of those blocks. Because we absolutely have the ability to bring healing to where those blocks are, again healing at a mind-body-nervous-system-emotional level with tapping, which is a clinically

proven tool with which we can accomplish an unprecedented level of healing for you. Then we can go even further. We can use tapping to open up more energy as we see and understand how each chakra is supposed to work.

First let's walk through the healing processes as we get into the chakra work. I start each process by leading you through what I call an activating or triggering process that's focused on each chakra. That process will reveal in a very real and personal way to you, what your particular issues are: your story, your wounds, and your past that are creating the block at this chakra and how strong it is for you. It will allow you to capture, sit with, and be present to aha moments for yourself. Then we'll bring in the tapping as the healing intervention, tapping to voice and to honor, to move and to heal the energy of the past of wounds, pains, and any traumas that are connected to what I call the untruths that have been wired into your system. Then we'll use the tapping in each chakra to tap into the positive side of that chakra so that we can expand further into our natural energy at that chakra. As we look at the work we're stepping into, it's really important to understand how the chakras work because you have seven chakras and they all represent levels of consciousness within you. The chakras are connected in two currents and, as Anodea Judith talks about in *Eastern Body, Western Mind*, there is a liberating current and a manifestation current.

Again, money is a physical manifestation of abundance and we particularly need to have our lower chakras intact in order to go from visualizing money or more wealth, for example, and manifesting it in the real world. So this is how that works: One channel is called the manifestation channel and that is the energy that comes in through the top of our head, which would be our crown chakra, or seventh chakra, and it flows all the way down through our system to the ground, which is our very first chakra.

If you were to take the idea of manifestation, you would think of a process that might sound like: Hmm, I just had this inspired or divine thought (sometimes people call it a "download") that came right in from the universe into my seventh chakra. And in order for me to make it real, it needs to come down into my sixth chakra where I can actually start to see and visualize not just it, but how I could be involved in creating it – the idea that it's really possible for me. Then it needs to come down into the fifth chakra, which is our voice, where we actually start to speak about the thing that we want to create that has inspired us. A funny thing happens when we start to speak about something – often other people and resources start to show up to help us manifest it.

Now you may have heard people say about someone that he or she "had this idea, but their heart was never in it." In order to manifest, for the energy to continue down the manifestation channel, it has to keep flowing down into our heart and we have to fall in love with the idea and want to share it from our heart to other people. There must be an element of what we want to create that is relational – that will bring some kind of love or care or service to the world.

If we pass down that level, we actually get to the third chakra, which is our action center, and we'll start taking action to make it happen. That sounds pretty good, right? You're thinking, wow, if you start to take action, that physical manifestation is certainly going to happen. Well, there's no guarantee, because many people take a lot of action and spin their wheels, but feel like they don't end up receiving much. They keep manifesting more opportunities to take more action. That's because, even with the action we take, we'll struggle to manifest actual physical things, like money and reward, if the energy can't come down into our second chakra where we honor and feel and ask for and admit to our needs and our desires and our wants to be met. And then, finally, we have to be solid in our very first chakra, the very first chakra which is our physical manifestation, our body that grounds us to the Earth so that we can manage and handle and receive something that is physically manifested as opposed to getting rid of it quickly. We've all seen people find ways to sabotage or get rid of things they manifest. That is the manifestation channel.

The other channel is the liberating channel. This is the energy that is constantly moving up through your chakras. In this program, we'll also be using this channel as that is how healing works. The liberating channel is how energy rises up and is liberated from our system. It's a perfect match to the manifestation channel. Looking, again, at that first chakra level, the liberation channel sounds slightly different. As we move up the liberation channel, we become increasingly less solid and more free – more liberated. If we start again at the first chakra, where we are solid and heavy, we are in our animal physical sense walking on the Earth with

weight working against gravity. Then we move up into the second chakra, which is the land of our feelings, desires, and sensations. Next we move up into our third chakra, which is our sense of self, our ability to have self-agency and take action. Then we move up into our fourth chakra, where we feel love. That love rises within us and makes us want to reach out to other people and be in love with the world. Then it comes together in a sense of enthusiasm, which rises into the fifth chakra where we speak from. That energy rises into our sixth chakra, or the third eye chakra, where we see the world and how we can make a difference, how we can affect other people, how we are operating on this planet, and maybe even see our mission. Then it travels up to our seventh chakra, where we feel the universal connection that we have to all of the Earth, humanity, and the divine. In our seventh chakra we're universally connected and unlimited.

At our first chakra, we're completely limited and physical and individual. So as Anodea says, you need both of these channels in order to manifest. You need both of these channels working and all of your chakras. In order to be fully you, fully alive, fully in your life, and of course to fully manifest. As we come to talking about the chakras themselves, I can't overestimate the importance of the first chakra. The lower chakras in particular, I find, have been overlooked by a lot of personal growth exercises and traditions. Weekend workshops tend to be focused on the upper chakras, things like meditation and prayer and visualization, when really everything starts at the first chakra.

The upper chakras generally hold all of your light and aspirations. However, chakras are not only individual swirling energy centers. They actually build on each other, one after another. All of your chakras are built on your first chakra. As we talk about the first chakra, you'll see that any issues you have around your first chakra are going to carry through like the way sap in a tree rises upward. Issues you have at your first chakra, your second chakra, any wounding any traumas, any blind spots that you have will rise up in a negative way, to all the chakras above. It can impact the way we visualise and even the way we set goals and the way we speak our truth.

Therefore it's incredibly important to remember that the lower chakras need to be your focus when you're looking at how you're manifesting the world. They bring a very, very different energy. The lower chakras bring that animal side. It carries and drives the energies and the gifts that you need to be physically on this planet, live your life purpose, and go for what you want. Your upper chakras make up your spiritual side that sort of rises above the earth. It's our ability to see the big picture and see everything as pure inspiration and imagination — all the spiritual gifts that you need for this life.

Obviously, you really need both. Doing upper chakra work is all about feeling that oneness, those Zen states, that unity, connectedness, higher mission, transcending the self, and that heart opening with universal love. That sounds fantastic, and it IS fantastic! However, you also need your lower chakras because down there, it's not about feeling "one" and Zen, it's about feeling YOU in your individual miraculous self, your energy, power, individual desires, and in your heart feeling for the people in your life who you love so intensely. When it comes to manifestation, you have to be able to own all of those energies as well. What do I want for myself versus what do I want to give? My gift is really holding the lower chakras and the lower chakras have the darkest shadows in them. This work is often in our blind spot, and that is so incredibly important as we move into healing the ways we block our chakras and block manifestation.

As we look at the chakras, think about them as building successfully on each other, starting with everything built on the first chakra. That's why they called it the root chakra. You need all of your chakras to be fully alive and to live your life purpose. In this first Chapter, I can't go through everything about the chakras, so I highly recommend your read Eastern Body, Western Mind, or Carolyn Myss' book, Energy Anatomy.

The basics that you need to know coming into this work is that the first chakra sets the tone for the development of all the other chakras. It is really the first chakra that develops womb to birth. Everything you experienced during that time in the womb through your birth is perceived as absolute reality, as the unquestioned truth about you, the world, God as you understand it, people, and whatever else you experience. Whatever it was, it will be your truth. If you have experiences in which you didn't feel

wanted, for example – and we'll get to that more in a minute – that is going to feel like the reality of how the world, people, and God all are. And, it's 100% verified and, in a way agreed to, by your parents at the belief level because they're part of creating that reality, and in the intensity of their experiences and reactions to the way the world is. We've got to look at what is going on in your first chakra to start to understand where you can do healing to improve the way you manifest.

At the first chakra, we learn the answers to these questions: Is it safe to be me? Is it safe to be here on this planet? Am I wanted here? Can I survive on this planet? Does it feel safe, like a place I can survive? We also learn our physical body is deserving of care, love, honor, and respect. And we learn about having things - am I deserving, do I have the right not only to be here on the planet (which means I'm wanted), but do I have the right to have things?

Think about that for a second: All the answers to those questions are received when you are a baby. They become truth at a mind, body, and subconscious level. They are experiential answers to these first chakra questions. It becomes the foundational truth and reality that all of your chakras are built upon. Were there issues, were there things that weren't safe, or that were traumatic? Or, even if you had a very loving family, was it okay for you to be the real you? Even if you didn't have kind of birth trauma?

We can ask also, would I have been safe growing up if I was the real me versus the version of me that I knew I had to be in my family? Everything that happens in the first chakra, all the rest of your chakras are built on, and it becomes the foundation that your inner truth, your reality, and the way that you are defensive and act defensively in the world, is also based on.

It's almost as though our coping mechanisms become one with our foundational truth. And that's why they are such blind spots. Remember that the first chakra is developing as you're born. When you're a baby, you're not able defend against it. You're not able to say, "Hey, that's not right! My parents had a lot of anxiety, but I can live in abundance." You just received it as truth. It's not logical. It's not contrast. It's not something you're considering. It's just received at a mind-body-emotional-subconscious-nervous-system level into your system. And by the way, the first chakra controls the nervous system wiring. It's basically that bundle of nerves at the coccyx. It's the trigger for our fight-or-flight response, anxiety, and for our whole nervous system.

When we think about the first chakra, we take everything that happened there, anything that wasn't safe and didn't feel like you were wanted or deserving, and we come up into the development of the second chakra. Based on what happened in the first chakra, at the second chakra we make defensive coping mechanism decisions such as, "It's not safe for me to be powerful." Because at the second chakra, we really feel our power. It's not safe for me to be vulnerable, to be open, or have needs, because that makes me vulnerable. It's not safe to ever feel anger because anger is too scary, if that's what we learn in the first chakra. It's shameful for me to want certain things, because that's what I learned at the first chakra. I was told I was bad if I wanted certain things. Again, all this becomes ways of being that are very unconscious. They become our character and our ways of operating. As we take each of these operating modes and move into the upper chakras, we block and restrict having too much energy at each chakra and it messes up how well we can manifest. These ways of actually stop us, because they're so counterproductive to the ways we want to show up in the world.

At the third chakra, in turn, you might decide things like, it's safer to not be exposed, to not be seen for who I am. And, it's actually not safe for me to be seen in a bigger way, which stops so many people from taking action. Or, it's not safe for me to speak about myself in a way that makes it sound like I have a lot of self-esteem, because that wasn't safe in my family. When we have these things happening at the first, second, and third chakra, you'll come up to the fourth chakra and based on what we learned at the first chakra from our family, we'll criticize ourselves and even attack ourselves around various things we judge to be wrong with us, not good about, not good enough. We'll attack and criticise ourselves first to keep ourselves in line. This will literally flood our nervous system with fear of certain criticism, because instead of having a heart that's open and compassionate to ourselves, the fourth chakra will be highly self-critical instead. It's a way of saying, I'm never going to be okay or accept or forgive myself for the parts of me that aren't good enough, or that have made mistakes based on what I learned from my family –

the parts of me that I judge to be unacceptable.

In turn, based on the fifth chakra, we'll speak the "truth" of those manufactured "realities" instead of our actual truth. We'll use our voice in a way that's a replay of everything we've learned at the first, second, third, and fourth chakras. That is, what we'll voice, and at the sixth chakra (our third eye), how we'll see ourselves when we self-reflect, will be as not good enough. We'll see ourselves as wounded and others as untrustworthy. We won't see miracles in our life. We won't have the courage to go for bigger challenges because we won't be able to see or imagine that we're good enough to do it. And at the seventh chakra, again, we think of it as such a space of openness and divinity, but we'll basically see the universe, God, and even divinity through the first chakra lens where we wondered if it was safe here. Or it could be the first chakra relationship to God, where if you're good you might escape punishment and maybe be rewarded.

As I look at this pattern of development, I see so many people who are into personal growth and they're working on the way they manifest from random elements without seeing holistically how the whole system is built from the first chakra. I never see anyone doing enough transformative work at their first, second, third, and fourth chakras. They are our biggest blind spots. This is how the separation begins. We move into a space where, as our chakras develop these untruths about ourselves, the world, other people, and the nature of money and wealth, they rise up through our system as truth. And, we start to choose parts of ourselves that are acceptable and unacceptable, setting up rules about the way we need to act or not act in order to be safe based on what we learned at the first chakra. All of those rules, all of those denied parts of ourselves, all of those untruths inform the way we see what's possible in the world, other people, and ourselves. They absolutely hinder us from manifesting.

Understanding this has the possibility to change everything. That's why I get so excited about this work. If you miss one piece of the first chakra story, you could be working on personal development for a lifetime and miss a huge blind spot. And, by the way, our biggest blind spots are always leading us to exactly the most important work that we could be doing. However, it does take a careful process. That's why I developed the system of the activating processes in this book.

With that, I want to give you further overview of the chakras. As I do, I want you to experience each chakra as I describe it, and take notes on what issues you may or may not have as we go through them.

Take a breath and imagine you could breathe into your body. Close your eyes and put your feet flat on the floor wherever you're sitting. Imagine that your next breath could breathe all the way down into your first chakra. If you're seated right now, you're sitting on your first chakra. While you're breathing down into your first chakra, imagine that you can start to feel the bottoms of your feet. Just notice that feeling of your feet on the floor and imagine that the entire floor has turned red. A beautiful, solid, magnetic red!

As a matter of fact, that red exactly matches a big soft pair of red boots that you're wearing. Imagine that up your feet and legs are these beautiful red boots and they're connected to the red floor, and that the red color – as you take another breath and breathe down into your first chakra and feel your feet – that red color actually goes all the way down to the center of the Earth, grounding you. And just be there in that red color in your body noticing the feeling of your feet.

Anodea Judith explains that when the first chakra is balanced, we have a strong sense of trust in the world. We feel grounded and comfortable in our body, able to relax and be still. We have a ton of prosperity. We feel safe and secure. When we don't have a strong first chakra, we often have financial difficulty, poor boundaries; we feel anxious, worrying, restless, fearful and are often disconnected from our body. On the excessive side, when we have wounding around our first chakra, it actually makes us excessive at our first chakra instead of deficient, and we'll overeat or we'll be overly fixated on material things. We'll have greed, hoarding, or we'll be very fearful of change, or constantly very tired and sluggish. When she discusses the healing practices for these issues, high on her list is reconnecting with our body and being in our body.

Notice what it's like to feel your feet on the ground and be more in your body, and if that's easy or difficult for you. Sometimes I say it this way: If you were really being all the way down in your body, would that be okay, or would there be something that you'd rather not feel? In order to heal the first chakra, she talks a lot about how you've got to look at your family. You've got to look at your earliest childhood relationships and your relationship with your mother. There will be issues that you had around how things were in your family of origin. Were there fears, were there inherited traumas, was there abuse or abandonment? Was there birth trauma? I'm going to ask you some questions. Take a deep breath and feel into your body and get a sense of how many of these are a problem for you.

Now breathe into your body and repeat the following phrases. Note, on a scale of 1 to 10, how true they are for you, where 10 is completely true and 1 is not safe at all.

*"I feel safe."*

*"I've always felt safe."*

How true is that?

*"It's safe for me to be the real me. I am supposed to be here on this planet, in this family, with these people — this is the right place for me."*

How true does that feel?

*"My body is deserving of love and care and respect. It's safe for me to receive love and to have things."*

Feel into those and notice which ones were difficult for you. As we get into the first chakra, we're going to work through that in more detail, but right now, I want you to feel back into your feet. Now imagine you can breathe into your second chakra, which is located below the belly button. And the color for the second chakra is orange. So imagine a brilliant orange sunset color. Anodea Judith says that when the second chakra is balanced, you're able to nurture yourselves — to nurture other people, but also yourself. You have emotional intelligence. You have that enjoyment, that ability to really experience pleasure, to ask for and experience the things that you want, have your needs be met. I think we have an epidemic of deficient second chakra energy. They are denials of not only pleasure, but our needs. It doesn't feel safe to have our needs, to ask for our needs to be met, to get our needs met, so we often deny we even have them. There's a lack of passion, desire, and excitement. Deficiency can also be frigidity, fear of sex or sexuality.

On the excessive side, think of people who have addiction to pleasure or excessively strong emotions, or who are overly ruled by emotions, have poor boundaries, or are emotionally dependent. The shadow side of the second chakra is pretty dark. What can cause some of these issues are, on the sexual side, of course we have sexual abuse. On the emotional side, we have neglect or coldness or rejection in our family paradigm — a sort of denial of the ways that we are feeling, or being manipulated or restricted with emotions.

When we think about the second chakra, we also have to think about some of the other things that we need. A lot of second chakra work is focused on sexuality. Beyond that, though, we have other needs. One of the biggest needs I see come up when we're talking about money and wealth is the need for reward, validation, and prestige, because money and wealth symbolize those things. We have a need as humans to have prestige and validation, and to be honored and seen for our gifts. At the second chakra, we have to allow ourselves to feel those needs and allow them to come into our system. We have to be able to allow reward and pleasure to come in, because that's one of the metaphors of money. So feel into that energy from first chakra to second chakra and how it relates to money and wealth.

At the first chakra, money is the metaphor for survival. Is it safe? Do I have safety and security? Can I survive here? These are any of the programs that you learned at the first chakra that said it's not safe. It's hard to survive here. You can't trust people. I'm not sure I'm really wanted. Any of the energy of the second chakra where you learned that it's not okay, or that it's shameful or arrogant to

want to have reward and pleasure and prestige, or to be adored for something, that blocks our ability to actually manifest money.

As you sit in that beautiful sunset-orange energy of the second chakra, breathe into the following statements. They're in the negative, so ask yourself again, on a scale of 1 to 10, if the negative statement would be a 10. I ask these because they resonate so much with people, so feel into them:

*It's not safe for me to be vulnerable.*

*Asking for my needs or admitting to my needs makes me vulnerable.*

*It's not safe to really be in my body.*

*It's not safe for me to be too powerful.*

*It's not safe for me to feel anger and rage in my system.*

*It's not safe to trust people because that will make me vulnerable to abandonment.*

*If people knew or I admit what I really want, I would feel ashamed.*

Take a breath and notice if some of those rang true. Take a few notes. These are some of your aha moments that we'll use as we delve into each of the chakras in the coming sections.

Take another breath, feel your feet on the floor again, and imagine that there's a beautiful sun shining in your solar plexus and that you can breathe into your solar plexus and stay in that energy. Anodea Judith describes that when the third chakra is in balance, that you have good self-esteem, a balanced ego, and an effective will and willpower; that you have confidence, but you're playful, and you have an appropriate amount of self-discipline, as well as a sense of your own agency and power, so you can go after challenges effectively.

When our third chakra is deficient, we have poor discipline and follow through. It's truly the opposite of how our energy is when we have inertia or procrastination. It's low self-esteem. When people have an excessive third chakra, they're expressing the shadow side. They will be overly aggressive, dominating, and controlling. It's someone who is power hungry, arrogant, and throws temper tantrums. It's so powerful to look at the shadow sides, particularly of the second and third chakra, because those shadow sides are often sides of us and that we see in other people and that we reject so strongly that it doesn't allow us to fully open the energy in that center because we're so afraid of that dark side. We have so many rules set up about those dark sides that we don't allow the energy to flow in the light. As we look at second and third chakra it's important for us to also look at the shadow sides, the pieces of that chakra that we probably have some rules around never ever being, or never ever sinning.

Listen to the following third chakra questions. The third chakra is where we take action when it comes to money and wealth. Very specifically, practical action. Am I charging my worth? This is a perfect example of the shadow side of the third chakra, for instance, with arrogance. We have the program that says, "Well, I can never ever ever be arrogant." And certainly at the second chakra, "I don't want to seem like I'm pleasure seeking." So where does that leave me in my ability to speak about myself and my value in glowing terms when I want to get hired or I want to get paid?

Tune into your golden sun of the third chakra in your core and see how these sound to you on a scale of 1 to 10. These are decisions that we made to keep us safe:

*I will always try to please people, starting with my parents, so they will love me.*

*I promise I will never ever be selfish (and that's my parents' definition based on my first chakra paradigm of my parents).*

*I will always self-sacrifice and put myself last.*

*It's not safe for me to really be revealed or seen in a bigger way.*

*It's safer for me to hide.*

*It's safer for me to downplay my power and value.  
If I ever act selfishly or feel angry, I will make myself guilty.*

Take a breath and notice how many of those were true for you as we move to the fourth chakra.

The fourth chakra is your heart chakra. Put your hand on your heart and imagine that you could still feel your feet on the floor, but with each breath, it's like you're breathing directly into your heart. When you have a balanced heart chakra, you have compassion and love and empathy – not only for other people but for yourself – self-loving, self-compassionate, self-forgiving.

However, I've found so many people can be incredibly loving to others in their life, incredibly compassionate and helpful and honoring, but who have a very difficult time loving and accepting themselves. So remember that we're building on what we learned at the first, second, and third chakra. Sometimes by the time we get to the fourth chakra, we have made a lot of unconscious decisions about sides of ourselves that are embarrassing or shameful or inappropriate, or just not good enough.

When we have a deficient fourth chakra, it's all about criticism and judgement and being intolerant of ourselves or others. That, of course, leads to isolation; when we're highly critical and judgemental, other people feel that and usually leave us alone. There's depression, fear of intimacy, lack of empathy for others, but at first with ourselves. And that means in our heart we will have a lot of what I call un-cried tears and grief. When we're excessive in our heart, we can be demanding, clingy, jealous, or overly sacrificing. Those are part of the shadow side that, again, we look at and say, "Well, I don't ever want to be like that!" But every shadow side has a piece of the light for our chakras. When we want to bring healing to the fourth chakra, it's going to be about the emotional release of grief and forgiveness. At each of these chakras Anodea Judith mentioned inner-child work because it all starts at the first chakra.

Breathing into your fourth chakra, see how honest you can be with yourself about the following statements. On a scale of 1 to 10, if 10 is a 100% true, how true are these:

*I criticize myself because I need to keep myself in line.  
I criticize myself because the truth is there are so many things I should've done better.  
I do expect criticism and that fills me with fear.  
I dismiss love and compliments from people in favor of my judgement about myself.  
I can never accept or forgive the parts of me that make mistakes.*

This is a really important aha moment. At the fourth chakra, there are so many blind spots since for many people this self-criticism feels like a victimless crime. They're doing it because they're right about these things. They criticize themselves. When you have criticism, judgement, and lack of love and acceptance and forgiveness of yourself from the past, or lack of forgiveness of sides of yourself – so either mistakes or things you judge about yourself – you will manifest punishment. You will manifest measures of punishment in your life. Because we are also manifesting from that unforgiving place. And what we are manifesting is life to be a struggle because it's what we decide we deserve when we never forgive ourselves. This is a really important one to think about. Notice if it creates any feeling in your heart chakra.

Now imagine you can feel your feet on the floor, but you move your attention up to right around your mouth and your throat. There's a brilliant blue light, the brilliant blue light of the fifth chakra.

The fifth chakra is not free. It is going to speak all of the programming and the armament and coping mechanism that we have unconsciously put in place and abuse over and over. However, as Anodea Judith describes, when the fifth chakra is balanced, we clearly communicate, we're very creative, and our voices resonate. But when it's deficient, we'll have a small, weak voice, we'll

act introverted or shy, even if we're not that introverted or shy, so that we're not heard. We'll fear speaking, and on the excessive side, we'll talk and talk and talk as a defense. Or we'll have a dominating voice, interrupt people, and have difficulty listening. In the healing practice, it's really about releasing our voice. When we do that, we often get release. And as we think about this liberation channel, our feelings, wounds, and grief will come right up through our voice as we do the tapping. That allows us to do an amazing amount of release. It often releases our neck and shoulders, which are part of our fifth chakra.

The things that create this can include when we're young and we get lots of mixed messages. We are lied to, there are a lot of secrets in our family, our parents are very authoritarian, we can't talk back or we were excessively criticized or verbally (or even physically) abused. So take a breath and think about these fifth chakra questions and decisions:

*I interpret the words of others through my own lens so I often take things the wrong way.*

*It's not safe, so I won't ask for what I really want and need.*

*I'm going to withhold my real truth and speak appropriately.*

*I will speak criticism to myself constantly as pure truth.*

*I will speak in a way that downplays my gifts, my value, and my power.*

Take note of which one of those resonated for you. When considering manifesting money and wealth, the voice is a huge part of that. What if we don't ask to be paid our worth. Or, certainly, if we're in business for ourselves and we can't market ourselves effectively, there's almost no way we can make money at all. So between our actions and our voice and the way we speak about ourselves – whether we exude confidence with our presence, voice, and actions, or we exude low self-esteem, insecurity, and self-doubt in our presence, voice, and actions – that has a massive effect on the way we're able to manifest money and wealth. Take another breath and imagine that there's a third eye in the middle of your forehead and you could breathe right into that third eye. The color is the midnight blue of your sixth chakra. Anodea Judith describes the sixth chakra as a lens that helps us visualize. We have our intuition. We trust our intuition. We are perceptive and imaginative, but when the sixth chakra is deficient, we have difficulties seeing the future, difficulty visualizing, and we're in denial. We can't allow ourselves to really see what's going on or we'll end up believing there's only one right way to do things.

In our childhood and our first chakra – again, remember it all travels up the chakras – we're often told that what we're seeing isn't real. When what you see happening is denied, or anytime your intuition is invalidated, or you're in a very ugly or frightening environment or a difficult home situation – like violence or a warzone – it absolutely affects our sixth chakra. All of that programming is coming up so we can look at the belief that there are certain parts of ourselves that are inappropriate and that we don't want to have them seen. We don't want to forgive ourselves for them. What we'll see with our imagination and when we visualize is that we're going to get rejected, so I often have people visualize themselves out in the world speaking. We'll do an exercise where they imagine an entire room of people criticizing or rejecting them.

So at the sixth chakra, breathe into some of these statements and simply be curious about them.

*I am seeing myself through my lower chakra wounds.*

*I am seeing the world through all my past experiences, the painful ones.*

*I've refused to really see evidence of my own beauty and gifts.*

*I see the past overlaying the present moment.*

*I do not see miracles in everyday life.*

Take a breath and note which one of those were impactful for you, and we'll move to the seventh chakra. We'll work with the sixth and seventh chakras together because they're so closely related.

In the seventh chakra, we have the ability to perceive and analyze information. We're open minded and we can question things. We have wisdom and mastery and we're spiritually connected. In the deficient side, though, we have very rigid belief systems. This comes back to being excessive in the lower chakras, being focused on material things, greed, and dominating other people. All the dark side of our lower chakras will show up when we're deficient in our seventh chakra, or when our seventh chakra is excessive. We'll spin in our head all the time, over-intellectualizing things. We might have a spiritual addiction, or often be confused and dissociated from our body because our body isn't a grounded place where it's safe to be. So, again, this can happen even in our seventh chakra, which is supposed to be a space of really connecting to our spirituality, to divinity, to infinite possibility. When we think about the law of attraction to divinity, this can become a place where we are unable to get grounded and have our experience on the planet. Or, we end up so rigid in our belief systems and so wounded that we end up stuck in the dark side of materialism and greed and basic survival. At the seventh chakra, we should be in the opposite of survival! We should be transcending survival into oneness, so you can see how everything starts in that first chakra.

Take another breath and imagine that you could put your energy, still feeling your feet, up into your seventh chakra, which is at the center of the top of your head, and the color is violet light. Be in that energy for a second. What is the potential for your seventh chakra if you actually become more grounded and healed at the first, second, and third chakras? What does it mean about the way you'll be able to have inspired ideas which we talk so much about in the world of manifestation or in the law of attraction – that often starts with the inspired idea that everything is infinitely possible.

Feel into some of these seventh chakra statements:

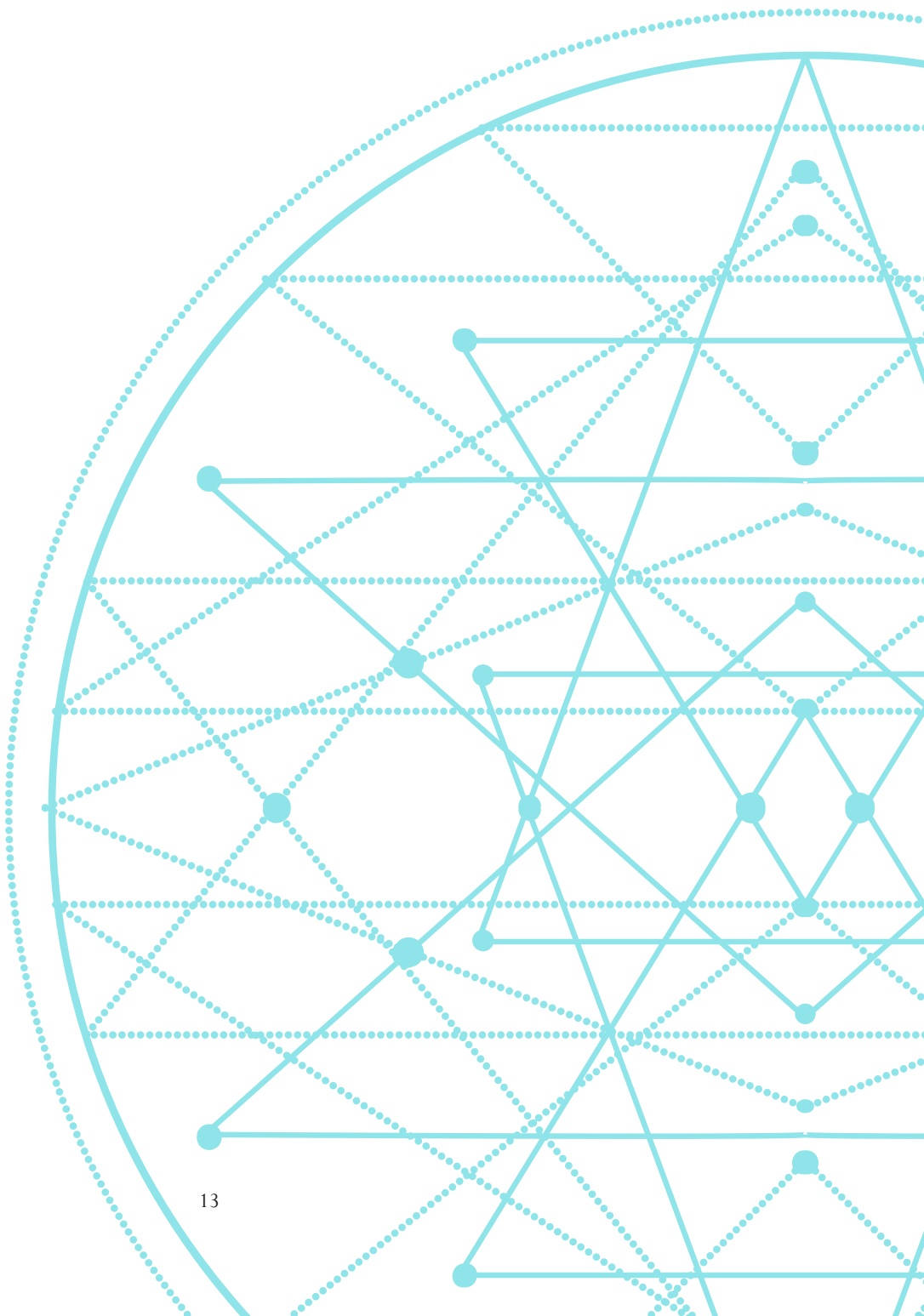
*I feel separate from divinity, lost, and uncared for.  
(Or on the other end), I cling to the dogma of my religion, even the parts that don't feel right to me.  
I see God, divinity, infinite possibility, through the wounds of my past.  
Or, I relate to God or the divine as a being that only loves those who are perfect or good.  
I see God or the divine as angry, vengeful, unsafe, and needing to be appeased in order to be safe.  
Sometimes it feels like God is punishing me.  
Everywhere I look I see limitation.  
When I see the mistakes of the past, I see them as things that should have never happened.*

Really breathe into that. Write notes if you had an aha moment.

Take another breath, coming into your feet and feeling again that red energy, the orange energy at the second chakra, the beautiful yellow golden sun at your solar plexus of the third chakra, the beautiful green of the fourth chakra – the heart chakra – the bright blue of your fifth chakra, the indigo blue of your sixth chakra – like the night sky – and the pure violet of your seventh chakra. And just know that you, as Carolyn Myss says, have an energy anatomy that is real, specific, and structured. And that on it, you're building your actual physical anatomy. And that these energy centers all represent levels of consciousness, levels of your energy, and you need every single one.

As a matter of fact, Carolyn Myss says most people live their life from one or two chakras. Have you been trying to manifest with one or two chakras without seeing all of the ways that you have blocks, wounds, pain, and un-cried tears that are blocking the energy of liberation and manifestation in the rest of your chakras? Because you need all of them to manifest and you need all of them to live the way that you were meant to live in the fullest expression of your power, passion, enthusiasm, and brilliance in your heart and in your actual presence.

In the next section, we'll start with the first chakra and look very specifically at what has been wired into you in a mind-body-nervous-system-emotional level when it comes specifically to money and wealth.







## CHAPTER 2

*The First Chakra - Sacred Energy  
of Physical Manifestation*



## *As we dive into this Chapter, we start at chakra one.*

Every chakra has many elements to it. However, if we want to look at the chakras through the lens of how we manifest money, wealth, and other forms of reward, we can look at one very specific aspect of the first chakra, and that is the survival aspect and our family paradigm, our family energy.

When we are born, we are actually born into our first chakra! At that point, we don't have our logical minds developed, so as we develop, we take in information on social, relational, and emotional levels in a way that doesn't get processed through our logical mind. Knowing that at the first chakra it's all about survival, safety, and security, we have to look at early experiences from our family that taught us about those very things. We examine the early experiences that gave us implicit answers to the questions, "Am I wanted? Do I have the right to be here? Do I have the right to have things? Is this world safe? Is this a place where I can not only survive, but then thrive?"

In your childhood, was money/wealth something that was safe and could be trusted, and made you feel secure? Or was there a tremendous amount of uncertainty, anxiety, or a feeling of not belonging or not being wanted – or not ever feeling safe? At the first chakra, it's all about feeling safe. If, at your first chakra, being honest in your body, you never really feel safe, or when you think about your life it's never felt safe or secure, you'll unconsciously manifest your money and wealth to match that reality. That means money and wealth will never be there for you to the extent that you'd feel safe and have real, grounded, solid, actual money in your hands, savings in the bank, actual wealth.

So when we look at the first chakra, we want to see what was going on in your family, with your parents, with those key relationships. We need to clarify what were all the feelings, emotions, and messages you got about the nature of the world around safety, money, and wealth, and about rich people or what it means to have a lot of money and wealth. We want to look at all those aspects.

You see, wired into us at a very deep, primitive level is the belief "I need to survive." And certainly when we were young and defenseless, we needed to fit into our family and live by those rules in order to be accepted and loved, and sometimes just to survive and stay safe if our childhood had uncertainty or anger and violence in it. These are unconscious drivers that we usually don't look at when it comes to money. We look at our actions and at things happening in the world. But one of the most powerful drivers is what is wired into your nervous system about the way the world is and whether or not it's safe to actually have money and wealth. This is wired into you at a "survival level." And survival instincts will always supersede bigger desires!

So take note when you look at your family paradigm if you have a sense of a conscious knowing throughout your life that sounds like, "I never wanted to be like my parents. I vowed to be different and actually make money and do it differently than they did, yet I always find myself back at survival and struggle, like a bust and boom cycle." You'll make money and somehow get rid of it, and that's because you're unconsciously wired to stay within the rules of your original family – the relational and emotional social value and energies of your tribe or family of origin are so strong. It will ensure that, very unconsciously, you will make sure you never have more money, which would mean more safety and security than your parents had, and if you start to, you'll find a way to get rid of it.

This is why it's so important and powerful to see what is going on at our first chakra. How do we do that? We'll walk through

what I call an “Activating Process” first to get information so that you can be really specific, because everyone has a different childhood and different experiences. There is a range of experience, of course, but as we move into the guided tapping technique, I’ll offer you words based on some of the most common experiences that I hear from people. These words and phrases have come from doing this work for over a decade with thousands of people from all over the world.

## LETS’ GET STARTED!

Take a breath and close your eyes. We’re going to be visualizing or imagining something. Feel the chair, or whatever you’re sitting on, supporting you. Feel it on your legs and on your back, and feel your feet on the floor. Breathe again into your body. And even if you’re a person who says, Oh, I don’t visualize well, that’s okay. We’re going to be visualizing or imagining something. It’s almost like you could close your eyes and there’s a movie screen inside your mind’s eye. Now let appear, or ask your imagination or your unconscious mind to allow to appear, a picture of you as a young child. Let it appear on that movie screen of your mind. It’s okay if it feels like you’re remembering a picture.

See yourself there and take another breath. See if you can set the intention that you can now see this version of you even more clearly. Can you actually see what you are wearing in this picture? And allow it to be a younger version of you, maybe around the age of three, four, or five, and see what your mind or your imagination paints as a picture, there’s no right or wrong answer. Now see yourself in the home that you grew in. See yourself placed in your home. Get a sense right now how safe does that younger version of you feel? How safe and secure does that young child feel? If you’re not sure, just guess on a scale of 1 to 10. A 10 being very safe and a 0 or 1 would not be not safe at all. Notice how do they feel in their home? Now put their parents or caregivers in the picture. If only one parent raised you, put that parent in the picture and then add the other parent who was absent, whether they’re just not around or they passed away. I want you to place that energy of that second parent in that picture, maybe floating off outside the house or in the background. But keep the energy of your other parent in that picture since it affects your money paradigm.

See yourself as a child there. Has anything changed with the child? Note with the parents or caregivers there – does the child feel more safe or less safe? Scared, angry, anything like that? Sometimes when there’s a parent who didn’t contribute, we see anger in the young child that we once were, in our mind’s eye. Now imagine that your parents are talking about or dealing with money and bills and the finances. Look at what’s happening in that picture. There’s a lot of information in this picture and not all of it is verbal because at a younger age, you weren’t able to really verbalize, you were just downloading and receiving all of this messaging from the expressions on your parents’ faces to the way they were acting, the kind of things that they said, and the sound of their voices when they said it.

See if you can get a sense of the tone and the feeling of this picture. The child will also have some adult knowledge of how hard it was for your family or something big changed, so note that, but what’s happening in that picture? What’s the energy? What was their anxiety, stress, fear, or worry? So many people who struggle with money and wealth have earlier money paradigms where parents were struggling, and that gets wired into their system. Or some people had a paradigm where the parents were extremely focused on money. They had money, but they cared more about money than people, and that set up a different kind of conflict for us to have money. It’s almost like we wanted to do the opposite and never care about the money the way our parents did, because money, their pursuit of money, or their focus on money hurt us. So notice what that is for you and we’ll do some tapping. I also want you to see if there is some sense of compassion. If your parents struggled or one parent struggled, is there some compassion or some sadness for the way they struggled?

I’m going to voice what I hear from so many people. I’ve done this exercise where sometimes the first thing they see is the struggle for their parents and the sadness they had for their parents because of that struggle. So when we tap, I’d like you to tap as you please. The most important thing is that you actually hit the tapping points and make sure you look at the picture of the

tapping points. I suggest taking a mirror and making sure that you're tapping in the right spot. For instance, the eyebrow point is right where the eyebrow begins. It's not way up on the forehead where I see a lot of people tapping.

I usually use these points, which are all acupuncture points, but we're going to gently tap three to six times at each point. There are many online videos you can watch me tapping if you need to pause and check one out:

- 1) *The eyebrow point (which is right where the brow begins by the bridge of your nose).*
  - 2) *The side of the eye (which is on the edge of the bone on the side of the eye).*
  - 3) *The under the eye point (which is right in the center under the eye) and, again, only lightly tapping.*
  - 4) *Under the nose (which is right between the nose and the lip right in the center).*
  - 5) *The chin point (which is right on the cleft of the chin, not on the tip of the chin but the cleft).*
  - 6) *The collar bone point (find that u-shaped bone at the base of your neck where a man's tie would be. There are two points at the top of that u-shaped bone. If you follow those down, you'll find a slight depression there under your collar bone. Most people like to tap both sides of their collar bone at once).*
  - 7) *The under arm point (which is underneath the arm, right where a bra strap would be on a woman) and you can tap one side of the body or the other.*
  - 8) *The last point I use is the top of the head (which is right on the center, top of the head).*
- We also have the karate chop point which is the side of the hand if you were to pretend to a karate chop the table that's the part fleshy part of your hand you would hit. We can also tap there, but I'm just going to give you the tapping phrases and you can tap through the points at any speeds or any point in any order that you like, the magic is in hitting the tapping points.*

Say these phrases outloud as you are tapping through the points:

## TAPPING #1

*There they are — my parents  
I see how they struggled and struggled for money  
Never getting ahead and it's so unfair  
It's so wrong — one or both of my parents were good people  
Working so hard and they really never got ahead  
I see their stress  
I see their worry  
I see how little they had  
Barely surviving, or something happening that was scary  
And all of the anxiety, all of the tightness, or a scary secret that I didn't understand  
Because they didn't talk about it  
But something felt stressful and scary and I know money was tight  
And it just doesn't feel fair  
Money never lined up to take care of us  
We never really felt safe and secure  
They were struggling and trying, working and working  
Maybe they watch other people get ahead  
Maybe they dreamed they would get ahead  
But they never really did  
Maybe they started to and then they lost it  
Maybe there were supposed to be money coming from somewhere*

*A parent or a job and that money was withheld  
And I was there taking it all in  
I didn't understand but I felt it  
The tension, the fearful energy, the anxiety  
Something bad might happen  
And it got wired into me  
All the way down into my first chakra  
The truth of my family experience, of my parents experience with money and survival  
Maybe they really never got ahead  
And I am feeling that, all this sadness from my parents  
All this unfairness for how it was  
All this sadness, I totally honor my sadness  
Who am I to be richly rewarded when they never were  
Maybe they sacrificed and gave everything for me  
Or maybe they weren't very good parents at all and I'm seeing it all now  
And there is sadness and there is grief  
We never got to feel really safe and taken care of  
And that has been wired into me  
All of their struggle, the looks on their faces, the energy when it came to bills or buying things  
The tightness, the sadness of never really feeling safe  
Why did it have to be so hard for us when it came to money  
I'm just going to honor that*

## *take a breath*

If that's bringing up a lot of sadness for you, take a moment to keep tapping and honoring and voicing that sadness. This energy has to heal and be voiced and honored and be moved so that these first chakra conflicts can release. Holding onto that grief, sadness, and even anger for our parents only keeps us stuck and repeating the same energy of living, and our money will match.

So, given all the things that you've done differently than your parents in your life, how closely does the way you deal, handle, and experience money match the way it was for them? Take a breath and breathe into that now. Close your eyes again and see how the picture looks now. How do your parents look? If sadness is coming up, how intense is it? If it was a 10 before, where is it now? That first round of tapping is simply meant to start to open up your awareness and feelings of sadness. Awareness for what it was like, maybe how similar it is to your own way of operating in life, regardless of how much you've tried to do it differently.

It can also open up feelings of anger and unfairness, which can go a couple of ways. For many people, it's "Why did it have to be so hard for us?" and sometimes that's directed at society or the universe or God, or someone like the grandparents who could have helped their children. Or a parent who should have helped, but didn't. Notice if some of those feelings are coming up for you. Let's go right into another round of tapping, honoring that anger that can be mixed with sadness. Looking at your parents' pictures again, what do you see now? By the way, it's okay to shift the words from what I might be saying if you have words that fit your particular picture better. The important thing is for you to really see what is in your picture and how intense these feelings are, because it shows you the amount of stuck energy at your first chakra. Let's do more tapping.

## TAPPING #2

*There they are - my parents  
And I also feel the unfairness  
Why did it have to be so hard for them?  
Why did it have to be so hard for us?  
They never got to have joy  
They never got to have relief, relief from anxiety, relief from fear, relief from guilt  
About not giving us enough  
Money never let us feel safe  
And I'll never understand why  
Never really getting ahead no matter what they did  
Like the cards are stacked against them  
It feels hurtful and I feel loyal and protective for my parents  
And I'm just going to honor that feeling of loyalty and protectiveness for my parents  
And I feel anger and frustration at the way it went for them  
I feel anger and frustration that I have been reliving this reality in my life  
I feel anger and frustration that no one was there for them  
Or maybe one of my parents was supposed to be there and wasn't  
I'm just going to honor that too  
Feeling let down, feeling abandoned, feeling on our own and unsupported  
In a scary world often at the edge of survival  
And maybe there was supposed to be help and there wasn't  
And that makes me angry  
And I'm just going to honor any of this anger and grief, tears and sadness that I have at my first chakra  
Wired all the way down to my first chakra  
I'm just going to honor it now*

*breathe*

Really tune in to see if there is anger work that needs to be done around another parent, maybe one didn't contribute who should have. That's why I had you put even an absent parent in the picture, because they matter too. They were supposed to support and bring relief and they didn't, and all of that creates the way that we unconsciously recreate our own life when it comes to survival and money, so let's keep tapping.

## TAPPING #3

*All this deep sadness  
All this deep anger  
Why, God?  
Why did they have to suffer that way?  
Why did I have to suffer that way?  
It feels so wrong and unfair*

*Hardworking people who can never get ahead  
It's so unfair and I refuse to accept it  
It's unfair what happen to my parents and I have been living that truth in my own life  
Recreating the same feeling of unfairness  
And lack of safety and security  
And I'm just going to honor that  
I'm just going to honor that  
I have been recreating the same feelings through my money even in a different time  
Different era, different training and skills and education and jobs  
I'm recreating my childhood money paradigm  
Despite how I try, it feels the same  
So I honor all of this grief and sadness and anger  
And I am open to healing it from the deepest spaces of my first chakra  
And through the generational paradigms of my parents and ancestors  
I'm sure my ancestors wouldn't want me to carry this legacy  
I am so open to healing this  
And I forgive myself for carrying it  
I'm open to healing all of this old energy  
This unconscious paradigm  
This downloaded feeling of unsafety and survival  
When it comes to money*

## *take a breath*

Breathe and feel into your system. Close your eyes again and see your parents there. See how the picture looks again. Sometimes after a lot of tapping the picture will look different, it will look a little more distant or a little bit calmer. You'll have access to seeing better things and things might be clearer. You also might feel even more emotion. After voicing some of the sadness for one parent, there might be even more anger for the other parent. Because we have such a diverse set of childhood experiences, we want to leave space for those of us who had a very violent or abusive childhood with lots of neglect. You may have more tapping to do, and the more tapping you do, the more healing you will bring, and the more grounded in your first chakra you will become. Because you can't be fully embodied in your first chakra when there's all that pain sitting there.

And we want to leave space for those of us who had a middle-class childhood experience where the family was living paycheck-to-paycheck, but there was relative safety. And if you were being a detective, can you find in this paradigm that you are reliving, that you want to separate yourself from because the majority of the people in the middle class are earning more than their parents and they're still living paycheck-to-paycheck one or two paychecks away from disaster, causing the same anxiety and stress. And you want to leave space for those of us who perhaps had a wealthy childhood, and then something happened to completely change everything, and everything went away, whether there was debt or some kind of a business failure or a parent losing their job, and they experienced the shock that can come from that. We also want to leave space for those of us who might have had a wealthy childhood, but had parents who rejected or neglected them in their own focus on material things and valuing wealth more than their children. There are so many different experiences. It's up to you to be the detective about your first chakra experience and how it's limiting or basically recreating the limited way you are manifesting money and wealth at the very first level.

As you grow into the second chakra, you go from survival money at the very first chakra level (Can I survive?) to the second chakra level, which is more about power. When I get beyond survival, I then have enough money for things I simply desire. Money gives us power. When we are beyond survival, we can use our money to actually make change, to make choice, to have the power of saying, I want to do this just for me – I'm going to splurge on something just for pleasure, or because I want to feel good about how my house looks, or have a nice car. So survival shifts into what we often think of as wealth or what it means to be wealthy. And that is the other side of what you download as a child.

The first level is: What did you learn about survival and are you reliving that and recreating it? The second part is: What did you learn about what it means to be a wealthy person? Because most of us learned that if we have any more money and security than our parents did, we step into a new realm of being whatever our family's definition was of a wealthy person who's different from us. We were also downloading all sorts of messages about what our family's level of discomfort, rejection, or judgement would be around someone who is more wealthy. Like things must be nice, or they're lucky, or a family energy around, "If you have money I'm going to ask you to take care of me." So let's go back to the visualization we did earlier and do a little bit more.

We're switching gears a little, so take a breath, come back into your body, feel your feet, and just take a second to bless and honor your paradigm that you saw in that early picture, and any more work that you have to do there, you want to commit to leaving no stone unturned, particularly at the first chakra, and anything else that you need to bring healing to. With tapping you can't really do it wrong. You simply say what's happening, or say what you see, or say what you're feeling and tap through the points. That's all you need to do and it will bring the healing and release at a mind-body-nervous-system-emotional level.

What we want to do now is to revisit that picture and hopefully the picture a little bit calmer since we've done a lot of tapping. But something that's very different is going to happen in this picture. Suddenly there is an adult self-version of you in that picture, stepping into that home with your childhood parents or caregivers. However, it's the you in the future who has achieved all of your dreams and goals for money and for wealth, so whatever your dreams for money and wealth are for how much you're earning and how much you have stuck away in the bank that makes you feel so secure and so safe and that you now have enough money to choose anything that you want. It doesn't mean you have billions but it means that you could take a nice vacation. You can have nice clothes. You can afford the incredible nutrition and yoga classes you love. You can get massages and all of that is going to be reflected as this adult version of you steps into the house with your childhood parents from the same picture.

Imagine how this movie plays out. You're dressed in very expensive clothes, maybe you've splurged and you pull up in your nice brand new car, you just had a massage, and you've got shopping bags with you, and you step into the house and tell them all about your life – how many hours you work for the money, how secure you feel, how wonderful it feels to have money in the bank, that you get massages, Reiki, and go to yoga classes, and that you really get to choose and have the freedom to have reward and pleasure and vacation in your life.

Take a breath and see – what is happening in that picture? How do you look? How do your parents look? This is where we really start to see, not only the first side, which is I'm wired to live in survival energy around money, but the second side of it, too, which is I am not wired to have anywhere CLOSE to the money, the security, and the wealth that I say I want for one very important reason.

Do you still fit in that family? When you say, "No, I don't!" and you see anything on your face, your parents' faces. Here again, sometimes it's non-verbal that makes you feel uncomfortable. Maybe it's that they're feeling uncomfortable around you or unsure, or maybe they're feeling disempowered, or angry and judgemental and they're accusing you of being foolish or having done something illegal to get that money, or somehow it just doesn't feel good. Sometimes it's that the child implicitly knew, this doesn't feel good. This is the feeling that no one ever feels consciously, but it causes us to ensure that we'll never go past where our parents went in terms of money and wealth, and if we start to, we'll get rid of it.

Some people see their parents as very angry and attacking, or they see their parents disempowered and immediately feel bad. I want you to see whether you're feeling attacked or guilt or shame, and how uncomfortable it is. Let's do more tapping:

## TAPPING #4

*Oh boy this is bad  
It feels really bad in my system  
I've broken a really big rule  
I've done something that feels really uncomfortable  
And I am feeling it  
Somehow I am feeling rejected  
Maybe it's subtle, maybe it's overt  
Maybe they're angrily rejecting me, judging me, attacking me  
Or maybe it's silent judgment — judging me as wasteful and materialistic  
Saying that I'm lucky, and that doesn't feel good  
Maybe judging me for not working very hard for this money  
Maybe they're calling me spoiled or boastful  
And I can't argue because I revealed how much money I make  
And I've said how much fun I'm having — that is spoiled and boastful  
It's a really bad feeling right now  
It's very uncomfortable  
Maybe they don't want anything to do with me  
They don't want me around  
Because I'm no longer one of them  
I can't complain and commiserate any more  
I'm not struggling anymore  
I'm feeling rewarded and that's not the same as struggling  
This feels really bad and it doesn't make sense  
It's not logical, but I'm feeling it  
And I'm feeling I have an internal secret rule  
An internal secret vow to never have more money  
Because this is really uncomfortable  
It's like I'm 5 years old and I've done something wrong  
And everyone is disappointed in me or mad at me or avoiding me  
No wonder I never manifest more money  
No wonder I get rid of money when I manifest it  
No wonder I work so hard for my money  
How dare I earn more, how dare I challenge the way of the world  
How dare I put myself out there like I'm better  
This feels really bad*

*take a breath*

Take a breath. There's probably more tapping to do there, but what I really want you to see and let in is the aha moment: How it feels in a very illogical, unconscious way, in a way that no one really tunes into feelings because it doesn't make sense. We say, "No I don't have any problem making more money. I would be fine with that... and, well ya, if I told my parents... I would be fine, they would be happy for me..."

However, when we tune in to this picture and your unconscious mind paints the picture, we get the real information. That's why we do these activation processes – to see exactly what's being held in your unconscious around this specific future moment. It will show you all of the real conflicts you have. This is so powerful, I recommend doing this over and over, and revisiting it in the future.

Let's do another round of tapping:

## TAPPING #5

*This is hard to see and I never asked for this programming about money  
I never asked for this programming about struggle  
It was handed to me  
I was a child  
I got downloaded with this on so many levels  
And I've carried this and it has really screwed me  
I have been creating my reality to match my family's paradigm  
And I never really get to have fun  
I never really get relief from the worry  
As much as I visualize and imagine earning more money  
This programming, this emotion and energy has been blocking it  
I don't want this anymore  
I am so open to healing this  
All of these old wounds  
All of this old grief about money and struggle  
All the beliefs about the world and how much I can earn  
All my wounds about what I deserve  
I'm open to healing them all the way down into my first chakra  
I'm breathing that healing right into my first chakra  
I'm open to healing this for my highest good  
And the highest good of my whole family, all the way back through time  
Generation through generation  
And I call upon all the help I need to keep healing this  
From my higher self, from the divine, to help me heal this  
Because it's time I'm open to healing for my highest good  
And I'm so grateful  
That I can heal this  
As I heal this in my first chakra  
I open up a whole new opportunity and energy to truly manifest and manage money differently*

*breathe deeply*

Take a breath and shake it out a little. We've done a lot of tapping. Know that as we do heal this, this very unconscious way around money, that you have a new opportunity, as an adult, to make very strategic and conscious decisions about how you are going to operate your money.

We'll be working at all of the other chakras that will help with that. But right now, take some time to take notes to capture some of your aha moments. Flag some of the areas that you might have thought, "Whew, I need to do some more tapping on that!" And write down how you want your new money reality to be. What do you want to have? Use very solid, concrete, first-chakra terms – and that means dollars and cents, because at the first level, money means safety and survival.

When we think about that, we think about having a savings account. What would be the goal of one step – not millions of dollars – but one step forward. How much money would you have to have in your savings account for you to feel safer and more secure. Maybe you have nothing now. Maybe you have something, but what would the number be that would shift you into feeling safer and more secure? That is very grounded. People who have a really strong first chakra are very matter of fact, practical, and grounded in the way they look at and deal with their money – the bills and taxes. They handle it all calmly and in a very grounded way. Most people with middle-class background do not handle their money that way because when we see money and bills and finances, we immediately have an anxiety response. We don't have a paradigm for what it's like to be beyond survival or living paycheck to paycheck.

This is your opportunity to think about "What do I want to set as goals in my life that will make me feel safe, that will make money feel like a warm, safe blanket, or a solid foundation I'm standing on?" What do you want money to be a metaphor for – one that means safety and security to you. So you can build on that foundation as we go to the second chakra and allow money to be more of a reflection of your desires and personal power. But we have to start with that solid foundation, and this is where we can take very grounded, practical first-chakra actions. Like reading books on personal finance and sitting down with a financial advisor. It's boring, I know, but there are actual real world things we can do. What I find is that when we start to really heal the inner anxiety, first the programming to always feel anxious and unsafe about our money, and the programming that says, "If I have any more money than I do now, any little bit of security, I'm immediately going to feel bad because I no longer fit in my family, and I don't want to feel those bad feelings when I heal that." I've watched this with thousands of people. They start acting differently in their money, so when you think about when you go to work every day, you are often faced with projects that might be challenging, and you don't bring any emotional baggage along – only your brilliance and your resources and your actions. So imagine if, in your own personal finances – your bills, your debt, your taxes – that you could bring to bear the calm, practical, pragmatic side of you that shows up all the time at work. We don't do that because all of the unseen, unconscious stuff that's happening in our nervous system and our emotions are being triggered into anxiety and fear and messages of, "I can't do it, I'm not good enough, I don't know how to deal with money." When we start to heal that from our, from that rooted paradigm. We have the opportunity to take different steps to be calm and grounded and practical, and deal with money as a physical reality that needs attention.

This is at the first chakra. Money is real dollars and cents. That's the energy we want to step into. So take a breath and feel into your feet again. Feel into the red energy of the first chakra. Imagine that where you're sitting and that your feet are encircled with red light: solid, magnetic, grounded, heavy-on-the-Earth red light. The light that connects you all the way to the grounded center of the Earth, the strong, secure, safe part of the Earth. You're supposed to be here. You're wanted here. You have the right to be here. Feel that in that red energy. You have the right to be here, the right to survive, the right to have things, the right to be in your body, embodied, physically powerfully, physical on this planet with power and agency and your brains and abilities and experiences and trainings all come to bear. With all of these gifts you can shape your physical reality like we can build a house.

We can shape our physical reality. When it comes to money it is no different. Feel into that solid magnetic energy. The first chakra is magnetic when you are solidly in it like this. You are a magnet to manifesting physical things. Physical things and resources

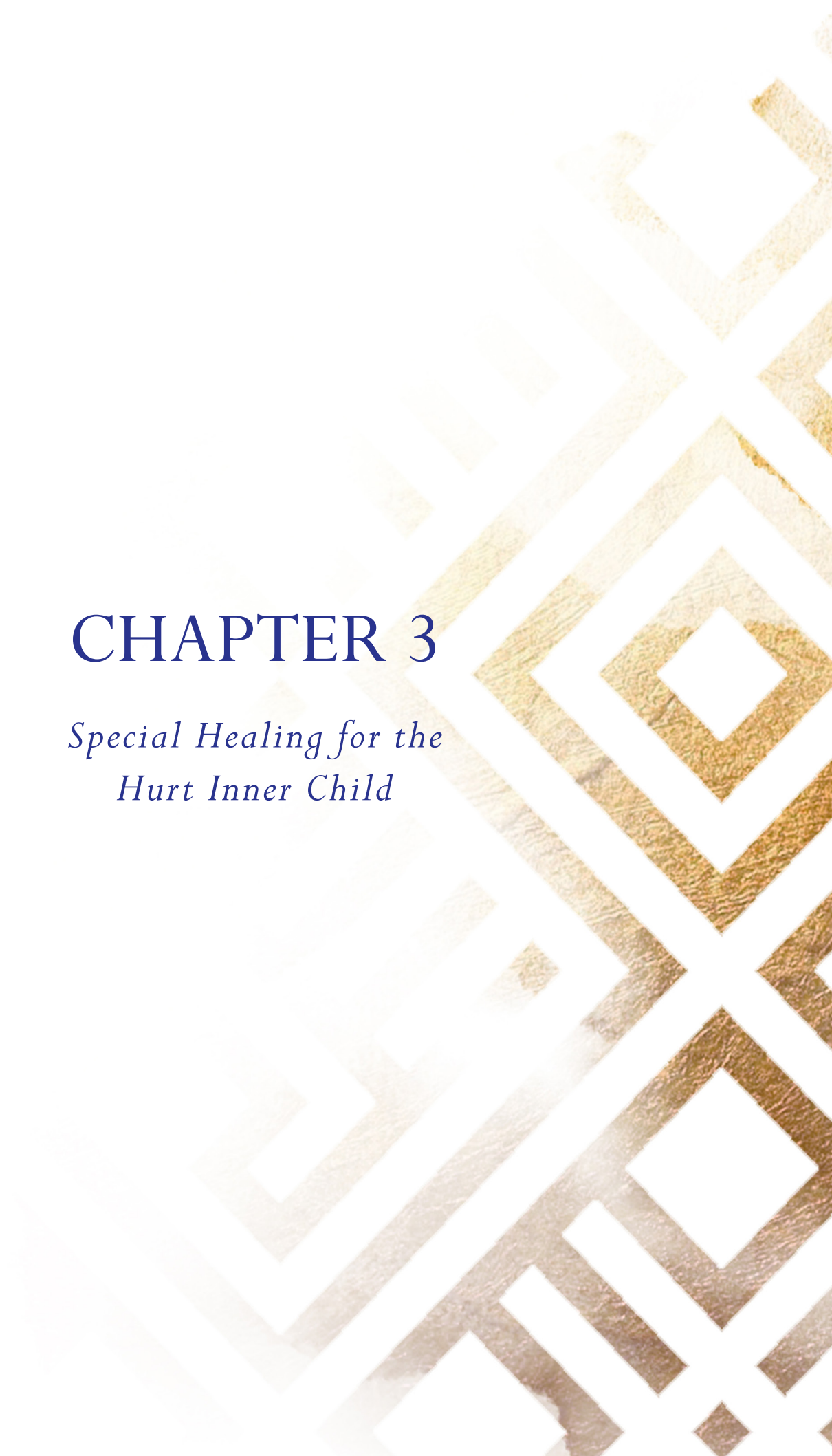
are drawn to you like a magnet when you are powerfully embodied in your first chakra. When we live in survival mode, when we are fearful and anxious or hardly embody that, we are all spinning up in our head and our energy is driven up to worry, fear, and anxiety. That's the fight or flight response. So instead of your first chakra being grounded and solid and embodied and magnetic, it's forcing your energy up into your anxious thinking, and that's not a powerful place to manifest. Feel that red, heavy, magnetic energy and open your eyes and look around the room. Feel the solidity of everything in the room with you at the first-chakra level. Feel your legs, feel your feet, put your hands on your leg, stomp your feet on the floor, feel the physical nature of embodiment and take a breath and honor and bless the healing that we did. I'm so proud of you!





# CHAPTER 3

*Special Healing for the  
Hurt Inner Child*





## *Welcome to Chapter 3 of the 7 Levels of Manifestation!*

We're about to move from the first chakra into the second chakra, but we have a bit more work to do first. After doing the work on the paradigm, many people feel anger start to come up towards their parents for how they limited them in some way. That starts to come through, especially after a lot of tapping around the survival energy that was happening in the first chakra in our family paradigm.

In this Chapter, we're going to do a lot of tapping to move some of the anger at our parents for not being the parents that we needed them to be. This is going to be super intense if your parents were not good parents, or violent, abusive, or neglectful. Others could find that you had great parents, maybe you remember having a great childhood, but I would invite you to leave no stone unturned and see where you can move energy. Because all of our parents have limitations and they have limited us in some way due to their paradigm, their set of rules, and the families they came from.

I promise lightning will not strike you. This process is about really voicing and moving the energy of a child – pushing back at a parent. It's really important energy to move. And it will absolutely manifest in our money because without moving it, we can feel like we're never able to truly be our most adult, powerful self because of the way that our parents have judged us or limited us, wounded us in some way. When we have really been wounded around our power as a child, it becomes very difficult to go through life without taking the wounding with us because of that injury. And you'll see why that happens in the tapping as we go into it, but that energy will keep us wounded in a way that honors us, but doesn't allow us to step into our true power.

This is a powerful process of moving a lot of energy. It doesn't sound good, but we have to allow our self to voice this, and I promise you that on the other side of it will be so much openness and energy moving from your first to second chakra where you experience the stronger emotions before we move into the deeper second chakra work.

This exercise is going to have a lot of quick tapping. Imagine, again, that you are in your childhood home. Take a breath, come into your body, and once again see your inner child. I want you to see or let your mind paint the picture of that young one that you once were, maybe around the age of 5, 6, or 7, or maybe younger in your house with your parents. And knowing that you were meant to be here and you came through as this beautiful radiant being, this precious child with all sorts of gifts and sensitivities and powers and things that you were supposed to be drawn towards and do creatively and create all different ways to carry your own power, to love yourself, to love other, to literally be the most radiant version of you that you were meant to be.

However, in that house with your parents again, whether they were anywhere on the spectrum from abusive or neglectful to loving, caring parents that were there for you in some way, there was still a limitation on who you got to be and the way that you got to shine. We're going to dive in and tap on some really intense words around this that will help the whole range of people reading this. If the words feel over the top for you in your situation, that's okay. It's not going to hurt you to say them. It actually might bring up some level of some healing that may also be related.

See that picture and see if you can tune in to all of the limitation that your parents carried from their lives, from their childhood in the way that affected you. Let's start tapping.

## TAPPING #1

*Here I am in this house and there's so much limitation  
So much fear and rules  
You have to do things a certain way  
And they keep telling me things  
Things about myself through their actions  
Their energy, their facial expressions  
They're limiting me, they're controlling me  
And maybe it doesn't feel safe  
Maybe they're not keeping me safe  
And there's always this threat looming  
The threat that's always there  
If I step outside of what they want  
I will be punished  
I'll be chastised  
I'll be disapproved of  
Maybe I'll be attacked or hit or I'll be ignored  
I'll be abandoned  
This constant threat of punishment  
Maybe they were doing their best  
But I'm just going to honor right now  
That this wronged me  
They hurt me  
They limited me  
They tore me down in ways  
They didn't keep me safe  
They didn't let me shine  
They weren't comfortable with my power  
They shut it down  
They made me follow the rules  
Rules that were based on their limitations, their family paradigm  
But I had to follow  
And I'm still angry about it  
Because they really never saw me  
They never really got it  
And it hurts my inner child  
Sadness, anger, frustration, powerlessness, turning back into anger  
My inner child frozen in this battle  
Being good and loyal out of fear  
Doing it the right way out of fear  
Doing it their way always out of fear  
Fear of punishment, abuse, abandonment, disapproval  
I learned to limit myself out of fear  
I'm just going to honor this whole picture and the inner child who's frozen in it  
It was unfair and I have the right to voice it*

## take a breath

Again, if you had a really violent childhood, this is going to open a can of worms and there's a lot more tapping to do. If you didn't have an intense or violent childhood, it may have simply been difficult for you to shine. Maybe there was a lot of criticism. We'll do some more tapping and voice more at our parents. What we're doing here is we're allowing the lower self to speak the shadow sides of ourselves, and when we do that, when we lean into some of this harsh language, we get a more complete clearing and healing.

Imagine that you see the same situation. Close your eyes and imagine that young child there again that you were in the same situation being limited. Sometimes, after the tapping, in the picture that will appear to you, the child will look a little better. Notice if your child feels hurt or feels calmer. It's almost like your inner child in the picture is like, Wow, somebody understands me! That's awesome and that's part of the healing, but we're going to go even further because I want you to imagine that you now, as an adult, step into that picture with this young child and your former parents. Now you're the protector, you're the adult, you're there to advocate for that child and you're going to have your day in court.

Tap through the points:

### TAPPING #2

*How dare you*  
*You tortured me*  
*You hurt me*  
*You made me feel like I was nothing sometimes*  
*You made me think I was nothing*  
*You made me feel unsafe*  
*You made me feel unloved*  
*You made me feel unwanted*  
*It's unforgivable what you did*  
*You made me feel like I was not enough*  
*Who I was, was not good enough*  
*You made me feel broken, bad like something was wrong with me*  
*You really screwed me up and you don't even get it*  
*And I'm still carrying this and you don't even get it*  
*How dare you*  
*I'm still so angry and you still don't see me*  
*You still don't accept me*  
*You still don't let me be me*  
*Why couldn't you do it better?*  
*Why couldn't you figure it out?*  
*Why were you so screwed up?*  
*You hurt me and I never really got to voice that*  
*And I'm so angry and hurt about it*  
*So I'm going to honor it today because I'm still in battle with you on some level*  
*How dare you not see me*  
*Not validate who I really am*

*And at some level I still want you to validate me  
And validate what you did wrong  
Because I'm still struggling with the limits you gave me  
I'm still struggling with inner fear  
I still doubt myself and it's so wrong  
I can barely own my power and I blame it on you  
This is what you did to me, Mom and Dad  
This is what you did to me  
I blame you, you made me doubt myself  
And I still can't own my power  
I still can't own my power because of you  
I'm still in battle  
I'm still limiting myself and then I'm trying to prove you wrong  
I'm trying to be loyal to you and get even with you  
I'm still trying to win your approval  
And it's all happening inside me  
And it's exhausting  
I completely blame you for every one of my problems  
And that feels kind of good  
I honor that this battle goes on inside me even though I'm all grown up  
And I honor it because there's real pain and real hurt  
I deserve to be honored  
No one ever cried these tears for me  
So I honor myself now  
I'm open to breathing out some of this battle  
Some of this hurt  
All the energy that it's taking from me to carry this  
I'm open to breathing in some healing in a way that honors me*

*breathe*

Some people say, "Wow, I feel kind of guilty that I just said all that!" But that is okay. This is where we are adults and we have our higher chakras and consciousness. Some will say, "My parents are older now and that just seems wrong." But the goal here is to allow yourself, without anyone getting hurt, to voice this and "have your day in court." The goal is to fully honor the hurt that has never been spoken for your inner child.

We have to allow that anger and that unfair and that blaming to finally be heard and voiced and honored so that it can move and be healed. If we don't voice it and honor it, it can't let go.

Take a breath and know that if something comes up that says, "It's not okay to be mad at my parents," know that your highest faculties and your adult self might know that from a different perspective, your parents did their best and you still get to hold that perspective.

But it's also okay to voice this in a way that is healing with tapping. Remember you are allowed to have your real human feelings of anger and rage and unfairness that arise within you from something that happen to you that felt unfair. And when we voice that as bad as it can sound with tapping, the energy moves. Otherwise it stays locked like this child is locked and frozen and in battle and in sadness and hurt.

This is how we can find someone who's in their seventies, whose parents have long passed away and who's still in battle with their parents, still trying to prove themselves, get validated, or be loyal to their parents' paradigm. When we move this energy, we get free of it. If you had a lot of intensity in your childhood, you can just keep doing that tapping again until you feel calmer. When you visualize the picture your parents will feel more distant, and that's how we know we're getting to the end. It's just doesn't feel as intense anymore.

Close your eyes and picture your parents again. Put them in the picture so there is you and there are your parents from when you are a child. But I want you to put in the picture next to them your parents of today. If your parents have passed on, bring them back as your last memory of them, and see what's happening there. We're going to do some tapping for both sets of parents: the parents of you, your adult self, and parents of your younger self. This is part of having your day in court.

Tap through the points:

### TAPPING #3

*Well I hope you've learned your lesson  
I hope you've finally seen all the ways you've wronged me  
I hope you finally get it — all the ways you limited me  
And wounded my power  
I hope you see all the problems I've had up until now  
Because of the way you treated me  
And I'm demanding that you change  
I do not accept you the way that you are  
I want you to be better parents  
I don't accept you as unconscious as you are  
Confused or mean or selfish or just not conscious  
I do not accept you this way  
I don't accept you with all of your wounding and baggage that you brought into being my parents  
I demand you be the parent that I should've had  
I demand you change for me into better parents  
I want you to evolve right now  
I demand you apologize for everything and fix yourself  
Finally be the parent that I've always wanted  
I do not accept you the way you are  
I judge you  
I refuse to accept you and I insist that you change for me  
Be the parent that I wanted and needed  
I want you to be loving and evolved  
I want you to really see me and support me  
I want you to be amazed by all the things I'm doing and support me  
I want you to change for me right now*

*And I insist that you accept me for all of my light and all of my dark  
You need to love and accept me for who I am  
I'm not going to let this go  
I want you to see me and validate me and get it  
And I want you to change and be more healthy and evolved  
I want you to be happier  
I do not accept the way you are and the way you have always been  
And I demand you accept me exactly as I am*

## *take a deep breath*

You voiced something that is very, very honest. In some ways we can see a little of the humour in it, but it's the unconscious battle that is often going on with us for what can be our entire life. When we have been wounded in our power by our parents, we stay in this argument and battle with our parents even if they've passed on, so the amount of energy that this takes from the majority of people that I have worked with is tremendous.

Take a breath and honor yourself for this extreme, radical honesty in this moment. Honor the movement of all of that darkness, all of those real feelings. It takes courage to voice these things, but I want you to picture your parents again and notice how you've shifted. Notice if what you're feeling is, even if the picture is still intense, what Eckhart Tolle calls "extreme presence," having more access to understanding and compassion and seeing things in perspective.

As you look at your parents, I want you to notice energetically how much of your energy is now pulled back to you, and how much of your energy is back in your own field as you look at them. What do you need them to validate? What do you need them to be so that you can be who you want to be? Notice how there's not so much energy projected at them, and hopefully a willingness, or more tapping needed, to accept them for who they are.

If your parents are still with you and you need to have boundaries because they're not good people to be around, it doesn't mean we accept bad behavior, it means you have a willingness to pull back some of that energy. I've worked with people who needed hours of that kind of angry tapping. There's a lot of story there, a lot of real hurt, and a lot of real wounding, and it could go on for a weekend. And if that's what you need to do, I would encourage you to do it.

If you got a slight reduction, how much of your energy is now back to you? Often we've said, "Well, I get it, my parents are older and I understand how their life happened," but now, after voicing what has been locked up, the pain of our inner child, that adult perspective becomes even more true, deep, and embodied. You'll feel more compassion. You'll feel calmer and it becomes less important, and more important to be with them as they are.

Let's finish with a little tapping to continue this separation between ourselves and our parents who created our wounding.

Tap through the points:

## TAPPING #4

*There they are with all of their problems  
And all of their wounding  
And all of their defenses that came from their life and their experiences  
And their wounding  
And I'm just going to let them be there  
Over there and their energy and their karma on their souls' journey  
And I'm just going to be over here in my beautiful energy  
I'm going to be way over here honoring myself and honoring everyone on the planet  
For where they are at on their journey  
I'm pulling back my energy to me  
Centered and grounded in my powerful, beautiful energy  
I'm actually an adult now and I'm all grown up  
And I'm just going to honor the wounded child I've had in me  
How much pain I've carried and all the healing I've done today  
So that I can stand as my adult self in my beautiful power and energy*

*take a breath*

That little process and saying, “I’m going to let them be over there, in their wounding, and I’m going to be over here,” is really reinforcing that energetic space between the two of you. If you close your eyes again and picture your parents, picture the whole scene, you should feel even more of a separation. We aren’t needing so much from them in order for you to have healing. Notice how your energy feels.

Now I also will warn you that if your parents are still in your life, they will often act differently around you after doing this exercise. It’s miraculous when you do healing work like this. The goal isn’t to forgive, the goal is to get to where there’s less energy of need, anger, and hurt, and to validate me in the world. It often leads some people to an ability to have some level of forgiveness with their parents, however the energetic shift will cause the people that you do the tapping about to act differently around you. It’s fascinating!

I’ve seen it for ten years. If you have other people in your life that you feel anger toward and hurt by, it’s really important, even if it’s a child or a spouse, to do this kind of voicing of anger and “You hurt me and I blame you” process, letting yourself have that moment. Make sure you’re alone. Go do it in your car so no one will hear you. I promise you it’s going to pull down walls energetically and allow your energy to be pulled back powerfully into you and you need that energy. We need that energy to come out of battle, out of hurt, and out of grief, so that we can move into the second chakra and start doing our fabulous work there. I will see you in the next Chapter, great work!





# CHAPTER 4

*The Second Chakra -  
Sacred Energy of Receiving*



## *Welcome to the second chakra!*

Now we really start to explore: What does money have to do with the second chakra energy?

If we were being very, very logical and only dealing on a very material level, we would say that money comes through our actions. When you take actions, you receive money back, and when you work in a regular job, that is absolutely true on one level. However, we also know many people who work very hard and don't earn much money. We know many people, maybe even ourselves, who expend a tremendous amount of effort and we've really tried to do our best or we have an intention to do something amazing in the world and no matter how much action we take, money simply hasn't shown up. And I mean the money or the wealth, or all the other things that come with money and wealth, such as feeling rewarded and validated and the pleasure, joy, and freedom of having the choice to do what we want.

The second chakra builds on the first chakra. At the first chakra, wealth and money are the metaphor or the representation of how safe we feel in the world. Are we safe and do we have the ability to survive, or is scarcity more real than abundance?

At the second chakra, we've moved up past survival. So when we look at what wealth and money have to do with the second chakra energy, we see that the second chakra is related to pleasure, reward, desire, and the impulse for freedom – to feel our own power and to feel taken care of, beyond survival.

There is this very real reaction to us taking action and money coming back. However that also has its root at the second chakra. There's an energetic connection at the second chakra which you can see clearly when you look at the concepts of the law of the attraction. When you ask for what you want in a fully embodied way, really feeling it, what you're asking for will manifest. And, truly, the second chakra is "ask and it is given" because what you asked for in a real and true embodied way at the second chakra will absolutely manifest and has been manifesting in your life.

Where this gets a bit messed up in our second chakra energy is when we create a money or wealth reality that we don't want, versus one that feels good, gives us freedom of choice beyond survival, makes us feel validated and rewarded, and gives us joy, pleasure, and power in our life – the power of choice that money gives us. When we look at the second chakra, it's all about moving from the solidity of the first chakra into the more fluid nature of the second chakra. That means, according to Anodea Judith in her book, *Eastern Body, Western Mind*, that we first moved up into the realm of sensation which is the raw data input where we differentiate pleasure from pain. We either expand because pleasure makes us expand and move toward something, or we contract the senses.

We move into the concept of pleasure because once survival at the first chakra is met, the next thing we naturally do is move towards pleasure and away from pain. Children will reach out with the pleasure of the pure being of their aliveness, and when they're met with love and encouragement, it really invites them to new things. It invites them to enthusiasm and invites them to want things. Abraham Hicks would call it that leading edge of our desire. Next we come into our emotions, which are these instinctual reactions to our sensory raw data, and then squarely into desire. Anodea Judith calls that desire an impulse, a spiritual and emotional impulse that inspires us to move towards something greater.

If we don't desire anything, we don't have any energy for inspiration. We have, as she says, no seed for the will. In a very energetic way, at the second chakra we ask for what we really want and if the second chakra energy is open, we're able to receive our desires. We're open to receiving and, at a very black-and-white level, if we don't desire anything, we don't have any seed for will. We don't have any rising energy that will turn into taking action at the third chakra, which is our action- and will-center. The question becomes, then, what have we been asking for and what do we truly desire?

Anodea Judith says that the right at the first chakra is our right to be here and to have things. At the second chakra, it's our right to feel and our right to want and to have pleasure. To work on and recover our second chakra energy, she says we reclaim the right to feel. We reclaim the right to want things, and to want pleasure and passion. But here's the tricky part: That means we are reclaiming our rights to need things, which is also known as neediness. And to be open to receive things is also known as vulnerability, and that's where this gets very, very tricky and a bit counterintuitive.

Let's come back to the kind of things we need. When some of us were young, we may have experienced moments where it wasn't even safe in our homes. Others of us may have had a level of safety and security, but if they were the child who was loud or rambunctious or who wanted attention – wanted, dare I say, for their parents to delight in them, to adore them, to shine, to stand on the coffee table and say, “Look at me!!” That would not have been safe. That natural desire to be seen, encouraged, and honored for that aliveness. Enthusiasm would have been either punished or criticized, or maybe just ignored, or there would be some noticeable feeling related to, “That is not what we do in this family.” Sometimes it would have been shame. “Who do you think you are?” Asking for, looking for, or wanting special attention was shamed. This is incredibly important because what happens is our right to feel our impulses and then to want things becomes impaired. It is shamed. It becomes not safe and very early on, we lose what it is we really desire. As Anodea says, when we don't allow ourselves to feel our senses, to feel our emotions, we lose our aliveness, because if you can't feel, you can't really want.

There's a point when we'll give up asking, feeling, and wanting, or being enthusiastic for what we really want. Instead, we'll lose touch and become numb, disconnected, and out of touch with ourselves. We're not really sure what we actually want, but we do know what is safe to ask for. The kinds of things that, in our head feel safer, more appropriate, and not as vulnerable to want. Imagine that when a child reaches out, or asks, or wants a need to be met – a need for love, closeness, and nurturing, or a need to be adored and special – and finds emptiness, rejection, ignoring, or something worse, they'll stop reaching out and lose touch with what they really want. At the second chakra, our work is to recover and reclaim the right to feel, the right to what we really desire, to our passion, needs, and vulnerability.

There are a lot of different books and teachings around the second chakra. I highly recommend, *Eastern Body, Western Mind*. It has a lot of emphasis on sexuality and the sexual nature of what we want. And, certainly, the second chakra is the chakra of sexual energy, but it's also important to look at Maslow's hierarchy of needs because we have more needs than merely sexual needs. When we're doing a program like this focused on money and wealth, we need to look at all of the different needs that come in. At the first chakra, in Maslow's hierarchy of needs, it's all about safety, security, and the physiological needs of warmth, rest, and food. At the second chakra, we start to come into the psychological needs: the need for esteem, prestige, feeling accomplished, belonging, and feeling loved. We have a natural human need for self-esteem, to feel good, for prestige. For many of us that translates into validation, accomplishment, being complimented and honored. And at the second chakra, that represents money. At the first chakra, money becomes a metaphor for survival, but at the second chakra, it becomes a metaphor and test to see if we're truly being validated for our gifts. Are our value, gifts, and talents being energetically validated and rewarded in a way that feels incredibly good and pleasurable? It's pleasurable to feel validated, rewarded, seen, and complimented for the work that we're doing.

This becomes the trickiness of the work with the second chakra because all of the things that I've mentioned can not only trigger people, but they're things we've spent an entire lifetime insisting that we don't want. Based on everything I just said, I want you to check in with yourself and ask where does it feel incredibly unsafe for you to have a lot of feelings and a lot of needs? For some

of us, having feelings and needs means that we're weak and vulnerable to either being incredibly hurt, because now we're putting our needs in someone else's hands. It also means that we're incredibly vulnerable to being disappointed. If the need doesn't get fulfilled, we have to feel that emptiness, something that might feel like abandonment, rejection, or pure disappointment, which is a painful thing that we want to avoid.

If you get real with yourself, think about how you feel about being vulnerable, about being needy, about admitting things like, "I want prestige! I want that validation!" Or is that something that you've spent a lifetime trying not to want, trying not to be a person like that. That's why Anodea Judith talks about the work in the second chakra being about reclaiming what she calls "the shadow," which she previously wrote about in her book, *A Shadow Effect*. She talks about "the shadow," meaning, we don't want to be someone who's on the dark side, or the "shadow" side, which is overly needy. That rejection is what stops us from allowing us to have our own energizing desires and neediness in the most sacred sense.

Check in to see where you are right now. How triggering is it to talk about moving towards being someone who is more needy, who wants approval, prestige, and everyone to love them, and who can be incredibly vulnerable like that, someone who wants pleasure, and someone who wants to receive. Check in with yourself around that. Before we get into the deeper work in this chakra, we'll start with that.

Let's do a few rounds of tapping now to voice this resistance. Start on any of the tapping points you feel comfortable with. The order I typically use is to start at the eyebrow point, then go to the side of the eye, under the eye, under the nose, the chin point, the collar bone point, under the arm, and to the top of the head to finish one round. But you can move through the tapping points at any speed that you like, changing points when you want, and using as many tapping points as you like. If you're unsure, it's often helpful to look at a picture of the tapping points as you go, and you'll memorize them in no time. It's just important that you actually do hit the acupuncture points. The tapping points are all acupuncture points, so it's important to tap ON them and not in the surrounding area, and that you use at least three or four taps so that you're affecting your nervous system.

Below are the tapping phrases to read through as you tap through the points at your own rate.

To set up this tapping, take a breath and close your eyes. Imagine a person who may be someone in your life or someone who's a public figure who is, being honest, very, very needy. And they aren't only needy and ask for lots of things, but they're needy for prestige. They're needy for validation. Their needy self-esteem needs to always be complimented and built up, and they're needy emotionally. Sometimes they can't get it together and they need everyone to rush and in help them. Picture that person at their neediest and feel within yourself any sort of resistance against being that way. It's going to run the range here – some people are going to say, "That's how I am Margaret, and I hate myself for that," and other people are going to say, "One hundred percent I hate people like that, and they bother me!" Keeping that in mind, tap through the points while reading these phrases:

## TAPPING #1

*There they are  
So needy, so needy and I find it so annoying  
I don't like people like that  
They constantly need other people to help them  
Maybe they're winey and complaining  
Maybe they're always breaking down  
And I totally judge them  
Being honest, I totally judge them  
So needy, they always need to feel special*

*They're always looking for complements  
They need so much  
It's exhausting and embarrassing  
And they're not even embarrassed  
I would never want to be that way  
If I had a side of me like that  
I would never want to be that way  
And I'm right about this  
Nobody likes a needy person  
Nobody likes someone that needy  
They can't get out of their own way  
They can't get anything done on their own  
They are weak and I'm just going to say it  
Weak and it's unacceptable  
They should be stronger  
They shouldn't need so much  
I mean, get it together!  
I would never want to be anything like that  
Maybe I often say I don't need help  
I have to do it myself  
And I'm certainly not doing it for the reward  
I'm certainly not seeking any compliments or validation  
And that's often what I get  
I totally honor all my rejection of needy people  
And any side of me that is needy*

*take a breath + close your eyes*

Picture that person again. See them there. Often the picture has shifted. For some people, the picture will look calmer, the person that they were picturing will look sort of sad, and they'll feel a little compassion.

For other people, this tapping will actually make it worse and they'll feel even more certain that it isn't unacceptable to be that way. I just want to honor that and I want you to close your eyes again and imagine that this person shifts and does turn into a version of you, a side of you that is actually very needy, that has so many feelings and wants so many things, not just appropriate things like, "I want to give and I don't need any validation or accomplishment. I'm just doing it for my mission." They want more than that. They want pleasure and freedom and relaxation — the side of you that wants other people to help them and is not afraid to ask. The side of you that needs so many hugs and encouragement.

And we're going to tap about that.

## TAPPING #2

*There it is, the side of me that needs constant encouragement  
That is begging for love and support and compliments  
Yuck! It's so weak and needy  
It wants pleasure and reward and I pride myself on self-discipline  
I think I should have more self-discipline  
The side of me that doesn't want to work so hard  
Because it's weak and it gets broken down  
And I'm just going to honor  
How difficult it is to see this side of me  
I totally reject it  
I totally reject its weakness and vulnerability  
It is not okay to be like that  
It is not safe to be weak and vulnerable  
It is not safe to feel all of that vulnerability  
That would make me well vulnerable  
I could be hurt or let down or even worse  
I'll feel shame and anxiety blast through my system  
Shame about being needy  
Shame about wanting compliments and attention  
I learned that wasn't safe — shame and anxiety, expecting to be rejected  
Of course I would be rejected  
Shame and anxiety about reaching for something  
Then being vulnerable to disappointment  
And I'm just going to honor that  
It does not feel safe for me to have the right to feel, to desire, to want, and to be needy  
And I'm just going to honor that  
It doesn't feel safe  
It feels much safer to not need or want anything  
It feels much more safe to not ask for much  
So that's what I do and that's what I'm manifesting*

*breathe*

I want you to make that connection, that it's not safe because we are so afraid of being overly needy or vulnerable. Because it literally makes us vulnerable to disappointment, to hurt, to loss, to rejection, to not having those needs met. What we end up with is asking for things from our head, not from our second chakra. Asking for things with the tiny bit of energy that we have with our thinking mind, instead of the massive firehose of pure, raw, embodied rising energy of our second chakra.

Which type of asking do you think is more powerful? When you say in your head, "Oh, it would be nice to have more money," but at the second chakra — the massive seat of power and energy — says, "No, it's not okay for me to really want pleasure, reward, or

validation, or to relax or feel complimented, joyful, or rewarded basically. I don't allow myself to really ask for that," which means that I can't receive it.

Sit with that aha moment for a minute. How often in your life have you been a terrible receiver when people try to compliment you, for example. That is exactly what's manifesting in your money. When you say, "I work. Yes, I do these things, yet the reward isn't there. I'm still making just enough to get by." This is a second chakra issue, and I want you to see the conflict in that, in what you're really asking for.

So we often can't allow a reward in the form of compliments, connections with people, pleasure, the reward of money, the reward of feeling powerful and feeling free – all of those things that we have the right to feel, the right to want the pleasurable energy in our body. The only thing that we're asking for if we can't ask for any of those, if we can't feel any of those, is to work more – to earn anything we get in small increments that feel like a struggle. What we're asking for and manifesting is more opportunities to work hard, to prove that we should be able to get some type of validation at a future point. But the validation never comes because we're not really asking for it. That also means we're not open to receive it. And when the universe tries to give us little bits of validation, even through other people, we often block it and we're not good receivers.

The question becomes, when did we give that up? When did we learn that it isn't safe to risk asking or wanting, or even admitting what we really want? When did it start?

Take a breath, close your eyes, and feel your feet on the floor. And imagine that on the movie screen of your mind, that your mind paints you a picture of a young child, and let that child be a younger version of you. And it's okay if you feel like you're making up a picture or remembering a photograph. Just allow your mind to paint that picture of a younger version of you. It's the age that you are at when you learned it's not okay to really want to be seen, to get extra attention, to be special. That it was not safe or acceptable in your family. Sometimes that's at the age of three, four, or five, but go with whatever your mind paints a picture of. Be there with this little child and make it very, very safe for them. Say, "It's okay, I'm here with you. I'm going to make it really safe for you. You can tell me what you really, really want." And be with what the child wants. Sometimes our child would simply say, "I just wanted to be safe," if safety was an issue, or, "I just needed a hug. I needed some connection," and that's fantastic. Give your child a hug and say, "It's okay right now. You're safe. I'm making everything totally safe for you." And give them that hug that they need, and tell them that they're wanted and give that to the child.

Now that the child is safe, their next impulse is going to be more of a second chakra impulse for the joyful delightness of being that the child is naturally supposed to be in. Bring in a little table that you have in your living room and tell the child, "Just for right now, it's okay for you to climb up on that coffee table and tell me what else you really want. If you were to climb up there and say, 'I want...' What would it be?" And notice if the child is willing to tell you. For some people, the child simply wanted to go play and be silly, or be special, or maybe to be loved and adored, or maybe sing and dance and have everyone watching and clapping – the normal things that the child wants that we would just dote on them for. But was that true for you?

If your child is afraid and doesn't trust you, that's okay, we're going to continue to do some tapping and can revisit this exercise. But I want you to say something that your child is not going to like, because we need to get this information. Say to the child, "I'm going to bring your parents in now. I'm going to bring you right into your home where you're growing up with your parents, and I want you to stay on top of that little coffee table and tell them what you told me." Notice the resistance in your child. Now we'll do the following tapping rounds for that child.

### TAPPING #3

*That does not feel safe  
That is not possible - that little child that I once was  
Is totally shutting down  
Is telling me it's not safe  
It would not be safe to do that  
There would have been consequences  
Maybe there was consequences, they would get in trouble  
Or yelled at or shamed or ignored or criticized  
Or told that's not appropriate  
We don't do that in our family  
The message is clear - the rules were clear  
The little child that I once was  
Would never ever do that  
There would have been painful consequences that would have hurt  
Maybe they would've been hit or punished, maybe criticized or shamed with a facial expression  
Or totally ignored  
And left with that painful emptiness  
I would've never done that  
It would have broken the rules  
This little child that I once was  
Had to become a little adult  
Lost touch with what he or she really wanted  
Lost touch with the aliveness and joy  
And instead figure out the rules  
And I'm just going to honor that*

*take a deep breath*

Close your eyes, and tune back into that little child that you once were. First of all notice that the child sees you now or feels seen by you. Often there's a stronger connection there. Notice how the child feels now, having you voiced and honor that for them. And if that was intense or emotional, it's okay to keep tapping, but I want to ask you an important question: What did the child lose? Because of this, what did the child never get to experience that you still want, but don't allow yourself to have? What habits were set up and what has that cost you?

For some of you, it will be always giving instead never receiving, never having any needs, just giving. Maybe taking care of an adult or maybe withdrawing. Maybe being super smart or super strong and earning everything, or maybe there was leaving, going to your happy place, spacing out, disappearing, being invincible, or maybe it was just a continual sadness, maybe even a depression that fell upon you.

I want you to see that disconnection and that giving up. Anodea Judith says we need to recover and reclaim these rights and that's

exactly what is needed because they were given up in favor of a rule we got from our family, a rule that we figured out to stay safe, a rule that is still dogging us all of these years later, and completely messing up our ability to actually ask for, receive, and go for what we really want. Besides the parts of our work that is giving, and our mission and desire to do for and give to others, what we're missing is the part where we get to receive back.

Let's do a round of tapping for that loss:

## TAPPING #4

*I totally honor everything I lost, everything I lost as a little child  
Because of this, because of shame and fear  
Because of these rules, because I stopped allowing myself to want to need  
Because it hurt too much — everything I lost  
A lifetime of loss  
I lost my aliveness  
I lost my joy  
I lost my childhood  
I lost so many hugs, hugs that I actually needed  
I lost my childlike desire to play  
And I became a little adult  
I lost so much  
I lost so much joy  
So much aliveness  
I lost silliness  
I lost moments of feeling adored  
I never got to feel taken care of  
So instead I took care of others  
I lost knowing how to receive  
A lifetime of loss  
And the truth is nobody really gets it  
Nobody really understands how much I lost  
And how much this has affected me  
Nobody really gets it  
The toll that it took on me and how much it's still costing me  
Because the truth is I don't have enough joy and pleasure in my life  
The money and wealth in my life 100% reflect me not feeling taken care of  
The money in my life never lets me feel rewarded  
The money in my life is never enough to feel fun  
It feels hard to earn and it's all about survival  
And I'm just going to honor that connection and grief for everything I lost*

*take a breath*

Sometimes it helps to ask, if the little movie of what happen to you as a child – this thing you were picturing with your little one – if all the times when you were a child that you really needed and wanted more, but that you didn’t get to play, you didn’t get to be joyful, or to be seen, honored, or hugged when you needed it. If that was a documentary film and it was played in a movie theater, would the people in that theater have compassion for that little child? Would some of them maybe even be moved to tears for what happened to you? I ask you that question because what we can have locked in our second chakra energy is un-cried tears, unfelt, unrecognized, loss that hasn’t been validated, loss of having that contact with our true desires and feelings and that uprising energy of desire that becomes the seed for will. Instead, what we’re actually asking for by default is to receive very, very little. It takes openness and vulnerability at the second chakra in order to be open to receive. If we created a tremendous amount of rules to guard and protect ourselves against ever being vulnerable, then we will work and work, yet the receiving will be a tiny, tiny trickle into our life. We’ll never actually feel like were validated, seen, or that we’ve arrived yet.

It’s a second chakra healing when we see the loss and we can cry those tears for ourselves. We can come all the way back to this little child and find out some of the things that we really wanted, because you still want them. This is the time to take every goal that you have, every goal that you’ve written down around success, money, and accomplishments and add in the feeling words that go with them. Actually be really bold about what you will get to feel that would feel so good. Include words like the self-esteem words, like I will feel prestige. I will feel validated and celebrated by peers and by my clients. I will feel adored and loved by my partner. I will feel taken care of by money. When it comes to your money goals and the energy you’re holding in this program, The 7 Levels of Manifestation, I want to make sure that you particularly get into what are all the feelings for you that earning income and building up wealth really are about at the second chakra – the feelings of freedom, of validation, of the ability to choose – that the pleasure and feeling powerful to make our own choices and to choose fun, pleasure, and relaxing without guilt. Because when we have all of these at the second chakra, anytime we’re not working or doing or giving, we feel guilty, and that’s not the energy of money and wealth arriving in our life. That’s the energy of saying, “I don’t deserve.” So your homework is going to be to take every one of your goals, particularly your money goals, and add in all the second-chakra energy around it.

Let’s finish with a round of tapping to honor some of things that we really do want.

Go back to that little child again. Take a breath, close your eyes, revisit that little child and see what the difference is, what’s changed. Give him or her a huge hug and then ask the child again, “What do you really want?” This child is a side of your second chakra that doesn’t get heard, that doesn’t get honored.

Tap through the points:

## TAPPING #5

*The truth is I have a lot of needs  
And I’m just going to honor that  
I have a side of me that’s softer  
That needs a lot of love and support  
And I don’t allow that in  
And so my money manifest in a way that I never feel supported  
And I really want to be honored and validated  
In a way that feels fun and good  
As a child that would have felt like adoring attention  
And that little younger version of me deserved that love and attention  
There’s a part of me that wants to feel celebrated and honored for my gifts  
For my efforts, for what makes me unique*

*Just like that younger version of me wanted to feel special in the eyes of adult  
Of course my little inner child felt that way  
It's natural and that little one deserved it  
And so do I  
Of course I have this desire, this need for freedom and fun  
And I'm open to asking for that  
So my money can manifest aligning with that  
This little one in me needed a lot of hugs and support  
Someone to take care of me and sometimes permission to be weak  
To be sad, to be tired, and I never allow myself that  
And that also manifests in my money  
Of course a little child deserves hugs and support and being taking care of  
And I deserve that too  
I totally honor that I am strong and I can also be vulnerable  
Because there's a side of me that's very vulnerable  
I totally honor that I am self-sufficient and I always will be  
And I'm also needy and would love more support  
More joy, more carefree relaxation, and fun  
I totally honor I can be both  
I can be strong and have sides of me that want someone else to take care of me sometimes  
And that has not manifested in my money  
So my money always feels like not it's taking care of me, not keeping me safe, not validating me  
And I'm just going to honor that conflict  
I honor all my desires, even the ones I usually deny  
I honor how deserving I am and how much I want to live life fully  
Not just get by, but live life to the fullest  
And yes I'm willing to give  
But I'm opening myself up to receiving everything I need to have fun  
To feel rewarded, to feel loved and powerful, even while I am generous and giving  
So I am open to money and wealth and resources and people and compliments  
I am going to say yes to more money  
Yes to more wealth  
Yes to loving people supporting me  
Yes to compliments and validation  
Yes to more joy and pleasure  
And yes to my money and my wealth being the matching manifestation of everything I truly desire  
Beyond just survival  
Living fully*

*breathe*

As we end our exploration into this side of the second chakra, your work is to write down all of the feelings, needs, and desires, and notice. If any embarrassment or shame comes up, you can tap on that. But anytime you feel resistance, I want you to go back to that little inner child that lives at your second chakra and ask, Does this child, a little child, not deserve to feel what I'm asking to feel?

Remember the second chakra is about opposites, that's why Anodea Judith and Debbie Ford talk about the shadow work. It's not either or, it's strength and vulnerability, the willingness to give and receive in our big expansive hearts that are forgiving, loving, and open to being taking care of as well. To being the weak one sometimes, to being responsible and incredibly joyful, silly, and playful at other times.

As you do this homework, note where you go into that black and white, either or thinking and ask or remind yourself that you can have both. Notice how you're feeling in your body after voicing all of those needs and the invitation for your money to start reflecting more of those need in your life. Check in and see how it's feeling in your body. Where is the energy moving? What's happening? The more you can connect to feeling and sensing, even at a raw sensation level, the more you are opening up that powerful magnetic, creative, and attractive energy of the second chakra.

Now it's time to move to the third chakra.







# CHAPTER 5

*The Third Chakra – The Sacred  
Energy of Empowered Action*



## *Welcome to the third chakra of the 7 Levels of Manifestation.*

We've arrived here at the third chakra, building on safety and our right to be here at the first chakra, and on flow, desire, and our feelings – our right to reclaim our needs and desires and even our vulnerability – at the second chakra. Then at the third chakra, our desires become, as Anodea Judith says, the seeds of our will. And that energy, that bigger flow of energy from the second chakra of what we want, rises into the third chakra, into our action center, our will center. Anodea Judith talks about how the dynamics of power within the chakra system are built on duality, but in the way that emphasizes the combination and synergy of energy rather than separation and struggle.

Imagine that the raw energy that's created from the first and second chakra, with attributes of solidity and matter and then movement and desire, rises into the third chakra and gives us an inner power, which is why the third chakra is called the power center. It steels us to use or exercise our will, to develop our individuality, and to go for what we want.

The third chakra is related to overcoming inertia. This is where it really relates to money and wealth because so many people will say they struggle with procrastination. They struggle literally with inertia or being "stuck." "I feel stuck and I'm not taking the action that I should to increase my money, to increase my wealth." Particularly when we're self-employed or starting a business, we see third chakra issues. Instead of taking enthusiastic action and putting yourself out there, for instance marketing yourself or declaring your value so you'll be paid well and people will hire you, you shrink away. People will say, "I hide behind my computer. I'm frozen. I'm spinning around not knowing what to do, and I'm not getting anything done." Instead of the will and the enthusiastic action we're supposed to see at the third chakra, we see inertia. What creates this state? Well, when we look at the third chakra, one of the biggest "demons" of the third chakra that really shuts it down is shame – shame and guilt.

When we're punished as children for being an individual, having big energy, or anything that we discovered in our second chakra work, that punishment will turn quickly into feeling ashamed. Then as we become adults and we want to step into action, that action or that impulse to act will be met pre-emptively with shame, and that diminishes our sense of power. As a matter of fact, Anodea talks about every ounce of shame that you have exactly proportionally reduces the amount of personal power you have. Imagine that the only way to avoid shame is to inhibit your own impulses or activity, and to be very self-conscious and constricted. The biggest fear that is active at the third chakra is the fear of exposure. And, of course, that completely stops us. Instead of feeling what we want and what we need, and having that be the fuel for our will, we feel shame that suppresses our will. It confines us. Fear, guilt, and shame will confine the energy. Instead of going out into the open world and declaring, "Here I am! This is what I love! This is what I want to do! This is what I deserve to be paid!" we'll hide due to our fear of rejection. And anytime we experience pushback or criticism, or we even imagine that pushback from others, criticism will come. This will feel like rejection that turns into an inner shame cycle, which is incredibly painful. Instead of our third chakra being a center of our personal power being expressed through our actions, through using our will to be ourselves, to take action on what we want, and to dare to live authentically, we're constantly having our third chakra collapse or shut down with fear, guilt, and shame.

When that happens, our actions are no longer actions of our true desire and true will. Our actions will follow the rules of self-preservation. Instead of moving forward in action, we'll move backward in fear – fear of criticism and rejection. Remember that

punishment always instills fear. Punishment is a way for controlling our behavior and robbing us of free will. The punishment that we received when we were young was sometimes physical, but often also shame, guilt, criticism, or rejection.

The third chakra can have an incredible, direct impact on our money because it's related to our actions and the way we declare our value through how we charge or what we ask to get paid, which is part of our actions and our will. It has a huge impact on the money that is pouring into our life as well as the way we manage and handle our money, whether we're creating debt or wealth. Again, through the direction of our will and our actions that can line up to us being powerful and deserving or not.

For the work we need to do around the third chakra, we'll start as we did at the second chakra and look at the shadow side, or what we fear and reject being at the third chakra. This may seem a little counterintuitive, but I want you to imagine someone in your life who's arrogant, pushy, and maybe even narcissistic. They may be entitled, maybe they complain or demand a lot, and there's an angry, strong, pushy energy to them.

Take a breath, close your eyes, and picture them there. Picture what they're doing and how they look. Picture their energy and notice what you're feeling, and start tapping through the points:

## TAPPING #1

*There they are, so arrogant, so obnoxious, so pushy and mean  
They don't even care about other people  
Sometimes they're bullying other people  
So pushy and arrogant, so entitled  
I can't stand people like that  
So demanding and they don't even deserve what they're asking for  
So entitled and I see it so clearly  
And I totally judge them  
And I totally should  
I am right about this and nobody likes people like that - arrogant  
I would never want to be like that  
Pushy and demanding  
It's awful and they are hurting other people as they go  
Who do they think they are, seriously?  
Who do they think they are?  
I totally judge them  
And I totally should  
I completely reject the way they act  
I would never act that way  
I would never be so careless  
So pushy  
I would never not care what other people think of me  
I totally judge them and I'm totally right  
It is shameful and unacceptable  
Who do they think they are?  
Always tooting their own horn  
Totally unacceptable and I honor all my feelings about it  
I honor how much I reject that and how right I am.*

## take a breath + picture them again

Sometimes they look a little quieter. Now if you're picturing someone who's really difficult in your life, it might feel worse to look at them, and you might have another round of tapping to do on everything you dislike about how this person is, or you can do the tapping above again. Now imagine like we did at the second chakra, that they suddenly change. And what you see before you is you, but it's not all of you. It's the side of you that's a lot like that energy. The part of you that really, really wants to be arrogant, pushy, entitled, and demanding. It really wants to say no to people and it really wants to demand more. I want you to see that side of you. How does it look? What is its energy like? What would it do if you fell asleep and it took over and stepped into your life. Let's do some tapping for this part of you. Say the following phrases as you tap through the points:

### TAPPING #2

*There it is, or maybe I don't want to see it at all  
A part of me that's arrogant and pushy  
No I don't have a part like that  
I can't stand people like that  
Maybe it reminds me of someone in my life who I don't want to be anything like  
Or a parent who's arrogant and pushy  
I totally reject this  
I would never want this side of me to come out  
I feel anxious just thinking about it  
It would embarrass and humiliate me  
I would be humiliated if this side of me came out  
And that would actually make sense  
It is not ok to be like that  
It is not acceptable to think you're so great  
And I know what people will say  
They will say, "Who do you think you are?"  
Or maybe accuse me of being a fraud  
Attack me or reject me  
And I would deserve it  
That's why I would never act arrogant or pushy or entitled  
I would rather play small and act humble  
I would rather undercharge than have someone think I was arrogant  
I would rather be invisible than be seen like this  
And maybe that's what I'm doing  
I totally reject this side of me  
It is inappropriate, unacceptable, and really bad  
I would never want this side of me  
To step forward*

breathe deeply

Take a breath, close your eyes, and see that side of you again, the side that you've really pushed into what we call "the shadow" – where we are pushing it away and rejecting it outright. The issue with what we call the shadow is that, on the surface it seems really sensible based on our life and our family's rules to completely reject these attributes. But in the most literal sense of "throwing out the baby with the bath water," it means we can never ever own any of those qualities in the light side, for fear of being anything like arrogant.

This stops people from having the courage to shine with their gifts and charge their worth. Close your eyes and see this side of you again. How does it look now? You've done a lot of tapping words about rejecting it, and some people will say, "It's gone, it disappeared, I got rid of it." If that's what you did, I want you to bring it back because you can never get rid of any of your sides. This is a natural human side of you that's actually there with a very big gift for you. This shadow side has tons of energy for you. So picture it again. And leave the shadow and go into the light side – what does someone who exhibits those qualities in the light get to experience when they act that way? Think about that. What I often hear from people is that they set boundaries, they own their value, they ask for what they want and that's exactly what we need more of. They're not afraid to show up, stand out, declare their value, and expect to get what they want.

Let's test that now. Change gears a bit and imagine something else. Imagine that you're up on stage in front of a room filled with people. If you're self-employed for work or sell for a living, I want you to imagine that the room is filled with your perfect potential customers or clients. If you're employed, I want you to imagine that the room is filled with colleagues and people who could have an impact on how much you get paid. See those people there and bring some family members into the room, even if they've passed away. Bring your parents into the room, your siblings, maybe people from high school. And you're standing up there and you're saying out loud, "I am a shining star! I am awesome at what I do! You have no idea how brilliant I am!"

Now, obviously, that's over the top, but what we're doing here is a process I call healing forward. We're pushing you into a situation so that we can see what the backlash is when you imagine yourself declaring your value. In the real world, you might not ever say those words, but if you're standing in front of a group of people that could possibly hire you, or are responsible for deciding your salary, you actually need to be standing in that super confident honoring-your-own-value energy. So it's actually not that far-fetched.

See yourself there saying, "I am awesome at what I do! You have no idea how brilliant I am!" Now tap through the points saying these phrases:

### TAPPING #3

*Oh my goodness*

*This feels bad*

*Everyone's looking at me*

*I feel anxiety*

*There I am trying to own my value and this does not feel safe*

*I should have never said that*

*This does not feel safe*

*I am about to get rejected*

*It's very clear I've made a mistake*

*People are pulling away from me*

*Judging me, maybe shocked by what I said*

*Maybe there are some that are supportive, but I'm really focused on those who are sceptics*

*They're looking at me skeptically*

*Or maybe even laughing at me*

*And I feel embarrassed, exposed, I feel naked up here  
I feel humiliated  
They're rejecting me  
And this does not feel safe  
Maybe they're threatening me  
Maybe they're taunting me  
I just made a huge mistake  
This does not feel safe  
I can't stand up here  
I need to pull this back  
I need to apologize  
I need to say something more humble  
I need to take the attention off myself and hide  
I feel frozen or embarrassed or anxious  
I feel terrified  
I need to fix this  
I need to pull this back  
This does not feel safe  
Nobody wants to hear that from me  
And I'm just going to honor that*

*now take a deep breath*

Feel into your body for a second. Close your eyes. Feel your feet on the floor. Feel into your system. This could be either mild for you, or really intense. For some people it's like panic to imagine doing this or the shame is overwhelming. I've even had people feel nausea in their stomach from doing this exercise. So feel into your body and keep tapping if you need to.

I'd like to honor what we just uncovered there. We tapped to really voice and honor all of the fear and all of the rules in our system. The certainty of what would happen if we were to step out with our actions and our voice. The third chakra is where instead of just doing healing work, it actually shows up on the outside where we are suddenly standing there being seen, shining, and saying things that are different about ourselves, declaring our real desires and wants, and our value.

This is where we actually show up, speak and act differently, but when we project ourselves into a situation like that, we heal forward. We get to see the reaction, literally the punishment and fear that we expected from doing that. This is the work that must be done, the healing-forward work to shift the way that we are seen.

Take another breathe and have a little more compassion for yourself in this moment. When we realize how much our nervous system is literally blasting with fear, shame, and a certain expectation of rejection of making people upset or angry, or sceptics attacking us, does it make a little more sense why you might have procrastinated or held back from declaring your value? Maybe because it's not safe? Does it make sense why you may be stuck in inertia and spinning, not marketing yourself, and saying, "I spent all this money on the program and I'm still not using it."

We're stuck in no-win situation when we're stuck at the third chakra with fear, shame, and guilt because here's the thing: Asking for more money, stepping out, and shining makes us feel guilty and ashamed. The action that we would have to take to go for it, to use maybe a marketing tool that we got, or to start charging what we're worth, makes us feel guilty – and that's really an understatement. It's actually blasting through the nervous system with fear, shame, and sometimes panic. And then in our dialogue of punishment with the shame cycle, when we see ourselves not take action, we feel guilty and bad about ourselves and ashamed that we're not taking action. It's literally a no-win situation that keeps circling back around and around and around to inner punishment and that shame cycle on the inside.

Remember, we have been living by rules unconsciously that say that our behavior, that literally the way I will act is not from my own desires and my own free will, but it's for self-preservation to avoid exposure, to avoid ever looking selfish based on my parents' rules, to avoid ever looking like I'm tooting my own horn or I'm arrogant. It's based on my family's rules to avoid rocking the boat or making anyone uncomfortable, or making somebody attack me or criticize me, and we often expect certain criticism and rejection.

This exercise is important even when you see some happy people in the audience you're standing in front of. That's fine because there are always some negative people in there, and that's why we heal forward to these situations that show us what we are expecting on the inside.

Take a breath, close your eyes, and picture yourself there again. There you are, standing in front of all of those people, and you once again say, "I'm really awesome at what I do!" But this time imagine that right at your third chakra is the color yellow. There is a beautiful ball of golden yellow light and that light is expanding and expanding, and you're feeling the wonderful delight of being the uniqueness of you, your individual self, in that moment. You're also feeling your willingness to give, to do, to be your best, and strangely, because we worked at the second chakra, you are feeling your willingness to also receive back praise, validation, and the joy of being seen for who you are and your gifts and talents! Imagine that you're standing there with all of that energy in your system. Your third chakra shining like a sun. This, "Yes! I'm enjoying being me!" energy – "I love to give. I love to receive, and I give everyone in the room permission to love being themselves as well. To take action on their own desires, to fearlessly take actions on what they want and what they want to receive." Just see how that changes the picture.

You may have to do more rounds of the negative tapping above before moving on to the positive round below. But I want you to try and see how it feels. When our third chakra is strong, the natural flow of our emotions is desire when it's rewarded, when it's not stuck in inertia. We can convert energy into our will, our action, that natural expression of the uprising energy is to take action, so when we have a healthy third chakra, we enjoy and have an enthusiasm about ourselves and our lives. We have a sense of personal power, which means we have autonomy and are self-activated. We can venture out and take risks. We can make mistakes. If our field is strong, we don't get bogged down by the smallest obstacles or lose our whole sense of direction or goals when we get challenged. We use our will to go forth and tackle challenges. As we're taking action, our sense of power actually grows because of the new challenges, instead of having an internal wiring around fear and shame that shuts our power down and causes us to no longer trust the things we can do. With our strong third chakra, we have an enthusiasm to be in our life engaged and motivated and in action, and that is a massive piece, of course, of earning money and wealth. How could it not be?

So let's tap in these positives:

## TAPPING #4

*There I am*

*With my glowing third chakra energy*

*There I am*

*Standing there enjoying being me  
Enthusiastically being me  
Loving my life  
There I am  
With energy and will power  
My individual unique nature  
And the natural expression of all of my chakras  
All of my levels  
There I am  
Giving myself permission to be totally me  
And to feel my own power center  
I totally honor who I am  
I totally honor my power center  
I honor all of my uprising desires  
My willingness to give and receive  
I'm open to all the gifts of my third chakra  
My inner authority  
My autonomy, my will power, my joyful self-esteem  
I love being me  
And I do love what I do  
And the truth is there's a lot that I want to give and receive  
And I'm open to declaring that  
I'm open to taking action even when I make mistakes  
I am open to taking action on what I want  
And sometimes that means declaring my value  
Sharing my gifts with others  
With a beautiful sparkling energy  
And I give everyone else permission to do the same  
I give everyone else permission to honor themselves and their value  
I give everyone else permission to take action, to own their authority  
To be individuals and unique  
To honor their self-esteem  
I say yes to win-win-win situations  
I say yes to honor my value  
And I give everyone else permission to honor theirs  
I give myself permission to also be humbled.  
I give myself permission to be flawed and amazing  
I gave myself permission to shine with all of my sides  
Honoring myself and everyone around me  
I totally honor the power of my third chakra*

*take a deep breath and feel into the energy of your body.*

Feel your feet on the floor, feel the chair supporting you, and feel what's happening in your body right now. Can you feel energy moving and pulsating? Imagine if you took this energy and showed up with it in your life. It's kind of like saying how would you show up if you were twice as confident, while still being the humble, lovable person you are? What would it be like if you are twice as delighted being you? How would you appear while still being you, humble and lovable? What would change if you showed up in your life without fear of criticism and rejection while honoring the gifts of others in a spectacular way? Would this energy bring you twice as much into focused, leveraged action taking? Feel into that energy. This is a great exercise at the end of these third chakra tasks.

Sit in this energy for as long as you want. Your homework is to write down very specific actions that you need to take that will lead to money. Most people know exactly what they are. And imagine yourself taking those actions and see how this third chakra energy can help you flow. Anodea Judith says, at the second chakra, when we feel our desire and our enthusiasm arise, it literally gets us off our butts, off our chair! It's rising right into that third chakra energy of inspired action and awesomeness!

Write down all of the actions that you need to take that will lead most directly to honoring your value and bringing in more money, since this is the 7 Levels of Manifestation, let's bring it right back to how you are earning and creating wealth!







# CHAPTER 6

*The Fourth Chakra –  
The Pure Energy of Deserving*



## *Welcome to the fourth chakra of the 7 Levels of Manifestation!*

At the fourth chakra we arrive at the heart. Of course the heart chakra is all about love, self-love, and compassion. It's also about integration.

To review, the heart chakra is involved in manifesting wealth in our life: wealth of money, wealth of love, and wealth of joy. When it comes right down to it, at the heart chakra we have to feel deserving. When we don't feel deserving, this chakra will not allow us to manifest, no matter how hard we work.

In her book, *Eastern Body, Western Mind*, Anodea Judith talks about the character structure called "the rigid" – or on the positive side, "the achiever" – and how this is the type of person that strives for perfection, works and works, achieves and achieves, yet never really feels rewarded or satisfied.

Do you feel like you work hard, you do a lot, and you give a lot, yet somehow you don't feel rewarded? You don't feel validated? You don't feel like you're receiving? Then it's important for us to start doing the real work we need to do at the heart chakra around this.

Let's look at what Anodea says about the heart chakra. The heart chakra sits in the middle, between your lower three chakras and your upper three chakras, so there's an energy of balance at the heart chakra. This is the balance between our mind and body, between our shadow sides, the lower side of our lower chakras, and the upper side of our more spiritual chakras. It's the balance and integration of our masculine and feminine sides, and as well as between work and play, and giving and receiving. These are all of the important aspects that we think about when we want to manifest good things in our life, including love and good relationships, joy, vacations, money, all the way down to things like manifesting a parking spot that just makes you feel happy, special, and grateful.

When we look at the heart chakra, we see how well we have or haven't integrated and found a way to love and accept our shadow sides. Anodea talks about the demon of the third chakra as shame. Ideally, if that demon of shame from the third chakra has really been transformed, and we start to see our impulses and the sides of ourself that we may have learned are unacceptable as actually sacred and a part of us, then we arrived at the fourth chakra with an honest regard for the sacredness of our whole being. From there we can love and accept ourselves because there are no sides of us that are not acceptable. We can't have an open heart chakra if, as she says, we are drowning in shame and criticism.

Looking at the shadow side of the heart chakra, she talks about the rigid character structure. People with that close their heart quickly. They can open it for little bursts and have feelings and joy, then they close it back up again. What happens when we close our heart? What happens when we don't have that integration, and acceptance of our true integrated self? It means that there are parts of us that need to be criticized and judged as unacceptable, and at the heart, we either hold compassion or we hold the opposite. And the opposite of compassion is meanness. Where does this meanness come from? Meanness comes from when we are judging, criticizing, or attacking someone – that's meanness and bullying. So we can look at the ways that we're harsh, mean, and

bullying to ourselves first.

In *Eastern Body, Western Mind*, Anodea explains that at the second chakra, we start to see and hopefully integrate our shadow sides, which are these unconscious, rejected sides of us. When we learn, love, accept, and get the gift of our shadow sides, we free up all the energy that was used to hold the shadow back. And in this energy, we move into chakra three, where that energy blooms into autonomy and action and freedom to live your life. Then, when we move into the heart chakra, we continue by developing the balance of giving and receiving, of giving love and receiving love, of our masculine energy and our feminine energy – again, doing and giving. We need to ensure that we have this balance.

She also discusses the demons in all the chakras. At the fourth chakra, the demon is grief. How do we reconcile this conversation about the lower chakras and the shadow sides of criticism and judgment, and how quickly we can close our heart with the word grief? How do we reconcile this striving for perfection, this putting all of our energy into action and trying to achieve, to feel something with grief? We'll see how as we get into the tapping.

Grief is underneath several layers. It's there, but it's only through releasing it and moving through it that can we fully open heart chakra. I call it crying those un-cried tears that are stuck in our system, the tears many of us don't believe or think we even have. And if we think we might have them, we don't want to go near them.

Let's look at some of the things that make us, as she says, "defended" around our heart chakra. One of the most painful things to experience is rejection. Children need lots of things. They need love, approval, and especially, as they start to become who they are, they need an adult to say, "Who you are is awesome and amazing." When a child reaches and find emptiness, it becomes easier and less painful to stop reaching altogether, to stop reaching out for approval, for love – and not just love, but love for who we really are. When that emptiness is there, which often happens when children get to a certain age where parents stop being adoring of them and start saying, "You know what you need to..." and usually what comes after that is a whole list of tasks or attributes like "to be responsible." It means that you'll get positive reinforcement for not being you anymore. When that happens, the energetic structure of our heart chakra gets built around the emptiness, and we become someone who can give, but cannot receive well. We can reach out and give, we can use our third chakra to do and do and do, but we cannot receive. Imagine in a program called, "The 7 Levels of Manifestation," if you have a major block in your biggest most powerful chakras that sits in the middle of all the chakras, that is a block to actually receiving.

Looking at the heart chakra, let's start to examine ways that we've given up our heart and found ways to numb our feelings and our aliveness, and instead live from our head. We focus on doing, on achieving, on perfecting our actions instead of really allowing that space, feeling, and desire to be there. If we allow ourselves to feel it, and that rejection happens, it's too terrifying. And underneath that emptiness, that space, that having a heart chakra that's been built around emptiness, are the un-cried tears. The only way I've found to come into compassion is through some very specific tapping and forgiveness work that we're going to do. This involves a process because most people profoundly shifted in their development to avoid a lot of their feelings, especially grief, emptiness, and loss of the love they should've had. They shifted into achieving and perfecting and the inner critic that goes along with that upper mental energy. It's so strong that they don't even understand why they would need to do forgiveness work. They will say to me, "I don't have anything to forgive myself for." But remember when we have a big inner critic, a big judgmental side, it's always protecting us from some kind of rejection, and where does that come from?

Well, the fourth chakra is all about relationship and reaching out and receiving, whether it's with other people with ourselves. It could be relationships with our inner sides or relationship with money – those inner relationships start at the fourth chakra in the developmental stage. We internalize the relationships we've had with our family, so our parents' voices become the voice in our head. We have their voice in there and then we have the development of our own inner critic that reinforces all of these strategies to avoid feeling the emptiness and direct rejection. Our work for the fourth chakra is looking at where we need to

forgive ourselves. And of course, as Anodea Judith recommends, how do we heal the heart chakra is about self-acceptance and self-forgiveness, which are key pieces in healing grief.

We'll bring that together to get to all of those pieces in the heart chakra. We'll start with: Think of something that you've done in the past. It doesn't have to be the distant past, where when you think back on that event, it's still a really a tough one. When you look back being honest, you say, "You know, if I just hadn't been so stupid or clueless or weak, if I had just known better, if I had just been stronger or smarter. Ah, if I had just done it better. Being honest, none of this would have happened. So it's really my fault."

Think of an event like that. We're being honest, right? You should've known better. You should've been stronger. You should've been smarter – whatever the case maybe. And even though there were other people involved, being honest, you blame yourself. It doesn't mean you may not feel angry at yourself about it. Most people will say they don't, but they will definitely say, "I just feel disappointed in myself." But it can range all the way to, "I hate myself for what I did." It can be anywhere in that range. Imagine that that was a movie turned into a documentary film, and I want you to give it a movie title and write that title down. What will be the name of that movie that shows that whole event, that whole mistake, and how the mistake just got worse overtime and led all this disastrous result. What would the name of that movie be?

Think about, first, how intense you think it would be if you were in a movie theatre and you had to watch that movie, that documentary film, on a scale of 1 to 10. How intense do you think it would be if you had to watch the whole thing unfold? If ten is like really intense, "It would be really hard for me to watch," and zero would be, "Nope, it would be fine for me." Note that and take a quick guess on the top two emotions you think you would feel if you were to watch that film. We're going to start tapping, and you can insert into the tapping the title of the movie, the name that you came up with. I'm going to these rounds on the karate chop point and we're going to use the "Even though" statement.

Tapping on the karate chop point and then we'll move through the other tapping points:

## TAPPING #1

*On the karate chop point:*

*Even though I have this movie*

*And this is the title of it*

*It's a really bad movie*

*I totally accept myself*

*Even though I have this old movie*

*And I don't want to watch it*

*I made so many mistakes*

*I honor and accept myself*

*Even though I have this old movie*

*And I paid a terrible price in it*

*The truth is I blame myself*

*I should've know better*

*I should've done it differently and that's just the truth*

*Now tapping through all the points:*

*I should've done it better*

*Watching myself in this movie would kill me*

*Watching myself do it all over again*

*Yuck! I made so many stupid mistakes*

*I wasn't smart enough  
I should've done it differently  
I should've been stronger  
I should've seen it coming  
I should've seen it coming  
I should've figured it out  
I was so stupid  
I really should've done it better  
And there were other people involved  
But I am just blaming myself right now  
Because I could've have done it differently  
And that's just the truth  
There's nothing I need to forgive here  
I should've known better  
I should've done better  
I should've been smarter  
And I am not letting this go*

## *take a breath*

For some people, even the first round of tapping can start to bring tears or emotional response, sometimes unacceptably, because we're starting to break through that wall of self-judgement. When we do this kind of tapping, the heart chakra, despite itself, is starting to crack open a little. If you start to feel emotion and compassion for yourself, or you're starting to feel emotion from all of the tapping, that's great. But for many people that round of tapping doesn't really change much. They'll say, yes, Margaret it's still true. I deserve better."

So let's do another round of tapping. This time we're going to start right off tapping through all the points:

### TAPPING #2

*It's still the truth  
I should've known better  
And if i just had done it better  
If I had just been smarter, none of it would have happened  
And I paid such a price  
And it's still affecting me now  
I can't let this go  
I paid such a price, so I need to stay on this  
What I did was unforgivable  
My part in this unforgivable  
Maybe there were some awful people involved  
But I have been blaming me*

*I don't deserve compassion for this because I should've known better  
And I am not letting this go  
Because the truth is this mistake has cost me way too much  
And it's still costing me  
I betrayed myself and that is unforgivable  
There's a part of what I did that's just unacceptable, unforgivable  
And I am right about this  
Of course I'm right and I'm not going to let it go  
Which means I don't deserve compassion  
Not for a mistake like this  
I'm not letting this go  
It's unforgivable what I did  
Maybe even humiliating  
Maybe still embarrassing and I still cringe when I think about it  
What was I thinking?  
So stupid, unacceptable, what was I doing?  
I hate what I did  
I hate what I did and I will never let this go*

*breathe*

I've been doing this for over a decade with people and as harsh as these phrases sound, everyone says to me, "No, Margaret, you're right on target. That's exactly what I say to myself about that event." So take a breath and for a minute keep tapping, maybe on the karate chop point. Feel your feet on the floor and close your eyes. Take another breath and blow it out really hard, and again, feel your feet on the floor. Feel into your body anywhere that you do still feel embarrassed and upset. And tap on your collar bone point or karate chop point. Just tap with your eyes closed. I know it's uncomfortable to lean into that feeling. Sometimes people describe it as revulsion when they think of the mistake they made. Keep tapping. It's just energy, and it's going to move. Try not to tense against it. Go back into your feet. Feel the feeling and keep tapping.

Take a breath and with your eyes still closed, go back to that documentary film, the story of this event. Imagine that you're watching it up on the big screen, but I want you to fast forward the movie. Fast-forward the movie to a part after this big thing happened and all the mistakes happened, to a part where you see yourself alone. There you are and you're really being hit with the realization, the experience of all the problems that have caused all the pain, all the cost. See yourself in this quiet moment experiencing all that, maybe you're feeling incredibly hurt, betrayed, and/or shocked. Maybe you were blind-sided, and maybe this is a moment where you were silently sobbing.

What did you really lose? Did you really have anyone to turn to? Did anyone really understand those quiet moments? Did anyone really understand what it was like for you in the aftermath. Did you suffer because of this event? And have you suffered enough yet, or do you still need to be punished? Because what you're doing as many years later as this is, is continuing to punish yourself. I want to suggest to you that when we still haven't suffered enough in that we still need to hold punishment over ourselves, (also known as lack of compassion and understanding at our heart chakra), energetically we're saying, "I don't deserve yet. Actually, I deserve some pain and suffering. Actually, what I'm going to manifest is some pain and suffering, some struggle, because I

should've known better and it's my fault so I deserve that."

I want you to think about this punishment cycle of the inner critic, the lack of understanding and compassion, and the closed heart chakra. And I want to ask you again: Have you suffered enough yet or do you need, I don't know, another two or three years more punishment before you're ready to be deserving of good things? Or have you already suffered enough of the consequences? And, by the way, did you learn anything from that event? Did it change you in a way that was positive or you're more aware, more savvy, more protected, using legal documents more smartly? Did you learn anything? Did you learn to trust your inner voice or say "never again" about something? If you suffered enough and you got a gift from this event, is it still important for you to say that you're unforgivable for doing it – that you still don't deserve compassion and understanding?

I want to honor what you did lose because of that event. We've honored a lot that it was all your fault and you've made a lot of mistakes, but what did you lose? There's a whole list of things: sometimes it's money, sometimes it drained your savings and created your debt. Sometimes you lost your health, sometimes you lost relationships, and often there's an inner cost where you lost your belief in yourself. You lost a piece of yourself.

Let's do some tapping on that. Say the phrases below out loud and tap through the points:

### TAPPING #3

*It's also true that I've lost so much because of this  
Pain and suffering and nobody gets it  
Nobody really understands the suffering that came out of this loss  
I've lost so much  
And I've never really given myself compassion about that  
Because I'm too busy blaming myself and I get it  
I lost so much  
I lost so many different things  
It literally changed me  
That event took things from me  
It robbed me  
I lost so much  
And it feels unrecoverable  
And I'm just going to honor that too  
All the tears I never cried over this event  
All the suffering I lived through  
All the tears that have been locked inside of me  
Grief in my heart, stuck grief underneath judgement  
All the tears buried inside me  
Maybe I couldn't cry back then  
I needed to be strong  
Maybe I couldn't take the time to get support  
Because I had to soldier on  
Maybe there were people I had to take care of  
Or I had to just not feel it and keep going  
And I never even cried these tears  
Maybe I was already so hard on myself back then*

*And I'm just going to honor that now  
All the pain, so much lost  
Things that I can never get back  
That's how it feels  
And all of my shock  
I was blindsided  
It's so unfair and it still feels like a shock  
And I totally honor that  
Maybe I will never understand why this had to happen to me  
Why I made those mistakes  
But I honor all of my loss today  
Maybe I've suffered enough already  
I honor all the tears that I've kept pushed down in my system  
Why would I want to feel all this grief?  
Why would I want to feel all of this grief?  
I totally honor it*

## *take a breath*

If there are tears flowing, keep tapping. That is your heart opening and the heart purifies with those tears. The only way to reopen, to fully open the heart, is by shedding those tears of grief. They can be so hidden under lack of compassion. Take a breath and if you need to, and simply be with this grief. Give yourself a hug. Feel into what you actually need, the love and support.

There might be someone in your life you need to get a hug from, cry on their shoulder, and allow them to be there for you. That's called letting love in instead of all the ways that you're constantly there for others. Think about how you're there for other people and what you would say to someone – someone that was just like you when you made that mistake. What would you say to them about self-forgiveness, compassion, understanding, and grief? And all the ways that you're willing to give love. Imagine if you could let someone be there for you and let love in. Feel into your heart right now and imagine that love can flow into your heart. Sometimes love feels like tears of self-compassion – compassion and understanding.

The last thing that I want to do around the heart chakra is to revisit this event one more time. We talked about criticism, lack of compassion, and of moving grief and uncried tears. But there's one other piece that we've talked about in the heart chakra around the lower chakras, the shadow sides, the parts of ourselves that we don't want to integrate, the parts that we hold out as unacceptable and unlovable. We can see a piece of that in this work.

The forgiveness work that I teach is called the Four Levels of Forgiveness. Level One Forgiveness is really what we think of forgiveness which is, "Oh, I let that go and I used my mind and some mental gymnastics to realize there's nothing I can do to change it. I just have to accept it and I have to let it go, which is not very effective when the event was really painful and there's a lot of hurt! Level Two Forgiveness is when we need to forgive someone else and we really voice the lower self-rage and anger in a deeper way. Level Three Forgiveness is the process we just did. It's when we do self-forgiveness work, when the thing that we have to forgive ourselves for is an unforgivable mistake. That's the process that we just went through. However there's one more level. There's Level Four Forgiveness, which is, of course, another way of working with the heart chakra, but it's about the forgiveness

of a shadow side of ourselves. That's the work that we can lean into right now, if you're willing. You may want to stop here and leave this process for another time, but if so, be sure to come back to it when you're ready.

Take another breath and we'll go forward with Level Four Forgiveness. First of all, go back to the movie of the mistake that you made and imagine that you can watch that movie playing on the screen. Take a breath and feel your feet. Take another breath and imagine that you can see, on the movie screen of your mind, this movie playing out. It may be a little calmer because of the tapping you just did. There may be more compassion and understanding. However, I want you to go back, rewind the movie, and really zero in. Focus in on the moment in time that you are actually making the mistakes. See the mistake-making version of you and name the qualities that you see. Qualities that, if we took away the particulars of the event, the things that we did, the mistakes, there will be one quality left. It will sound something like, "I was weak," or "I was clueless," or "I was an idiot," or "I was being selfish or self-centred or arrogant." There's a quality in there that is at the root of what drove you to make the mistake. It could be that you were subservient or being a people pleaser, "I was insecure or afraid." It's something that feels, to you personally, unforgivable. Different people will have different versions of this, and sometimes there's two qualities in there, like being afraid and stupid, making a stupid mistake. Both of those are unforgivable beyond the actual particulars. Feel into it. That is a shadow side. Let's tap on that.

## TAPPING #4

*Even though it feels a little better  
It's really hard to see me in this part of the movie  
Doing that thing  
It's really hard to look at  
I was so \_\_\_\_\_ (fill in the blank)  
There I am  
I don't even like looking at myself  
I'm doing that thing that I hate  
I hate people who are like that  
I get so upset when other people act that way  
Yuck, it makes me sick to see myself acting that way  
I have no tolerance for it  
It is so unacceptable  
I don't like to see that side of me  
I don't even want it to be a side of me  
It's so unacceptable  
I totally reject it  
If I could step into that movie, into this moment  
I would shake myself and say what are you doing  
I would want to wake myself up  
It's so hard to look at, to see myself doing that  
It's really disgusting  
I totally judge this side of me  
And I totally reject it  
I don't want anything to do with it  
I wish it would just disappear  
I do not forgive this piece of it because it is unforgivable  
And everyone would agree with me*

*This is a quality that is unacceptable  
And I'm right about that  
And I will never ever, ever say it's okay  
I will never accept this  
I never want this to be any part of me  
It is ugly  
It is unconscious  
It is not acceptable at all  
And if people saw this part of me, saw me acting this way  
They would judge and reject me and they would be right  
I would agree with them  
It's embarrassing, it's shameful  
I totally reject this side of me*

## *breathe deeply*

That is tapping into the shadow. Debbie Ford wrote some amazing books, *The Dark Side of the Light Chasers* and *The Shadow Effect*. These are about knowing that you need to look at your darkest aspects, sides of you that are arrogant, fearful, stupid, clueless, needy, or weak, and accept and integrate them. I've always found that trying to wrap our mind around these very strong feelings of rejection doesn't work that well unless you add in tapping. This is Level Four Forgiveness work that we'll do here around this one event. You can expand it to other sides of you that you find disagreeable or other actions that you take that you don't like. Ask yourself, "I don't know why I do that, but what is the payoff of it? Because it's still an unacceptable quality. That's the question. And I find that asking ourselves, "What is the payoff of this? What is the gift of integrating this side?" is much easier once we've done some tapping.

So take a breath and close your eyes again. Feel your feet. Return to that movie and see that side of you again, the side of you that we were tapping about that is doing that unacceptable thing or has an unacceptable trait, whether it's fearfulness or cluelessness or stupidity or neediness or weakness or arrogance. And I want you to see it now, that version of you doing that, and hopefully it's a little less intense from the tapping. Tapping can be really intense if it still feels to the intensity that some people report, "I have revulsion when I see this side of me." I've felt that when I did this tapping, particularly on the side of myself that was weak and people pleasing. I actually felt like a physical revulsion. If you feel that, continue to tap on the judgement that's coming out of your mouth and the refusal to accept this side of you. That is really good work to keep doing, but if it's feeling a little bit calmer, I want you to look at that side of you and ask yourself, "What is the gift? What does that side of me really want underneath the bad behavior? What does it really want?"

See that this is a behavior and a want comes from our lower chakras, which means it's our inner child. So what age is this behavior, this need that's trying to get fulfilled, acting from, and what does it really want?

Sometimes it's easier if it's an arrogant side, the side of us that really wants to get attention and own our value. We have a lot of judgement about that, but when you think of a child that needed in a certain developmental stage to have their self-esteem reinforced, and that wasn't forthcoming, it comes out in a shadow. If it's weakness, what is the gift in weakness? Well when we are weak it means that our second chakra isn't strong. Weak means we can allow in help and love and support, and we can be

vulnerable. People who can be vulnerable often get supported. Now it could mean that what you did back then was the wrong way to do it. And you might have been doing it unconsciously, but the work at the heart chakra is to really boldly go and look at this side and be able to bring compassion and understanding like a wise, patient parent to these sides of your inner child. And sometimes it's things like cluelessness or dumbness, and what could possibly be the gift in that? Well, sometimes it's we wish that we could, so the gift is our wish to live in a world that is more childlike and be disconnected from some of the problems, which we don't allow ourselves to do. It may be irresponsible to not look at anything and hope for the best. Do you see how that's a childlike spiritual quality that still has a gift for you even though back then it created a problem?

Look at these qualities and see in them the childlike gift in the need that is looking to be fulfilled in the qualities. When you can do that, and have compassion and understanding instead of hatred for the impulses that we acted on – the arrogant impulses or the weak, needy impulses, or the fear of rejection impulses, whatever it was. When we have compassion and understanding, it massively changes our whole system and our whole energy. That's why this Level Four Forgiveness work, where we forgive our shadow sides, creates the biggest overall shift in what we see and experience in our world – how we see and experience other people and every aspect of the world, including our money.

The shift that we feel is always the same: it is opening our eyes, walking out our front door into a world that feels warmer, more loving, and more compassionate, because we've opened up our own love and compassion to ourselves. It will appear warmer in that people are more giving of love, compliments, validation, and reward. And suddenly, instead of batting it away, we let it in. One of the biggest things that people say to me is, "Margaret, people are complimenting me and I'm letting it in and it's making me cry, and I'm feeling this cry come up in me and it's embarrassing, and they're hugging me and I'm letting them." That is the change of the heart chakra.

Now when we do the Fourth Level Forgiveness or shadow work, there's an even bigger, more dramatic thing that's happening. When we can, with courage, look down the barrel of the sides of ourselves that we find the most detestable, revolting, difficult, unacceptable, and rejectable, and we can look at those sides of ourselves and do the forgiveness work and do the tapping, which is basically voicing the opposite, pushing against these shadow sides. When we can do that and suddenly open up to understanding and compassion about our inner child and what are some of the real needs that we want under these behaviors that didn't come up, suddenly we become an undefended person. We don't have anything to hide. When we've accepted our darkest sides, what is there to hide from other people? We spent so much time terrified at the heart of rejection, of imagining that other people are going to criticize and shame us, that we do it first as a protective mechanism. The more shadow forgiveness work we do, the less and less we find in ourselves to reject because we understand it, we get it, and we honor it. We start getting our needs met instead of having it come out in unconscious behaviors. There is less and less and less that we are worried for people to see and reject. This is where I see, for over a decade, clients suddenly having more joy and enthusiasm in their life because they're having so much fun being themselves. And if somebody sees their flaws, if they have a stupid moment or clueless moment or a weak moment and suddenly become vulnerable, it's not that big of a deal. I'm sure you've seen people like that and you think, "Oh, my god! My inner critic would be going crazy if I sent out an email and had a big typo in it!" And they're saying, "Okay, sometimes I make mistakes."

As we come into the heart chakra, we see it is all about balance and integrating the lower chakras and the upper chakras, the shadow self and the highly spiritual self, the masculine energy and the feminine energy, giving and receiving. We come into wholeness. Deepak Chopra talks a lot about this in *The Shadow Effect* with Debbie Ford. I recommend you read the full section he wrote. He discusses wholeness, meaning that none of our sides are hated and rejected anymore. We have a strength about us because our own inner critic has come down into line that we are no longer terrified of the critics of others or the rejections of others and we are able to have balance, which means that I'm both of these qualities. I can be incredibly courageous AND terrified. I can be incredibly strong AND incredibly weak. I can be brilliant and then make the stupidest mistake. I can be incredibly present and then bumbling along completely unconscious and be forgetful. I am both, and that is the truth, and I'm no longer hiding anything. I'm just being me. In this era where there's constantly discussion in books about authenticity and the

power of vulnerability, I want you to see that this is the actual step-by-step pathway to get to authenticity and vulnerability. When you can be vulnerable and strong, you become an incredible person standing on the planet.

Take a breath and know that over the next several days and nights, more of this will integrate, but I want you to put one hand on your heart and one hand on your solar plexus of the third chakra and second chakra and take another breath. There may be some energy moving in both chakras. Imagine what it would be like if you were to walk around twice as delighted to be you. Yes, delighted! Delighted, twice as utterly delighted to be you, even before you do anything. You haven't done anything yet. You're just waking up in bed and walk in your kitchen and you are delighted being you.

What would it be like to walk around twice as delighted to be you? I want to suggest that there's nothing that needs to be changed or improved in order for you to feel twice as delighted. The only thing you need to do is to keep healing the spaces where you are withholding delight because of these so called unacceptable parts. So you're twice as delighted being you, and from that energy, what is your level of deserving? Do you deserve to struggle more, or are you ready to say to the universe, "Before I even do another thing, achieve another thing, strive for any more perfection, I actually I'm pretty awesome right now and I deserve." As we close this fourth chakra section, I want you to write a list of all the things you deserve, and I want you to say, "I deserve, I deserve, I deserve" what it is you deserve, because quietly, and very much unknowingly, what we have been saying to ourselves for many years is, "I don't deserve that yet because I have all of these unacceptable parts. I have to be perfect. I have to do it right. I have to. I have to. I have to.

In shifting our energy, what do you deserve right now from this state of being delighted to be you? That's what I want for you – simply being delighted being you!



# CHAPTER 7

*Bonus Healing for  
Pain of Rejection*



## *Welcome to a bonus healing for the fourth chakra in the 7 Levels of Manifestation.*

I created this bonus healing to do a little bit more work around the heart chakra before we move on to the fifth chakra. In her amazing book, *Eastern Body, Western Mind*, Anodea Judith talks about rejection. She says that no work in the heart chakra would be complete without a discussion of rejection, a universal experience that wounds us all. Rejection is a fear that dwells at the core of the human heart. It brings us into our deepest despair, our darkest fear, and heaviest grief. Fear of rejection is the prime reason we hold back our love and close down our heart chakra. When rejection occurs we often feel helpless, our self-esteem plummets, and our feelings can get very pushed down into what she calls “intolerable depression.” Even our body can ache.

Now here’s the thing: rejection says we’re unworthy, so when we experience rejection, it magnifies whatever shame we carry. To whatever degree we have learned from our family that we have shameful parts of us, it will magnify them. This turns us even more against ourselves, creating what she says may be the deepest wound of all. She explains that someone else rejecting us is so profoundly impactful for us because as a young child, rejection is equivalent to death. And for many of us, when we get rejected or we lose a love, it triggers us into that state of abandonment, which for most of us, is an intolerable state of helplessness. It’s a feeling that doesn’t match with how we want to feel or see ourselves as adults. In addition to the hurt and loss, feeling helplessness and abandoned goes against the identity we’ve built as a strong, independent adult.

I created this bonus healing to do some tapping and healing around a situation in the past where you were really rejected. Sometimes it’s a love rejection. You can choose an example like that. Those are real heart-breaking pains. It can also be a time when you were ashamed or embarrassed – that is all part of rejection. Maybe you put yourself out there in a really big way, whether it was you put your heart on the line in a relationship, or you put your ego or identity on the line and stood out and did something big at work, or you stepped into a brand new business and tried to market yourself, or you argued an idea that you had and spoke up at work and put yourself on the line for an idea that might not be that popular.

Think about a time when you were rejected in a way that really, really hurt, particularly if it was a shock to you. You didn’t see it coming. Imagine that it’s a movie and we’re going to give that movie a title again, because often there’s some aha moments for you in the title of that movie. Come up with a title for that rejection. The types of titles I hear from people are things like, “The Day I Lost Everything,” or “The Day I Died,” even though we know we didn’t die, it feels like the day that we died. Create your movie title and we’re going to start tapping about this past event.

Take a deep breath, really ground yourself, feel your feet on the floor, and we’re going to start tapping. Remember, anytime emotions get really intense. You want to just feel your feet on the floor even if you’re sobbing. It’s good to tap your feet on the floor to help you stay grounded. Remember to take a deep breath and keep tapping. The tapping will help keep you grounded in your body and out of the more hysterical energy that actually is not a productive movement of grief. If we go from grief and sobbing into what feels like a panicky, rapid-breathing type of hysterical crying, just know that it’s not as productive. That is a spinning-of-energy sort of panic and cry at the same time, and in that case we want to give ourselves a hug. If someone’s there with us, have them put their hands on us, looking into our eyes, take deep breath so our breathing can slow down, just like if you are having a panic attack. And really feel your feet on the floor and come back to the tapping.

Tapping is always going to bring you back into your body and into your feelings in a way that is very productive. I bring that up because rejection can be so incredibly painful. We'll start tapping on the karate chop point. We do this because if the story is intense, we want to do some tapping about the story in general first, so that it's less intense as we get more specifically into the story.

## TAPPING #1

Tapping on the karate chop point:

*Even though I have this terrible story  
And I would never want to watch the movie  
I honor and accept myself  
Even though I've been carrying around this movie  
And it's a really bad movie  
I tried very hard not to watch it  
I love and accept myself in this present moment  
Even though I have this old painful movie  
And it is really dark and really sad  
I love and honor and accept myself  
And I am open to healing a*

Tapping through the points:

*This old movie  
Yet it still seems so bright and fresh and shocking  
And I have so many feelings about it  
So many feelings about it  
So many judgements about myself  
And the other people involved  
And there's still, being honest, so much hurt  
Why would I want to feel that again?  
I don't want to feel this again  
I don't want to go there  
I want to push that down and lock away the key  
And I'm just going to honor  
It takes a lot of energy for me to carry this  
Even if I pushed it down and locked away the key  
Which means it's still living in me and draining my energy  
I don't really want to feel this  
I cried enough tears already or tortured myself enough already  
But I am open to healing it*

*take a breath*

Close your eyes and imagine you could start to see that movie unfold on the screen in front of you. How intense would you guess it would be if you really had to watch the movie? We've done some tapping, and typically people will say to me that it would be a ten in intensity. Then after we do that first round of tapping, it looks like maybe it would be a seven, eight, or 9. So you have a little bit of a reduction if you watch that movie. Notice where that is – if it's still really high, you can pause and redo that whole round of tapping. Now we'll move forward and start tapping about this movie.

Imagine that you start to run the movie in your mind and stop as soon as it starts to get really intense. Then tap through the points.

## TAPPING #2

*There I am and there are the other characters  
And it's really, really upsetting  
It's still really upsetting  
Maybe it feels like it was yesterday  
I can feel my body reacting  
Maybe I can feel my heart pounding  
I can still feel that sinking feeling  
I feel it in my whole body and nervous system  
And I'm just going to honor that  
Maybe I feel my fight or flight response  
Because this felt really dangerous to me  
And I don't want to relive it or look at it  
The feelings rising in my body about this  
Maybe my head is already spinning with thinking  
My whole system remembers this event  
And I'm just going to notice how it's reacting right now  
All this feeling in my body, all this feeling in my chest  
All this feeling in my stomach, all this feeling in my heart  
All this energy in my head, all these tears behind my eyes  
I'm in the present moment and they're here now  
In my body*

*take a deep breath*

Take a deep breath and take that little aha moment of how our nervous system sometimes reacts when we're merely starting to get into the story. You start to see the amount of energy it takes to avoid the feeling all of this, because it's all still sitting in there ready to go. The goal of tapping or emotional freedom techniques is actually to get freedom from this old event and let these emotions move and release. This has been around for decades, but it's still new technology that did not exist before to help us to heal in a more full way.

Take another breath, close your eyes, and imagine that you're starting to watch that movie again and see if it's calmer. See how it feels in your body. See if it comes down a few points in intensity, or if you're going up to a nine or a ten when you start to watch

the movie as it gets distressing. See where it is now. If it's not calmer, simply go back and do the last round of tapping again before going on to the next part.

See the part of the movie (because there's probably only one) where you were blind-sided. That's a separate part of a rejection when we were like publicly shamed or criticized. There's a shock element to it. If you know anyone who went through a really bad break up or divorce and they have another whole painful piece to it where they didn't see it coming, that's the double-whammy of the shock. So tap through the points:

### TAPPING #3

*There I am being totally blindsided  
The shock running through my system  
Danger, shock, unexpected shock, horrifying shock  
And there I am — blindsided  
Maybe I froze and maybe I've been hard on myself about that  
I didn't know the right thing to do or say  
There I am, shocked, trying to process  
Shocked — I totally honor the shock in my system  
The freeze response, the fight, flight, or freeze response  
And this freeze response may still be locked in my nervous system  
There I was shocked, shocked and hurt, shocked and confused, shocked and frozen  
Shocked and helpless, shocked and terrified, shocked and sad,  
Shocked and trying to process what it meant  
The overwhelming shift in reality  
I'm open to healing and releasing this frozen shock  
This freeze response in my mind, body, and nervous system  
I totally honor my whole mind, body, and nervous system  
In all the ways I was shocked and blindsided  
While I was being deeply, deeply hurt, terrifyingly hurt  
I totally honor how helpless and defenseless I felt in that moment  
I totally honor that I also felt helpless, defenseless, and shocked in that moment  
I totally honor all the ways I feel about this  
In my whole fight, flight, and freeze response*

*breathe deeply*

This is a lot. Honor yourself and keep tapping if it's intense. We're going layer by layer. This is how tapping works. We're shifting the mind, the body, the nervous system, and the fight, flight, freeze response. When we do that, the memories of the events get reprocessed differently and less dramatically. This is powerful work.

Take another breath and look at the event again. Start to see if you're calm enough to look at that part where you were shocked and blindsided. For most people, it will look a little different now. They'll see themselves more present in the moment and feeling more.

It's shocking to see ourselves blindsided. Energetically we're kind of out of our body, so sometimes the picture will change and we'll see the sadness or the hurt or on our faces, or maybe we'll even see an immediate anger response, like "How dare you!" more clearly.

Notice the emotions there. How intense is it on a scale of 1 to 10? Note that. In the following phrases some emotions are named, but you can fill in what is true for you – it's sadness, grief, or anger. You can shift these phrases to focus one of those more than the other. Tapping through the points:

## TAPPING #4

*There I am and it's happening*

*The rejection is starting*

*It's happening and I see everything I felt and maybe I'm feeling it in my body*

*And the confusion: why is this happening?*

*Where did this come from?*

*What did I do to deserve this?*

*My mind was spinning and underneath that so much hurt, fear and hurt, fear and hurt*

*And it felt so unexpected and unfair, so unfair to me, so unfair to me*

*A very primitive part of me was shouting inside with hurt and fear*

*This is unfair*

*What did I do to deserve this?*

*I can't believe this is happening*

*How could this happen to me*

*This is so wrong, so unfair*

*I totally honor all of the feelings I am having and all the feelings I had in that moment*

*All the sadness*

*Everything I lost — all the sadness*

*All the deep hurt, feeling like something was being ripped away*

*All the sadness from this deep, deep hurt*

*All the sadness, all this deep, hurting wound*

*My broken heart and maybe I've told people about it*

*But nobody really understands what it was like for me*

*Or maybe I played it off like it wasn't a big deal*

*But my heart was broken — it was a searing pain*

*And I felt it and felt it and felt it*

*I couldn't get away from it*

*And I felt so rejected and unwanted*

*And I totally honor that*

*Rejected and unwanted, rejected and unwanted in my whole system*

*Rejected and unwanted in my heart*

*Rejected and unwanted*

*And as unfair as it felt on another level*

*Maybe it felt like the shoe finally dropped*

*That it finally happened — my biggest fear*

*That maybe I am unacceptable, rejectable, something wrong with me*

*My fault, unlovable, even though on some levels it felt very unfair*

*On another level I wondered*

*Is this really my fault?  
Is this my worst fear coming through  
And does it mean something about me?  
And that was a whole another level of hurt  
I totally honor all of the hurt  
My broken heart in all the ways I wondered  
If it was because of me, something wrong with me  
This rejection cut me to my core  
And I totally honor, love, and accept myself  
Because up and until now I really haven't given myself enough compassion*

## *take a deep breath*

Close your eyes, and tune in to see how intense the movie is now. Sometimes it can be a bit calmer, but there will be a “but.” Like, “Well, Margaret it’s much calmer, but I’m seeing this one thing...” and it will be a particular piece of the story that you feel really stuck on. It’s often a mistake you made or a mistake that the other person made that stands out. And you’re feeling that you just can’t let that piece go. “How could they do this to me?” Or, “After all I did for them, how could they betray me that way?! How could they attack me that way?” If you find something loud like that, you can tap on it very, very specifically. Keep voicing what’s in your head about it over and over while tapping, until it feels a little less important.

There’s often another bit of grief under that specific piece. When we stayed mad or stuck on something, like we want to explain it or hold onto that story around it, telling the story and the real truth around it. It means that there’s a level of stuck uncried tears of grief under there that we’re trying not to feel. So instead, we’re sort of talking about it more like how this was so wrong and that was so wrong. So watch for that in yourself. When you’re willing to talk about something, often that’s a way to avoid what you really have to feel around it, because it can be another betrayal inside of the betrayal, another hurt that had meaning to you inside of this bigger picture of hurt.

Often people say that when they experienced something very traumatic, there was the traumatic event and sometimes they will say the thing that hurt me the most was what happened next where my parents or family or friends didn’t believe me or didn’t give me any compassion or blame it on me and that’s actually the bigger hurt. So look for spaces where there is something in this story that has actually made it even more painful than the rejection would have been.

Another example of that is someone experiencing a big public embarrassment or rejection and the part that hurt the most was someone that they thought was a friend joined in. You can see how those are two different traumatic things that add up. You’re hurt by that in addition to what’s been so upsetting and traumatic. So look for those and just tap, and voice what you’re feeling about it. Say what all the things you would say about it if you were trying to explain it to me over and over and over, and do your best to explain it to me. Say all of those things and just keep tapping on it. That’s how it works.

Take a breath and know that there’s a lot of aspects to the story. Step back and look for pieces that might need individual work, whether you do it on your own or with a practitioner. It’s great to be able to see when you have some more work to do. But come back to the movie, the story, the whole picture and see if you can now run the movie through your mind and if it’s calmer from start to finish, or do you need to stop the audio and do a bunch of tapping on a part that’s still very upsetting? If so, do that until

you can get to a point where it's calmer to watch the whole movie. That's when we can start wrapping up this process.

In the heart chakra section, I talked about the questions, "Have I suffered enough? Have I been punished enough, and so do I deserve?" This is very very different, it's that something happened to you that was incredibly hurtful that hurt wounded your heart and caused a lot of grief. Sometimes it causes, Anodea Judith says, a magnification of our own basic self-doubt or shame that we carry, that maybe there is something unlovable about us. So there are two levels that can happen here. And that's my question to you. We can't change what happened to you in the past, we can, however, bring some healing to it. When you look back now, was there anything about you that really was unlovable? Now I know that when we look at ourselves in the past we were less mature and more unconscious sometimes. We had behaviors that were very unconscious, but at your core is there anything that made you truly not good enough or unlovable? And should that rejection, that event, have changed the way you felt about your own intrinsic worth or lovableness?

Or, was it an event that was meant to give you the experience to change you, to grow you, to make you stronger, to make you more vulnerable, to give you some life lesson? Was it really an event, or was it something that should have turned on your inner doubt about your lovableness, about your intrinsic value and lovable nature? Because if it was just an event that already was painful enough, then what we want to bring is a more conscious and intentional voice to the healing – affirming that even though this happened, we are incredibly and perfectly lovable, with all of our imperfections, all of our gifts, all of our shadow sides, all of our light sides, all of our mistakes. That you are lovable because you are you, that you are a magnificent lovable valuable being on this planet.

Take a breath again and close your eyes. Put your hand on your heart and on your third chakra again, and feel your feet on the floor. You can either hold these two or you can tap one spot. Sometimes I'll hold my third chakra and only tap on my collar bone point a little. But I want you to feel into your system and feel into this affirmation like you've never felt into it before, like you've never even heard it before:

*I am lovable.*

*I am so loved.*

*I am loved.*

*I am lovable.*

*I am a beautiful being.*

*I am so lovable.*

*I affirm that I deserve love.*

*I'm amazing at giving love and I affirm I'm amazing at receiving love, being loved.*

*I am loved.*

*I am a being filled with love.*

*Love rises to meet me and everyone I see.*

Feel into your heart and see if you can feel into a sense of gratitude. In the fourth chakra section, we talked about being delighted with onesself. Right now, feel grateful, grateful for all of your gifts and all of your shortcomings because those make you real and human, and let you be compassionate and patient with other people. Gratitude for your heart, your mind, your body, your desires, gratitude for everything that makes you, you, gratitude for the things that people who love you tell you they love about you, gratitude for all of those things, gratitude for your ability to see beauty in the world and beauty in other people and now beauty in the core of your own heart. And with intention affirm: I deserve love. To feel it, to give it, to receive it, to see it everywhere. I deserve love. I am loved.

Take a breath. Feel your feet, feel your heart, imagine you're surrounded more and more by this expanded green heart chakra energy pumping and flowing all around your chest, maybe feel your hands start to pulse with that loving energy. I give you permission to be in this space and this meditation for as long as you want.





# CHAPTER 8

*The Fifth Chakra – The Sacred  
Energy of Directing Creation*



## *Welcome to the fifth chakra of the 7 Levels of Manifestation.*

This is where all the work we've done starts to come together to help you actually manifest. Deepak Chopra says the fifth chakra level is where we intend a thing and it starts to manifest.

I'll start this discussion about the fifth chakra by referring again to Anodea Judith's book, *Eastern Body Western Mind*. She concludes the fourth chakra chapter by explaining how healing the heart involves attending to the most vulnerable and sacred aspects within us. And that only through attending to their truth can we drop our protective armor that keeps us bound to smaller parts of our self. Criticism and commands will not work. We can only melt the armor with the combination of feeling and understanding that is love, and through love we are then able to expose our core and evolve to the next step of expressing our truth. And that is, of course, where we move into the fifth chakra.

The fifth chakra is about communication, creativity, and listening. The right at the fifth chakra is the right to speak and to be heard. I'll go through details about the chakra, but first, we'll look at why it is so important when we think about how we manifest money, wealth, and success – basically everything we want in life. When we talk about creativity and communication at the fifth chakra, there are a few things to think about. As far as creativity in the fifth chakra, it's a consciously willed process. We are literally making our world in each and every moment through our actions, expressions, and communication. When it comes to earning money, it's very, very clear that when we don't charge for our work or raise our prices, we really can't earn. So it's really where the rubber meets the road as far as what we will actually manifest in our lives.

And what about the communication part? Well Anodea Judith calls communication the essential function of the fifth chakra. As self-expression, it's the gateway between our inner world and our outer world. It's only through self-expression and through our voice that the rest of the world gets to know what's going on inside of us. We only know each other by what we choose to say and tell someone, so this is how the fifth chakra becomes the link and gateway between mind and body. It's actually the narrowest passageway in the whole chakra system. The throat is literally a bottleneck for stored energy. Anodea Judith says you can think of it like a relay system, sorting message from the body and connecting them with information in the brain. When the mind and the body are connected, we start to resonate and we become incredibly powerful. It's also where this upward movement of energy has to flow up and flow down, so here's a great example.

If your fifth chakra is blocked, then the upward movement of energy is blocked. That means we could have impulses, "I want to do this. I want this to happen." But not really have any strategy. She says it's like having "whim" without "will." On the other hand, if we're really living up in our head because our throat chakra is blocked, we can't actually translate what we know, or our ideas into feeling and into action, therefore we can't manifest. So can you see how powerful the fifth chakra is in terms of manifestation? Here's a little bit more about the voice, our fifth chakra. It's a living expression of your total vibration. It is actually the way that all your chakras can express themselves and be heard. When we have a healthy fifth chakra, it indicates the health of all our other chakras. For example, if we have contraction in the body at the first chakra where we don't feel safe, that will restrict the voice. If we don't allow our feelings at our second chakra, we'll talk a bit more robotically. If we don't have enough will at our third chakra, our voice will sound pinched or whiny, whereas if we have too much energy at our third chakra, our voice is overly

dominating. That's how all of the chakras speak through our fifth chakra.

In the fourth chakra, we worked on self-acceptance, self-compassion, and self-forgiveness. When you do that work, that acceptance becomes a beautiful container that allows you to flow into creativity. Why? Because when we accept and unconditionally love ourselves, our truth and our individuality can emerge. We have the courage to be different. We have the courage to be seen, which absolutely comes into action through our voice and affects the way we manifest money, wealth, and everything we want.

It's important to see how, at the fifth chakra, we're at a critical place for true manifestation to come together. Of course, as part of the Seven Levels of Manifestation, we're always looking for and uncovering blocks so we can clear them away. What is going to block or create resistance from expressing our truth, saying what we really want, and speaking our true value in a way that leads to material manifestation? It's basically all of the wounding we've already discussed at the lower four chakras.

First, there's fear. We have a biological instinct to keep quiet when we're in danger. The freeze response that immobilizes the body often causes us to hold our breath and stay as quiet as possible. It's so common for people to feel their throat or their breathing freeze up when they think about speaking, especially speaking about themselves in a way that sounds valuable. When we think about the next thing that freezes up – our voice – were going to come right back to some of the things that we talked about at the second and third chakra. It's all about guilt and shame when we've had anger, rage, abuse, or excessive criticism directed at us, or in being embarrassed or humiliated when we were children. We actually exposed ourselves a little bit by speaking differently, by wanting to be seen, and by standing in our truth and/or our creativity. When that happens, we learn to live in fear of exposing ourselves. This is something we talked about at the third chakra that, of course, affects our voice. Anodea Judith says it's like we put ourselves in a jail to keep ourselves safe and the prison guard is our inner critic, and the inner critic's voice silences us because it's louder than our own voice.

This happened at times when it was dangerous, when we were seen. We might not have been seen at all, or we might have been seen in a way that was outside of what was acceptable in the family, or in a way that would make someone say, "Who do you think you are? You need to shut that down. Stop tooting your own horn and being full of yourself!" That kind of a reaction causes us to be afraid of being exposed. All of the times, all of the energy that would normally go into the outward expression of communication, whether it's of what we want, what we want to do, who we are, or our value, instead becomes blocked. The energy from the guilt and shame becomes that internal voice of the inner critic. Anodea Judith calls it the vicious guardian of the gate between our inner and outer worlds. We internally rehearse our inner critic's words over and over and over. When we look at how to open up our fifth chakra, because it's the culmination of all of your other chakras, we'll be working on this inner critic voice that tells us it's not safe.

There are a few more things that Anodea Judith says about the inner critic that I have seen in working with thousands of people for over a decade. It's important to remember that our inner critic was originally created to save ourselves from some kind of danger or from being embarrassed or humiliated – to protect that raw, vulnerable part of us inside. The critic gets imbued with this energy. For the majority of people, when that energy is fed back to us from our inner critic, she calls it "relentlessly overzealous." I've witnessed so many people voice what their inner critic says and it's unbelievably ruthless and harsh. There's a way that our inner critic will also come up if we step out of our comfort zone, if we go to say something more confidently, raise our prices, own our value, or stand or act in a way that shows we believe in our value. It's also the voice that is right there ready to say, "See, this isn't gonna go well for you." And whenever anything doesn't go well, it amps up and says, "I told you it wasn't safe to expose yourself this way!"

I want to set the stage for that so you have permission from me to really be clear and honest about what you hear inside of your head, because the inner critic is a recording that plays over and over. It's a monologue. There is nobody in there arguing with your inner critic. We just listen to it and we hear it as truth. Eckert Tolle refers to this as observing the "pain body" in his book, *A New*

Earth, and explains how important it is to do. So I invite you to be open and willing and voice the full ruthlessness and meanness that your inner critic can express, just as it sounds – to observe it, to start to see it as this voice. Of course, tapping is such an amazing technique to break the spell of the inner critic, to break down the walls of the inner critic. And underneath, we always find hurt, fear, and sadness. We find blocked energy and tapping is such a great technique to apply to this chakra work to open up those blocks.

For the next exercise, I want you to first realize that we DO hear our inner critic on a regular basis, but it really turns up loud when we go to step out of our comfort zone. So often the inner critic that we want to see and uncover and start to heal is the level of inner critic that hasn't happened yet, the level of inner critic that is sort of in a future moment that will stop you from speaking in a way that you're asking for what you really want. A way that's declaring your value, that's standing there confidently. We want to see that inner critic, so this is part of our process that I call "healing forward" because we're not looking into the past. We're not looking in the present moment. We're actually healing forward into the future to uncover and diagnose a whole other level of your inner critic, which is the biggest drain and block on our fifth chakra.

This is a similar exercise to the third chakra because, again, it's about fear of exposure. But I want to bring it really close into money and creating money. If you're an employee, you're going to do this exercise imagining that it's people that you work with. If you're an entrepreneur or wanting to be an entrepreneur, you're going to do this exercise as if you are surrounded by potential perfect clients.

First, take a breath, close your eyes, and come inside your body. Feel your feet on the floor, feel the inside of the shoes if you're wearing them or feel the floor touching the bottom of your feet. Feel how the chair or whatever you're sitting on is supporting you, feel where it's touching your legs and your back and take another breath. We're going to visualize or imagine something. Imagine, on the movie screen of your mind, that there you are standing in front of a whole room full of smartly dressed business people. If you're an entrepreneur or wanting to be an entrepreneur, they are the perfect target market for your product, for your service, the exact demographic that you would love to have as clients or customers. Even imagine the décor in the room. What kind of room is it? You're standing there with thirty or forty people seated in chairs looking at you. See the whole thing like you're watching it as a movie on a screen. If you're an employee, these can be the people that you work with, but definitely put some of the management in the room, the people who impact how much you get paid.

I want you to say something to them. Note that in this one phrase, there is a lot that's unspoken. Say out loud to everyone in the room, "I am totally awesome at what I do," and notice what happens in the picture. How do you look up there? How do you look physically? What are the emotions, what are the feelings inside you when you said that? Now I've done this with so many people from all over the globe and I often hear, "In my picture, Margaret, I melted onto the floor into a puddle," or "I ran out of the room," or "I felt like I was going to throw up. I was petrified!" Someone else said to me, "You know, I feel so vulnerable because they might actually see who I am and that is really, really scary." That is exactly what we are looking for. Where is the fear and what is going through your mind? Notice how do you look and what's happening. Some of the other things I've heard from people is, "Some of the people in the room are saying 'Ok that's good,' but other people are questioning me and saying, 'Is she a fraud? Can she really prove it.' And I feel like it's out of my control to convince them, and what if I'm not awesome?"

Start to see that first level and, again, go back to the picture and look at the people sitting there. How are they looking at you? Maybe there some that look positive and that's great! You can leave those there because we don't need to focus on the people who are positive right now. Just as we actually do in real life, I want you to focus on the few people in the room that may look skeptical, who are looking at you and somehow bothered. There are those who will see that some people in their picture actually look angry or attacking. Sometimes people see that there is someone who has turned their back to them. This means a total rejection and dismissal, like they're not even listening.

Sometimes people see people in the room laughing at them. I want you to really notice if that's in your picture because there's a lot in it when someone is laughing at you. That's ridicule, that's hostility in the picture, and it means that someone's attacking you, like they're saying, "Who do you think you are?" I also want you to notice if it feels like you might be disempowering someone else and if that makes you feel bad.

They say more people are afraid of public speaking than they are of death, so notice if you have a real fear of public speaking. And, of course, when you become an entrepreneur, you have to market yourself and this spotlight is shined on that. We're going to do the first round of tapping and it's really about the immediate fear that comes up, that fear and worry about rejection or criticism. Know that that is your inner critic at work. Let's jump in and start tapping. You can tap through any of the points.

## TAPPING #1

*There I am  
Oh my gosh, so vulnerable  
And I am petrified, standing up there like that  
Totally exposed  
They might actually see me  
They might judge me  
Some of them will really reject me  
I've got to get out of here and my fight or flight response is going off  
Because this could go really badly  
I feel bad, anxious, afraid  
Maybe my heart's pounding  
Voice quivering, maybe my chest is pumping  
And my legs are shaking  
Maybe my voice has quivered before when I've done public speaking  
My entire nervous system is being affected  
My nervous system is saying this is dangerous  
I'm too vulnerable and exposed  
And it feels like life or death  
That's what it feels like  
I can't stand up there and say I'm awesome  
They're going to size me up, judge me, reject me  
Maybe dismiss me  
It really hurts to be dismissed  
Maybe I should never have said that  
Maybe I should've stayed hidden  
Kept my voice small and said something more like  
I'm just medium at what I do  
I'm not that good  
Then I wouldn't feel so scared  
Or maybe I shouldn't have spoken at all  
I should've stayed silent  
I honor all of this fear  
My fight or flight response has made the connection  
That this is life or death*

*I am not safe  
I am definitely going to be judged  
Definitely going to be laughed at  
And it feels really scary*

## take a breath

I included a lot of things that I've heard from people who really do have fear of public speaking. Some people have told me that they stay completely out of their body when they have to get up and speak, and they speak very mechanically. There's no heart of energy. Just to get through it without feeling it. So if you did that first round of tapping and in your picture you saw yourself not feeling anything, just be aware that that might be you totally dissociating. And when it comes to marketing ourselves or being in a company and being valuable, do we really get moved by people who sound robotic and speak mechanically? Is that something that's compelling? Of course not! I really want you to come back to the picture and see, if you were a level ten before of fear or expecting rejection, where is it now? Just note that for yourself.

What I've heard from people after this first round of tapping is, "This okay at first, but then I looked at the crowd and they were saying, 'Who do you think you are? You can't just get up there and say you're awesome!' I would be judged for saying that and I would really judge myself, but after that round of tapping, the crowd just seems nicer and they look more open to me." That's a great reaction that indicates energy is releasing, so notice that. If it's still really intense for you, we're going to keep tapping, we're going to keep doing that and your intensity will come down. But really take in that big aha moment. I included in the rounds of tapping that the fear of people's criticism or rejection triggers the entire fight or flight response. Do you see how that would stop you and how every day across the world it is stopping beautiful, amazing, valuable people from actually earning and charging their worth because of this fear, because they can't stand up there and honor their value. Now, of course, you might never stand up in front of the group and say, "I'm awesome at what I do," but doesn't that really need to come through your words when you talk about what you do? Doesn't it need to come through your words and energy? That's why I used that phrase.

I want to remind you that at the fifth chakra, the right that you need to reclaim is the right to speak and be heard. And instead of claiming that right, we develop a habit of refusing to even step into the energy of that right. A habit to refuse to speak our truth, to hide it, to hold it back, to not shine too brightly. It makes sense because of fear of being criticized or attacked, but I want you to see how, at the fifth chakra, the rubber really does meet the road, because this is where we literally don't charge our worth. This is where we literally stop ourselves from marketing ourselves, or asking for a raise, or even walking around and speaking with the energy of our own value. Let's do another round of tapping.

## TAPPING #2

*There I am and I am seeing it now  
I have a right to speak and be heard  
And I have a long-standing habit of hiding  
Not sharing who I am or what I really want  
Because I don't want to rock the boat  
I don't want to be attacked  
I don't want to be judged and criticized*

*And it will hurt  
I will be rejected  
There's a decision I made a long time ago  
To let my fears and my inner critic choke off my voice  
And I get it  
And I honor it  
My truth has not been coming through my voice  
And so in many ways  
I don't let people know who I am  
I don't let people know what I'm passionate about  
I don't let people know what I'm really great at  
I hide  
I play smaller than I am  
Because it's scary to be exposed  
And I have some past experiences that back that up  
When it wasn't safe to be seen  
There was a lot of judgment and criticism  
Maybe I was even attacked or ashamed  
And I don't want to experience that  
So my inner critic keeps me in my comfort zone  
My fear of being criticized keeps me in my comfort zone  
And that is playing out through my voice  
This is a logical reaction to things that happened to me  
A decision and a habit I created a long time ago  
And I'm just going to honor that  
All the ways that is protecting  
And all the ways it is used to hold me back  
Through my voice I am manifesting my life  
And I've been doing that in a limited way  
So I am open to healing this for my highest good  
I honor myself  
I honor my voice  
I honor everyone who hears me and I am open to healing*

*breathe deeply*

Take a breath. I find that, even though we didn't go deep into feelings in the tapping, this round of tapping can be very emotional for people. It can open up the floodgates and it's always the same. It's the floodgates to sadness, to everything that we're losing because we don't have the self-expression that literarily is where the manifestation starts. Literarily where we communicate and manifest everything that we do is a willed process through our voice, through our actions, and through our intentions. This is an incredibly powerful chakra.

The other things that people have tuned into doing this type of tapping, the aha moments around not only how they hold back, but also how they lied to themselves. Therefore, whenever they quit at something or held themselves back from something or voided something, they've made up a story for themselves and other people that wasn't really their truth. Carolyn Myss talks about the fifth chakra as courage, because it takes courage to speak your truth. It takes courage to self-reveal in that way, so honor that as we start to look at our own fifth chakras in the way that we speak continually inside ourselves, through our inner critic, in the way that we use our voice to reinforce those old messages, sometimes out loud in the way we used our voice to say things that aren't very truthful about the ways that we operate.

Another important thing to recognize in this exercise is how much power we give to those negative reactions that we expect, and how that is like a self-fulfilling prophecy. It's like if I put myself out there and I say I'm valuable, I'm worthwhile, you should hire me, you should pay me more, you should give me a promotion and the people, one person, or audiences say, "No thanks. We don't think you're valuable." How that will be a total indictment of the self, and that becomes the truth and it's always a reinforcement of the inner critic. This is where that inner critic voice I mentioned earlier comes back and says, "See I told you so."

Can you imagine if you had a friend who really put themselves out there and marketed themselves, for example, and none of the people that they marketed to were takers. They weren't right for their offer. Would you ever go up to your friend and say, "I knew that would happen, shouldn't have done it! You shouldn't have taken that risk!" Or would you say, "I'm so proud of you and these people might not be right for your offer." You would give them all kinds of amazing, beautiful perspective, but within ourselves our inner critic reigns. And, again, it's always a monologue, but the important thing is to recognize that all of your lower chakras, any of the wounds that you have there, will start to speak through your voice and you can see them in this exercise.

We're going to shift gears into a more positive energy around this. You're going to love this shift in the perspective on saying something about yourself, like having an energy of, "I'm awesome at what I do." That will feel better and this will be part of your homework to reinforce this whole new idea within yourself. This is a whole new affirmation for our fifth chakra to speak into ourselves. So let's jump into the tapping. If it was still intense for you, you can go back and do the tapping again. That's always important.

We'll transition to the positive now. And I'm going to focus on people who are marketing themselves. Of course if you're an employee, you're always marketing. In this stage, you're always marketing yourselves even as an employee — showing how valuable you are. So tapping through the points:

### TAPPING #3

*Here I am marketing myself to all these people  
And the truth is, I'm really good at what I do  
And I love what I do  
I've trained in this area  
I have experience  
I bring my life experience to it  
I've actually done some amazing work  
And I'm going to remember to be proud of that  
And it really feels good to my core to remember that I've also had times in the past  
Where people have thanked me and complimented me  
For how good I am at this  
And I actually love when that happens  
I love being in the flow of what I love to do*

*I love when I'm in that mode  
And I feel like I'm cranking  
I'm totally in it  
I'm on fire and I can't wait to do more of it  
I love being in that positive flow  
And yes, I need more clients or customers  
And yes, I need the income that they would pay me  
But I really love being up here marketing myself  
Because I know that I'll get to do more of what I love  
The more people who hire me  
The more I get to do what I love and be in that flow  
Be on fire, doing what I do, the unique way that only I do it  
I love when it comes together and I can't wait to do more of it  
And I see a room full of people and some of them  
Will have a real need for what I do  
Some of them will be really open to hearing from me and seeing my joy  
Loving what I do and being awesome at it  
Some of them might hire me  
And I don't even know them yet, but I really can't wait to help them  
I love helping people  
I love giving an amazing result  
I love giving people what they need with my expertise  
In the special way that I do it  
I have my own way and it's awesome  
I can't wait to share it  
I can't wait to transform all of your lives in the unique way that I can do it  
I'm actually happy to be here  
I love talking about what I do  
I'm honored to share that with you and hey I'm human  
I have flaws like everybody else  
I'm nervous standing up here speaking to all of you  
But I love sharing my passion  
And I can't wait to do that next job  
To do an amazing job, to help you and to hear "thank you"  
From someone who really means it  
I love that*

*breathe*

I've come to learn that when we talk about ourselves, especially when we're in business, even without talking about features and benefits of what we do, it's one of the most persuasive and compelling things you can say when you market yourself is, "I actually love what I do." This statement has a whole bunch of pieces of information in it, right? People who are enthusiastic about what

they do aren't usually the people who are bad at it! Most people who would love what they do, they're passion about it, they're into it, they're joyful to hire and have them help you. So, yes, you need clients, you need money, you need income, but it's not really about that when you focus on speaking about loving what you do, and wanting to attract more of that opportunity. You attract opportunities when you speak in a very different way, and if you have a lot of emotion in that.

If the previous rounds of tapping bring something up, make sure to go back and tap through them again. Honor what's coming up for you, then come back into this positive round, because when we've done the healing work, we've moved and released some of the intense emotion, and the inner critic has calmed down, this round of tapping can really, really supercharge you. When I've done this with people, I expect them to be supercharged, but often people say they feel really peaceful and relaxed.

When you go back to looking at that visualization, how does it look now? How do you appear up there and how do the people looking at you appear? Take a second, tune back in, and see that. What I often find is that people say, "I feel really relaxed. I feel really peaceful. I could take a nap right now." That means a couple things. First of all, when we come out of the fight or flight response, we often feel little bit tired because we've been holding this energy really, really tightly. We're out of that fight or flight, but there's also peacefulness because suddenly there's not so much at stake with how people see you or interpret you in the life-or-death feeling about being criticized or rejected. We can be there in a state of peace.

What the peacefulness also means is that we're expressing ourselves and we're a little bit detached from the outcome in a good way. We still care, but nothing's going to happen that's going to change that fact that we love what we do. We love helping people and being awesome at it, and we're looking for the people who really want our help. So it takes the whole situation to the more natural energy that you would want to have in that scenario, instead of all the other lower chakra wounds and fears coming out and coming right through your voice.

As you look at that picture, I hope it looks more positive. Often people see a really nice, positive energy in there. A few more things that are okay for us to voice in front of people is that we really do need money. We really do need to earn. We really need that money. We have to have more clients or more customers to have more money, and that's an important piece to also speak. We talked at the second chakra about voicing what we really want and asking for what we want, if you studied any law of attraction, is one of the most critical pieces to receiving. When we honor that within ourselves, we can recognize that at the same time we can honor that when we are looking to earn more or to grow our business or to really achieve any kind of success, there is a willingness to take action, a willingness to not just say what we do once or make one brochure and hand it out and then wait quietly at home. But a willingness when our fifth chakra opens up to literally shout from the rooftop to anybody who will listen that we love what we do and we're excited to have new clients and customers. That's where we're circling right back to the beginning – that we create our worlds through these creative expressions. It's an act of directive will which is creativity at the fifth chakra, our actions, our words, and the things that we're doing is creating our world. We see that in that willingness to do anything, to go to any networking meeting, to be on any blog top radio show, to go to any chamber of commerce, to have any speaking opportunity because we can't stifle our voice. We are dying to speak it from the rooftops. And imagine the difference in your ability to manifest more money with the fifth chakra full of exuberant enthusiasm like that, super exciting! Let's finish with one more round of tapping and then I'll give you some fifth chakra exercises as we finish this Chapter. I call it, "Let the universe hear me loud and clear!" Start tapping on any of the tapping points that you like.

## TAPPING #4

*I honor how much I love what I do*

*How much I really want to do more of it*

*And I'm dying to get out there and work in my brilliance*

*I've never really said it that way*

*I've never really said it out loud  
I've actually been afraid  
I've been in my head about it and that's okay  
I totally honor it now  
I honor how much I want more business  
How much I desire, how much I'm anticipating opportunities  
Opportunities to do what I do  
Opportunities to shine with my brilliance  
Opportunities to totally be me  
Doing what I love and I'm telling the universe, "Now hear me loud and clear,  
I can't wait to do more!"  
I'm now allowing myself to be heard from hilltop to rooftop  
Whoever will listen  
I will express my truth  
I am awesome and I am flawed  
And that's okay  
I love being me  
I love doing what I do  
I might not be perfect, but I love being awesome  
And I love doing what I do  
It really lights me up  
I shine like a star in my own unique way  
And I am open to opportunities to do just that  
I'm calling on all clients, all customers, opportunities, events, and people  
Who will allow me to get more of what I love  
To do more of me in the world  
I am asking, I am open, I can't wait to get started  
I can't wait to double or triple my income  
Doing more of what I love  
And being me on fire in it  
And I can't wait to see who shows up  
The opportunities, the events, the people  
I have no idea what's going to show up  
But I'm open and I'm letting the universe hear me loud and clear  
This is what I want  
This is what I love  
Being me out there in the world working with other people who need what I do  
Being in my joy and brilliance  
Yes, I want more of that*

*close your eyes and take a deep breath*

Take a deep breath. Remember that this is your powerful voice. Take one more second and close your eyes. Imagine that picture, see yourself standing up there in front of those people and see how they are looking at you and see that energy. And from that energy, see what will show up, what are you willing to enthusiastically do?

Here are the exercises I want you to do. First, to really enhance your fifth chakra and the way that you speak in public (which is going to be a new habit) take a moment to write down something along the following lines. You can add in your own and be as specific as you wish, but it's going to sound like, "This is I love what I do. I'm in the flow. I can't wait to do more of it. I'm honored. I'm humble. I'm humbled God gave me these abilities, these brains, these skills and emotions. I'm grateful that the divine gave me all of this."

The next time that you have to speak in public or challenge comes up, if you can do some tapping on your feelings, that is always great to do. You don't have to have a script. Simply tap on what you're feeling, but I also want you to read what you've written. It's like you can say to yourself, okay I'm feeling anxiety and I can tap about my anxiety, but this is who I really am so I'm going to read this too. It's going to help center and ground you and bring up fifth chakra courage. Isn't that awesome?

Next I want to add in intention. What you do and what you want to create – both your intentions for yourself and for everyone you touch through your abilities and through your business. This is a powerful aspect of the fifth chakra – setting intentions. It's sort of like saying, "I want to double my business and that means that twice as many people with this painful problem are getting the help they need and I'm getting an awesome opportunity to do what I love and getting paid! It's a win, win, win and that's my intention." Remember that when you set goals for yourself and your income it is going to have positive impact on everyone who is helping you earn more money because what you do is helping them.

Secondly, I want you take stock of how you're using your fifth chakra. Start to observe it. What kind of things do you say about yourself and about the world? The habitual things that you say. Notice if they're things that you really want to manifest more of, like "The other shoe's going to drop," or "This always happens!" or "See, you can't trust people!" These are the kinds of things that get uncovered when we really start to listen. Again, Deepak Chopra says that at the fifth chakra level is where we intend a thing and it manifests. We cross the line from speaking what we want and it starting to actually manifest. We actually start to choose it. We're actually starting to say, "This is my intention." It's important to see what you're in the habit of saying out loud to yourself. It's like the expression, "Our inner world creates our outer world." Well, this is where it's actually happening. Our inner map creates our outer world.

So how are you speaking to yourself? What are you choosing to manifest through those words? I hope you can identify some of these negative expressions and make the choice to rewrite them with new, positive versions that I want you to practice saying loud to yourself and others. This is a very powerful way to shift to an affirmation. We're not using an affirmation pretending it can fix everything without addressing all of this healing work. But when you add in an affirmation on top of this incredible amount of release work that you've done in this program, and you understand the power of your fifth chakra, it totally supercharges you. You can say to yourself, "I am engaging the quantum field that I manifest at the fifth chakra level and that is awesome."





# CHAPTER 9

*The Sixth Chakra —  
Sacred Energy of Vision*



## *Welcome to the sixth chakra for the 7 Levels of Manifestation.*

We're looking at manifestation. What does the sixth chakra have to do with manifestation? Well, at the sixth chakra, our third eye, is where we envision and imagine a thing and it starts to manifest. We need to have an image or symbol of a goal that can stir our consciousness, energy, enthusiasm, and activity towards, in order to manifest something new. That is exactly what goals do. They create a picture for the future that draws forth our passion, desire, excitement, energy, creativity, and our actions. With this image, this vision in our mind and consciousness, we can start to take control of shaping our life. As Anodea Judith says, we are able to form consciously the path to the future and liberate ourselves from the grip of the past. Our vision makes all the difference.

So let's think about the description that Anodea Judith gives of the sixth chakra in Eastern Body, Western Mind: she likens it to a stained glass window through which the light of consciousness shines through on its way to manifestation.

When the sun shines through the colored glass, it projects those images on any solid surface it hits. What a perfect metaphor for manifestation. Now the light of consciousness, which is coming through our seventh chakra, is going to shine through the images and the pictures we hold in our minds that shape what we create. With a healthy sixth chakra, we have perception. The purpose of the sixth chakra is to see the bigger picture, to bring that light of consciousness to all that exists within us and around us. This is really the beginning of wisdom through our sixth chakra. When we see patterns in our life, we see the past, present, and future — all simultaneously. And we have the insight of, "Wow, I recognize that pattern and see how it relates to the bigger picture, and see how within my memories and patterns, I can actually integrate things and move towards wholeness so that I transcend the ego center itself and find a deeper meaning in things."

We have access to a broader vision so that we can move from the past into the future. In this way, our insight and our perceptions direct our actions. However, it also creates some of the problems at the sixth chakra. Because the chakra sees into the past, present, and future at the same time, if the images we hold in our mind are past events, instead of only the pure vision of how we want life to be, that means we are shining that powerful light of consciousness onto pictures from the past, frozen pictures and events from the past. So instead of allowing us to see ourselves and see our more integrated, full, beautiful human self, we might be seeing through a lens of shame, for example. One of those lenses on our sixth chakra might say, "I'm not good enough," and then we see ourselves through that lens, and we might see events in the future as having way too many obstacles to ever really happen, so we can't envision a pathway there.

In order to heal our sixth chakra, like all the chakras, we need to uncover and see what is in there so we can start clearing that away. We have to take a hard look at the pictures both of ourselves and of the things that we want to create in the future, and see what images and pictures we are really holding in our sixth chakra that are taking precedent over the way we want to create our lives.

We can open up this super powerful energy. When we get to the seventh chakra Chapter, you'll see that manifestation starts at the seventh chakra, at a concept and idea that comes in from infinite possibility. It has to come into the sixth chakra and be developed into a picture, into an image that we can then get the rest of our energy behind. So many of us will have ideas, but not take action. Or, we'll have ideas, but we don't fully get behind it. That's when you hear someone say, "You know, her heart really wasn't in it."

It's typically because of these filters that we have in our third eye, in our sixth chakra, instead of allowing ourselves to just hold the beautiful image of what we want.

So let's find out what's in your sixth chakra. Because we're talking about something blocking our sixth chakra in a dramatic way around having vision and goals in a way that really directs and draws forth our energy, enthusiasm, and action, we're going to specifically look for a past event where you had vision. Think of an event from the past where you really wanted something and you really believed it was possible. Where you took all of your energy and believed and you decided, even if other people were skeptical, that you were going to believe this was possible and that you were going to take actions towards it and you did. However, the event did not go well. The story did not end well.

Now if you have one of those, you're probably already starting to feel it. This event will hang over our sixth chakra like a dark cloud. It becomes the picture we project into the future and it creates a sixth chakra closure that says, "Nope, I'm never going to believe again. I'm never going to fix my mind on a vision of the future and start moving towards it with energy because of this past event." It also becomes the demon of the sixth chakra, which is attachment in a way that says the truth is, this isn't the way it was supposed to go, which means it's not going to be successful in the future. We can get an attachment in our sixth chakra from a painful past event that is almost like a side of us that is quite sure, the side of you that would say, "I'm telling you the other shoe's going to drop. Don't believe it, don't be naïve." There's a side of us that gets attached to this vision of disappointment and failure and that is more real than any possibility or vision that we could have, or goal that we could have in the future. The attachment to the truth is, "I'm going to be let down and disappointed. I know because it happened before and I paid a really big price."

Take a breath. Tuning in to this can already be painful, so know that these are often very heavy past events for the very reason that we DID believe and that we DID try. I've worked with this with so many people from all over the globe who've said not only did they believe and they tried, but also it's worse because they tried and worked so hard that they destroyed their health or they destroyed relationships. They lost their wife, their husband, their lost relationship with their children, or they lost tons of fortunes of money or other people's money, so this past event is a sixth chakra closing destructive force and it's frozen in there like a frozen image. It's something we need to do healing around.

Take breath and close your eyes. We're going to use the power of our sixth chakra like we have been using throughout this whole program. I want you to visualize or imagine something. Let the movie screen of your mind paint the picture of you there in that past event, and see the part of this movie where you've worked so hard and it's all starting to fall apart. Just see what's happening. We're just going to do the first round of tapping about this event. As always, if more words come to you that fit your situation better, you can just ignore what I'm saying and fill in some of your own words. Tapping through the points.

## TAPPING #1

*There I am*

*That was a really bad day*

*It all went so wrong and I tried so hard*

*And I really believed*

*And that really hurts because I did believe*

*I believe when no one else did*

*I had faith and it all came crashing down*

*It was so disappointing and it was such a shock*

*I didn't see that coming*

*And I worked so hard and I gave so much*

*I paid such a price*

*I gave up so much and I've really believed that it was going to go differently  
And it just didn't  
It was so disappointing, shockingly disappointing  
And it still hurts and I'm just going to honor that  
And maybe there were some people involved  
Maybe there were people that betrayed me  
Or undermined me or abandoned me  
Maybe there were people that just didn't pull their weight  
And I was on my own in it  
I totally honor this old event and how much it took from me  
How much I lost*

## *take a breath*

If that's really intense for you, I just want you to honor that there's a lot of grief and sadness there. And certainly, as you've learned throughout this whole program, this is the intense grief, sadness, loss, anger, and all of the emotions that hold these past events frozen and stuck in time. When we imagine them with our sixth chakra, they still are so intense, so you can keep tapping. When we start to tune in to how hard something was and how much we lost, it often brings up the stuck and locked-down energy of grief, sadness, uncried tears I call them. Because typically, at the time of the event – and maybe this is true for you – there was no time to break down and cry. You had to keep going. You had to soldier on. You had to be strong. You had to figure it all out.

So if it's still intense you can go back and tap through that again. But we're going to move on to the next phase because there's a piece of this past event that's also stuck when we blame it on ourselves. Here's what I want you to test. Sometimes there were other people involved, but most people say to me, "Actually, Margaret, I blame myself." So I want you to see, if you say out loud, "I blame myself, it was all my fault, I should have known better." On a scale of 1 to 10, how true does that feel?

This is a really important one for us to tap on because what it says is that in the present moment, I will never trust myself or believe again. That is the outcome of this. So let's jump in and start tapping:

### TAPPING #2

*There I am  
Man, was I stupid!  
I so should've known better  
I was so naïve, so stupid  
Yes there were other people involved, but I blame myself  
I was naïve  
I was stupid  
It should've not gone that way  
I failed  
It's all me*

*I made the mistakes  
I should've known better  
I was clueless or maybe I was weak  
I clearly didn't do it right  
And when I look back, it's simply the truth  
When I look back, and I often do  
I see all the mistakes I made  
I see everywhere I could've done it right  
And I didn't  
I see every mistake with sparkling clarity  
I see every opportunity  
I could've changed course and I didn't  
And sometimes I rehash and rewatch this movie  
And it always feels bad  
But the truth is it's my fault  
I was naïve  
I should've known better  
I should've been smarter  
I should've done it right  
And I never should've have been so open, so star-eyed, so naïve*

## *take a breath*

Take a breath. Close your eyes and picture that moment again. We're tuning in to a past event that really affects our sixth chakra in particular because it was a past event involving a goal and a vision and believing, but we're doing classic forgiveness work. So I want you to picture yourself there again and see how the picture looks. On a scale of 1 to 10, "It was all my fault. I was stupid." How true does that still feel?

Some people will say, "It's still a 10, Margaret. I can see it all so clearly." Since we're talking about the sixth chakra, think about that this is the job of the sixth chakra, to look for patterns, except the pattern that you are selectively seeing is every single mistake, and you're holding onto that vision, attaching to that vision as if it is the truth that will project into the future right from this present. That is the image that is stuck in your mind, and from that image, you'll manifest situations that feel the same or you'll use that image to have basically no space on the disk drive to hold any other information about a new vision.

See yourself now. If it's still really intense, go back and tap again, tap again, just keep tapping on, "It was all my fault," and it will start to break. So assuming you've done that, see yourself back in the same situation. But fast forward the movie to a later time when everything had collapsed and you were really living in the consequences of these mistakes you've made and see yourself at the time that you were alone and like the forgiveness work we have done at the fourth chakra, I want to ask you what did you lose because of this event? What did you lose and in this particular type of event, so many people say, "I lost my belief and my trust in myself. I lost my self-image because ever since that day, I've seen myself through a more colored lens."

Let's do some tapping:

### TAPPING #3

*There I am and I see it so clearly  
There I am all alone, all alone  
Not only have I lost so much  
But I feel spiritually broken, spiritually shocked  
I believed so hard  
I've really went for it and that really hurts  
And ever since that day  
I see myself as failed, not good enough, mistake making  
I reflect upon myself  
As someone who's incapable  
Proven to be not good enough  
I have carried this event  
And maybe it reinforced what I heard my whole life  
That if I put myself out there, dreams don't come true  
You'll just be disappointed and that really hurts  
And I'm just going to honor that  
Everything I lost because of this, the incredible shock that this was  
The way it has frozen in my sixth chakra energy  
The way it has frozen me from seeing a new vision, a new possibility  
The way it has frozen me  
Frozen my energy from moving forward to create my life  
This vision of disappointment has kept my energy stuck  
I totally bless and honor my sixth chakra  
And all the ways it has carried this programming for me  
I honor the indigo energy of my sixth chakra  
I honor all the ways it has distorted my vision  
Because of these past events  
Because of the way I experience guilt, shame, and not being good enough  
I honor all the ways that is affecting my sixth chakra  
And I choose to shine the light of consciousness  
The light of consciousness on this past event  
So that I can see the bigger picture, the meaning, the purpose  
And the next steps I want to take*

*breathe deeply*

Let's do that. Close your eyes again, and if it's still very intense for you, it's fine to stop here and, similarly to the heart chakra work we're doing, do more forgiveness work around the specific event to keep tapping and honoring what's coming up for you. When you're ready I want you to close your eyes and see yourself there again in that past event. But now I want it to be as if you rise up into the sixth chakra bird's eye view. It's like you're looking down at yourself in this event, but you see stretched out

ahead of you, the future timeline of your life. And if you look behind you, you see stretched out behind you, your entire past – all those past events. And see that painful event as one piece of your past. There were elements that were a repeating pattern. Let's shine the light of consciousness through the sixth chakra and see the pattern illuminated so you can see you were doing the best you knew how with the programming you had at the time with what was going on, and that there were elements of unconscious patterns that were running in you. Just send some blessings and light, a new expanded view.

Look all the way back on the timeline of your life and see that every single thing that has happened to you has led you to this moment, to this desire, to this place in your personal growth, to these inner stirrings of wanting something more.

Take a breath and look at the picture again. Now look at the timeline of the past again and allow your sixth chakra to shine even more light, to clear away some of the smudges on the lens – some of the dark areas on the lens of your sixth chakra where you haven't allowed yourself to see because these events have been so painful and so loud and so frozen. Ask your sixth chakra, ask the divine, to clear more and shine the light of consciousness as you look at this timeline of your life leading to today. See that there were also miracles unfolding around you, that there were people showing up who were miracles, there were events and synchronicities and kindnesses and unexpected things, unexpected changes of direction that were miraculous in leading you to here. Maybe there were divine energies, guides, angels – whatever makes sense in your belief system. But there were more energies there loving you, supporting you, guiding you. Maybe there was even a version of your future self that was reaching back through time, guiding you and seeing that timeline, as the sixth chakra can do very differently than the pain and the sadness and the grief which the lower chakras need to honor and liberate. The sixth chakra lets us see the unfolding, over time, of every moment of your life that has led you here.

Take a breath and be with that for a minute. Notice if there's any "Yeah, but..." coming up in you. If so, that's okay. It's an indication that the lower chakras' job is to let you know when there's more energy to move. When there's more pain, there's more grief, there's more sadness that can't be glossed over or move to the big picture. It's like telling someone the day after they had a family member pass away, "Oh you should just let it go and be grateful for your life." No, you would never say that! You would recognize that person has to grieve and then will naturally come to other phases. Well, your lower chakra works the same way. If there's a "Yeah, but..." in there, that is a sacred calling to move and honor the grief, the energy, rage, sadness, and loss before your perspective can continue to widen and be more fully embodied. Take a moment to be in that energy.

Now we'll do another part of the sixth chakra work to prepare us for the seventh chakra. Going back to the timeline image of your life, imagine you're looking at yourself, seeing yourself down the timeline of your life, and then come right back down into your body so that you're looking ahead in front of you. You could turn around and look behind you and see these past events. Hopefully the one you were tapping about in this Chapter is feeling calmer and more distant.

Now look forward on the timeline and create a visual image of the goal that you have in your life, whether it's for wealth manifestation or some other type of wealth. Maybe it's a relationship – to have a wealth of love, or a wealth of health. Create a visual image of that goal and see it there, out in the future in front of you, knowing that there is a journey you need to take to get there. Let's test it. Say, out loud, "It feels impossible." I know that sounds negative, but on a scale of 1 to 10, how true does that feel if 10 is completely true, that it feels impossible. Secondly, say something else really negative to test it, and write these numbers down so you can track them over time. This is our SUDS (subjective units of distress) scale measurement. The next one is to say, out loud, "I have what it takes, I can do it." On a scale of 1 to 10, how true does that feel?

If that one feels very true, that's good. Let your mind paint you the picture of the manifestation of what we just spoke. What are the obstacles and the barriers in the way? What is in your sixth chakra that is shining through? What picture is that light shining through and casting into the future? What does that barrier look like now? Some people will say, "Wow, a brick wall appeared," or people have all sorts of amazing images that appear in their minds of the obstacle in front of them, how thick and wide and strong

it is. See what that is and let's tap on this vision of the future.

We're healing forward into the future. What would the barrier be like? The following phrases are voicing all of this. And, of course, if your wall is covered with thorns you can add that into the phrases as you tap.

## TAPPING #4

*There it is  
My beautiful goal  
Way on the other side of all of this obstacles  
So many obstacles, a really big barrier  
It's practically impossible  
I'm not even sure I can do it  
When I look at myself, I don't know if I have what it takes  
And what if it's too hard and I have to sacrifice my health or my family or my relationships  
Maybe I did that before  
What if it's too exhausting?  
I see these huge obstacles and barriers  
Lined up in front of me  
Piled up in front of me  
And they look so real and tangible  
I'm not sure I can do it  
My inner skeptic is growing right now  
And if it feels impossible and then I really go for it  
Isn't that kind of crazy because if there are so many obstacles  
That it feels impossible, I'll just be disappointed again  
And that will really hurt  
I don't want to go through that again  
And maybe I'm pretty sure I'm going to fail anyway  
Why would I put all of my heart into this?  
Why would I suspend this belief and believe with all my heart?  
If I'm just going to get disappointed  
Maybe that's why I've done things halfheartedly  
Maybe that's why I get stuck and procrastinate  
In my sixth chakra, I have a stronger vision of failure and disappointment  
I have a stronger, clearer vision of disappointment and failure  
Than I have of success  
And I totally honor that  
The one time I believed I got really hurt  
So my inner skeptic, maybe even my inner saboteur, keeps me safe  
Keeps me frozen, stops me from taking action  
Or only getting so far and then getting stuck  
Maybe my inner skeptic and my inner critic start to take me down  
Before I get too close  
I totally honor this  
I honor all the ways this is being held in my sixth chakra*

*And all the ways it's stopping me from pulling my energy together  
And going for my vision  
All the ways that keeps me stuck in a small, limited view  
A limited view of what's possible  
I totally honor that*

## *take a breath*

Take a breath. At the sixth chakra, our demon of illusion – which is like the opposite of having vision – is again a static image displaced in time, literally stuck in time, that creates an illusion about how it will go. And of course it makes a perfect sense when we think about some of our past events and our programming. But, it is up to us to recognize that our sixth chakra has the power when we start to clear the energy, instead of seeing the pattern of mistakes and using our sixth chakra to meticulously attack ourselves and everything we do wrong, which is what happens when we've learned to use our sixth chakra to attack and constantly scrutinize ourselves. We can open up the energy of the sixth chakra to see the bigger picture, the possibilities beyond the limited view.

Take a breath and close your eyes again and go back into this visualization. See that road ahead of you. Often people will say to me, "Wow it really looks different. The barriers look smaller." It's really interesting to really take notice of what your sixth chakra is painting the picture for you. What is it showing you metaphorically? Throughout this program, I've had you visualize and imagine things because I know that through that process, the sixth chakra will reveal the pattern, the images, and the symbols it is holding for you and I know that those are the most powerful pieces of information to tell you where your healing is. It's fantastically accurate. It's coming from your sixth chakra, so what is there to learn now? As you look ahead of the barrier, what is there to learn? What are your aha moments about that barrier?

Sometimes it's changed texture or shape, or people say, "Well, it's low enough that I can step over it," or suddenly resources appear. So let's do that. Visualize the barrier in front of you and your goals on the other side, and once again, we're going to rise up above the timeline to take a bird's eye view of the scene which is the sixth chakra and see the obstacles however they appear now, with your goal on the other side. But now imagine that it's like you've been looking through a pair of binoculars that really limit your field of vision, and suddenly those blinded edges are taken away and your vision expands wider than the barrier. Allow your sixth chakra, just be curious about it, to paint the picture for you of resources appearing, of resources being there, resources that come to you in terms of your personal growth.

Maybe it's that you found this program and got more courage and suddenly you took on your challenges. Or you ask for more help because you're learning to speak your truth, or just resources that appear in the form of other people or tools. See what's there. And this is how we start to gently shift into the seventh chakra where we have more infinite possibility. But for right now, see it as part of your vision. Have a vision not only of your goals, but also of resources appearing, lining up divinely timed to support you.

Imagine that you're seeing that future version of you standing there at your goal. See yourself there and once again imagine that you have been looking at yourself through a pair of broken glasses and you're taking them off and suddenly with your sixth chakra, more open, more healed, you see yourself as you really are. See yourself as you really are, see your humanity.

Yes you have flaws and you get afraid and sometimes you make dumb mistakes and you get angry and you get immature, but you are also beautiful and amazing and deeply feeling and smart and capable! See all of you, and as you see yourself surrounded by the conditions of your dreams and goals, see how you are looking around you, with your sixth chakra knowing you created this vision by seeing it. And that you are speaking that vision, you are speaking the truth of the version of you who has created that vision; who spoke it into existence. See that in your heart. You fell in love with this goal and you shared it in relation to other people, and other people showed up to love, support, and help you because you spoke your truth about it. See that you took the actions, that you found the courage and enthusiasm to take the action and you felt this was right. You felt you deserved this. You felt and expressed that you really wanted this. And finally, see how there you are surrounded by the conditions of your goal being created, your manifestation being real, that you are solid and grounded and standing solidly on this earth, the bodily experience of that physical manifestation that you have created from the conception, the crown chakra, the seventh chakra of consciousness all the way down to your very first chakra where that manifestation became real.

Let your sixth chakra show that, yes, you are the right person. You do have what it takes and you will learn more and grow more on the journey. You are the person who is right, of course you are, to manifest the dreams that are coming into your consciousness and working their way through your whole system in a congruent way right down to the physical manifestation. You were right all along.

Take a breath and be in that energy for a minute. That energy of, “I am the one who can make this vision happen.” As we turn physically, energetically from the past to the future, we are redirecting that incredible amount of energy, focus, enthusiasm, and heart in the way we speak and fix on our vision, in the way we see the bigger picture of how this vision is actually the right vision for us at this point in our life. All of that energy that used to point backwards is now open and flowing towards your manifestation, towards your vision and the healing of the sixth chakra. We move from a smaller place where there is internal conflict and contradiction, to a larger perspective that widens our vision. And, I repeat, that no matter what our specific vision is, no matter what our goal, our vision is an essential part of our healing process. No matter what goal we want to create, it can only begin with changes we make in our lives. And to create change, we need to be able to visualize and imagine it.

So stay in this meditation energy and actually practice visualizing your goal. Practice thinking about how the sixth chakra is symbolic, and practice making symbols. This is where vision boards and collages or even sketching or writing becomes really important to create that vision of where you are going.

Sometimes these are things we have done in the past and they haven't gotten us very far. I hope it makes sense now that it's because we hadn't done all of the healing work. We can't simply set a goal on top of all of the blocks we have coming all the way up to the sixth chakra. But, as we clear, heal, and liberate – which is what we're doing in this program – we're using the liberation channel so we can take advantage of the manifestation channel more clearly. As we liberate, chakra by chakra, our ability to manifest becomes more and more powerful, and that means anything you do around your vision is now more powerful than any other time you have done it in the past.





## CHAPTER 10

*The Seventh Chakra – The Sacred Energy  
of Spiritual Guidance & Miracles*



## *Welcome to the Seventh Chakra of the 7 Levels of Manifestation.*

We start this final Chapter looking at what manifestation has to do with the seventh chakra. How is the seventh chakra, which is our crown chakra at the top of our head, involved in manifestation – whether we are trying to manifest a wealth of actual money, income, money in our savings account, or a wealth of health and wellness, or of love and joy? What does the seventh chakra have to do with that?

At the sixth chakra, we learned how powerfully important it was when it comes to manifestation because we need that vision to stir all of our energy, enthusiasm, excitement, activity, and willpower. We need that sharp image, that goal for the future that draws forth our very willpower that reshaped our lives. We create what we want to create.

Anodea Judith says the crown chakra is the two-way gate to the beyond. It opens outward beyond us to the infinite. It opens inward and downward to the world of our vision, our creation, in all the way eventually to physical manifestation. The purpose of moving up through the chakras is one of constant transcendence where each chakra that we pass is a new plane that encompasses all the chakras below in a larger and larger framework. And the experience of transcendence is one of these liberations. Eventually we come back down through our chakras, since the expansion of consciousness becomes of greatest value when it's applied. She gives a great example that light shining in our eyes can be blinding, but when light is focused on something that needs illumination, it is a blessing.

Carolyn Myss talks about the seventh chakra in her book, *Anatomy of the Spirit*. She says the seventh chakra is the entry point for the human life force, which pours endlessly into the human energy system from the greater universe, from God. This force nourishes the body, mind, and spirit. It distributes itself throughout the physical body in the lower sixth chakras and connects our entire physical body to the seventh chakra. It is also the chakra of prayer. She calls it our “grace bank account.” The warehouse for energy that we ask for through kind thoughts, kind actions, acts of faith, and prayer. It enables us to gain an intensity of internal awareness through meditation and prayer. It's truly our connection to the transcendent dimension of life.

What our seventh chakra brings us is the ability to transcend the personal self, that version of us that walks around on the planet that has all of the daily worries, all our goals, and all of the things that we want to accomplish and manifest. And, at the same time, we have these abilities of transcendence, these moments where we can transcend those worries, the day-to-day events, even the desires, the things we're fixated on for our personal self, and the desire to be connected to the divine. It also means that it opens inward and downward to receive those ideas and inspirations, to place within our heart the desire for the very things we're being divinely guided to take steps towards.

As always, we look at what would stop us from having an open and expanding seventh chakra? What would stop us from being able to be that open to believing in the divine, believing that there's infinite love and support available to us? What kind of things would stop us?

Well, interestingly, that takes us all the way back to the first chakra. One of the things we discussed at the first chakra is our family

paradigm. Carolyn Myss talks about the first chakra and that unconscious loyalty to our tribe. She explains that we believe in the tribe and the safety in our family more than we have confidence to step out and leave the safety of the tribe and believe in our own personal connection to divinity. Carolyn refers to the seventh chakra energy as the energy that motivates us to seek an intimate personal connection to the divine in everything we do – the spiritual desire for connection. But how different that is than from our wish of connection to a religion? She talks about religion as a group experience which is mainly a first chakra energy where spiritually (that desire for an intimate connection to the divine) on the other hand, is an individual experience directed towards releasing our fears of the physical world, releasing the beliefs that we got from our tribe and the loyalty to those beliefs, releasing our belief that we are only safe if we are loyal to our tribe and our tribal beliefs or tribal religion, releasing those fears to pursue a relationship to the divine.

As a matter of fact, the primary fears are around spiritual issues like spiritual abandonment or loss of being connected to our identity, connected to people in our life, to our group, to people around us. She explains this powerfully when she says that when we seek that personal connection at the seventh chakra, it's kind of like saying, "I no longer want to be protected within my little group or my little tribe or my little family, and I don't want to have a mediator filter my guidance. I want the divine to move directly in my life." And as Anodea Judith says, it's also marked by this shift from saying not so much "Who am I?" but, "What does this all mean?" The right at the seventh chakra is the right to know and to learn and to seek that in our adult way beyond the belief system of our tribes and our tribal religions.

So what gets in the way of us having that open seventh chakra? Again, we come back to issues that we have learned from the first chakra to the second chakra to the third chakra. Specifically that our divinity can be forgotten if it's contracted by fear or it's buried in shame and doubt, or it's confined by our lifetime of trying to be who we thought we needed to be in order to stay safe in our tribes, safe in that first chakra. I've done work around the seventh chakra and the concept of miracles and allowing miracles into our lives with thousands of people for all over the globe for over a decade. The goal is to transcend the personal self and have a direct line to divinity and be open to miracles, to inspiration, open to the faith that says I don't expect to get answers that satisfy my own human ideas of justice, I expect to have faith that there is a divine justice always at play. And the number one block that comes up around these seventh chakra openings has to do very specifically with what we learned about ourselves, sometimes only for our families, but often for many people, the training that they got in their religion that starts with, "I am a sinner first." It's a very Old Testament perspective, as I call it. I was raised Catholic, so I think of the difference between the Old Testament and the New Testament where in the Old Testament was a fire and brimstone god. When I went to Catholic school, it was that maybe you're safe if you're good and you better be careful because some of those people in the bible still got the wrath of god even when they tried to be good. So depending on your religious background, we're going to explore anywhere you have something in your first chakra programming that is blocking your seventh chakra.

Full disclosure up front that I'm going to direct you to tune into anywhere that you found in your early religious beliefs or from your family that is problematic for you. There are also all sorts of wonderful things about our religious background and those wonderful things get to stay wonderful. What we're really doing here is being a detective and seeing if there is anything negative for us to uncover from these first chakra energies, whether it's religion or our family upbringing. But, it all kind of comes to this same question: Was I taught that in the eyes of God or the divine, whatever my religious background calls the greater power, was I taught that I was born beautiful, a miracle, an angel worthy and deserving? Or was I taught more about what happens when you make mistakes, punishment, fear, and shame. Are you ready? This is how we are going to start.

Take a breath and tune into this statement while you say it out loud. And on a scale of 1 to 10, see how true it feels. We're going to say it a positive way and then a negative way and see how true it feels and how it triggers you. Because when we're talking about the seventh chakra, we just said I want this open channel, a direct relationship with God, with the divine, and with the beyond. So let's see what happens when we start to dig into this.

Here's the statement, the positive way first. Say out loud, "I feel totally safe being completely seen by God." How true does that feel on a scale of 1 to 10? Now we'll say it the negative way: "It is not safe for me to be seen by God." On a scale of 1 to 10, how true does that feel?

Feel into your body. "It is not safe for me to be personally seen and known by God." What does that trigger in your system? If that feels perfectly fantastic to you, fantastic! This may not be your issue, but we're going to do some tapping. If it's not feeling good for you, which is what I've heard from thousands of people over a decade, are you ready? Let's jump in and start tapping and you can as always tap on any of the points. In the seventh chakra tapping, people like to add extra tapping on the top of their head, but I'm going to give you these tapping phrases and you can add in your own phrases.

Let's start tapping:

## TAPPING #1

*I would love to have a deeper connection  
With the divine, with universal love, with angels  
But I'm not sure if that's the same thing  
As being connected to the God I learned from my family  
Is that the same thing?  
Because that leaves me a little conflicted  
I'm not sure I learned that God is safe  
I'm not sure I learned that I'm worthy to ask anything of God  
As a matter of fact, I got a lot of conflicting messages  
About my worthiness and about God  
There were a lot of rules  
There was a lot of talk about sinning  
There was a lot of talk about punishment  
And always a threat of punishment if you got caught  
There were a lot of feelings I internalized  
About what I should feel guilty or ashamed of  
And I really internalize that  
Maybe it was from direct words  
Maybe from a shaming tone  
Maybe it was just from a facial expression  
I learned to be ashamed of parts of me  
Maybe I learned to be ashamed of my body  
Maybe I learned I should be ashamed for whether I'm female or male  
Maybe I learn to be ashamed of the things that I wanted  
Or the things that I felt throughout life  
Maybe I learn to be ashamed because deep down inside I wasn't good enough  
And it was going to be a lifetime hamster wheel  
Of proving my worthiness  
And I'm just going to honor  
All that unconscious programming that I absorbed  
All that unconscious programming about my worthiness  
That I really didn't get to challenge with my adult mind*

*But it's wired into me  
And so when I think of myself as a child  
I might be afraid of God talking to me directly  
I might hide if I thought God could see me  
And I'm just going to honor this conflict  
I'm just going to honor that this could be affecting my seventh chakra  
My connection to divinity*

## take a breath

Let's dig into this a little more. I mention in the tapping, "If I were a child..." and we're going to step into a visualization on that. But notice what's going on in your body right now. Notice how you're feeling. If that really resonated for you, take note of that. This can be a conflict that we've long forgotten about. The things that we learn at our first chakra are the most unconscious things. But it's what holds the most loyalty patterns over us that we have to be loyal to those rules and that way of seeing God and the world, that tribal influence. And that means all of our choices have to be met with tribal approval or we could be abandoned. That is incredibly strong, so I find any look at the seventh chakra requires a very honest look at the pieces of our religious upbringing that have told us that as good as it might sound to say "the divine," we really think of the God we learned as a child. Is that scary? Does that make us feel good, loved, and welcomed, or do we have some conflicting ideas there?

I mention that I was raised Catholic and I remember all of the wonderful stories about Jesus saying, "Let the children come," and then we had to sit in church terrified, waiting for our first confession. Panicking at five, trying to think of sins that we could tell the priest about, all the bad ways things that we had thought and bad things we had done, and it was such a conflicting message. I remember sweet loving nuns who made me feel warm and I remember incredibly mean, angry, ruthlessly, cruel nuns and I was only six years old. So it's not to trash our religious upbringing. It's really, again, to be the detective and see the pieces that we can clear away that might be holding us back, and allow the good pieces to stay in place.

Take a breath and close your eyes, because we're going to be visualizing and imagining something again. Imagine that you're around the age of five or six and it's like your mind paints you this picture of a movie, even if it's only your imagination filling in these details. Because it's important what gets filled in on our own picture. See yourself standing in something that symbolizes the religious upbringing you've had. Maybe you were at some type of religious place of worship, maybe you are in a prayer group with your family. If you had no real specific religious upbringing, picture yourself in the church of your home where your mother or your father or both represent that authority, that ultimate judge authority. I can picture myself in the big cathedral where I went to school and went to church. So see yourself in that place, maybe around the age of five or six, and put yourself there in that scene alone, nobody is with you. Allow there to be a sense of being seen, that God can see you.

Look and see that little child, that younger version of you, and see what your mind is painting the picture of? Are they floating with the angels or are they hiding? For some of you, if you're floating with the angels and feel totally loved, bravo! I'm thrilled and happy for you. This may not be your issue. But we're going to do some tapping for those of us whose picture doesn't look as good. I'm going to use words I've heard from many people over the years. Let's start tapping:

## TAPPING #2

*There I am scared  
There I am guilty, not even sure why those feelings are in my body  
There I am — frozen afraid, bracing with fear  
Wishing I wasn't alone  
Wishing I was hidden in the safety of a group  
Feeling exposed, scared, bracing for punishment  
My system on high alert  
I was only five or six in this picture  
And that was rough year  
My mind is painting me a really important picture  
Whether something like this really occurred or not  
My mind is painting me a really important picture  
I see the fear, helplessness, the wish for hiding in the safety of a group  
The guilty shameful feelings  
Maybe my mind would race  
Wondering what I've done wrong  
What bad thoughts I might have had  
And hoping against hope I don't get caught  
That God doesn't see them  
That God doesn't see my bad sides  
That I'm bad or maybe I'm just afraid  
Afraid of the scary unknown  
Too many conflicting stories  
Too many rules that it's easy to break one by accident  
There I am afraid, exposed, alone, worried  
Not wanting to be seen  
It doesn't feel safe to be personally seen by God*

*and take a nice deep breath*

For some people, this can be super intense. If that was really intense for you and it triggered a lot of emotion, take the aha moment: This is a first chakra to seventh chakra wounding energy that you may not have ever really healed this way before. It's okay to go back and tap through that again, because I've just found that so many times, we will talk about the idea of communing with the divine, of meditating, of transcending the self, of evolving or consciousness, and we're reading these incredible books on meditation and all these beautiful inspirational pieces that we can be so drawn towards. And, at the same time, we're secretly locked down in our system because there's this other piece that says God is dangerous and scary and I wouldn't want to be seen by God directly or personally known. It really stems from whatever programming we have that says, "The truth is I'm bad." And because these are instilled when we're so young, it often sounds that simple. "I'm bad." It sounds so childlike. But when we tune into those feelings, it sometimes is that simple. There's a feeling in our stomach of guilt and shame, and it's just, "I'm bad." If we tried to put more adult words to it, we'd say something like, "I'm not good enough," or "I'm shameful," or "I'm a monster," or "I'm

not perfect.” But sometimes it’s just a sense of an achy, scary feeling in the body of “I’m bad,” or “I’ve done something wrong.” When we have that going on lower in our system as much as up in our mind, we can be thinking I really want to have a better spirituality, to see how these two things can work against each other. It’s why I like to shine the light on this even though for some people it’s very controversial because were digging into things in our religious background. It can make people feel very controversial, depending on how they feel about their religious background or their family beliefs, but I think it’s worth it to dig in here and see where we have pain that needs to be healed. That will allow us to truly have the seventh chakra opening. Let’s think for a second about the idea of miracles. When we talk about miracles, which are a real seventh chakra energy, we feel really good about it. Yes! I love miracles! I’d be open to a miracle! But here’s where we can challenge the same set of programming. When we think about miracles and being open to miracles, which people often say immediately, “Yes, of course I am,” think about the questions: Do you believe that there are miracles, that there are infinite source of miracles that are intended just for you? An infinite abundance of miracles are intended just for you, to support your goals – even your goals for money, your goals to feel joyful and abundant, your goals to have more than just survival, your goals to actually thrive and have enough not only survive, first chakra survival, but to actually feel powerful, empowered, confident, and like you have free choice, because there is enough?

Do you feel that it’s true that there are miracles that God intends personally for you that have been customized and personalized and our intended for you to reach the goals that you have in your heart? Yes, even the goals that are about money and your happiness. We know that when we set goals to make more money, it always involves other people. Other people benefit when we have more clients or give more or do more. That’s usually how we earn more money. But I want you to think about, are there miracles that God has intended just for you and what you want, or is that starting to shine the light on your edge, your actual real belief about miracles and whether or not they are for other people or they are random or you personally deserve a miracle, which would have to mean that God personally sees you, personally knows you, and has personally designed miracles for you to divinely support you.

Breathe into that for a minute. Do I believe that, or am I starting to see some of my own edges and limits around the idea of miracles? The seventh chakra is about being open to miracles, and I want to do more than bring lip service to the fact that seventh chakra is open to miracles. I want to make sure it’s really open. So let’s shift gears and keep tapping.

### TAPPING #3

*I honor everything I’m seeing  
All the fear and conflicts wired into my systems  
About whether or not it’s safe to be seen by God  
And I always say I would love a miracle  
But I’m realizing now that that means  
I would have to be personally seen and known and loved by God  
There would have to be special miracles designed for me  
Divinely made for me to support what I want in life  
And I’m not sure how I feel about that  
As a matter of fact there’s definitely a part of me  
That views miracles as not really possible for me  
That views God as not personally interested in helping me  
Maybe even a part of me that thinks I’m hidden from God  
That God doesn’t care  
That God only wants me to give  
And my desires to receive  
No miracles are going to line up for those*

*That God wants me to only be good and generous  
And so there really are no miracles for me  
And when I saw that little child, that scared little child  
That confused child in my mind's eye  
That child would believe she had to beg for a miracle  
And give all my power away to beg and then to hope for a miracle  
So being honest, it's hard to believe in miracles  
Miracles specifically for me because those would come from God  
And I'm not sure I really see God as part of me  
Part of my life — maybe I have some old sadness about God  
Maybe I see God through my limited belief system  
Maybe I see God as scary and punishing  
Maybe I think sometimes of all the ways God has let me down  
Or let down people I love  
And that is holding my seventh chakra in a limited way  
I would love to believe in miracles  
I've said before I'm open to miracles  
But I totally honor that I have some programming that conflicts  
Do I really trust in God?  
Do I really trust there are miracles intended for me?  
Can I really trust that I am perfectly loved and seen and adored by God?  
I'm just going to honor that  
All the ways my life and everything that I have learned and downloaded  
Could be affecting my seventh chakra  
I'm just going to be open to that  
Open to this consciousness  
Where am I conflicted about having spiritual connection to God?  
I am open to this awareness so that I can shift it*

*take a deep breath*

Take a breath and, again, in order to be open at our seventh chakra to co-creating with the divine, to being open to miracles, inspirations, and ideas flowing into us that are divinely timed in exactly what we need, as well as open to this more personal, individual, spiritual connection that is right for us personally in who we are at this time of our life right now, we have to be open to a God, the divine, that is unlimited, who loves us in an unlimited, unconditional way, and who is actually supporting us all the time in a way that is beyond our comprehension. It requires faith, and so this round of tapping is about being open to this consciousness.

As we get higher up in the chakras, sometimes the tapping and the healing work is less intensely emotional, like the lower chakra work is, and it's actually more about moments of consciousness and saying, "Hmm, I'm realizing this now." There's an openness to sit with it, to meditate on it, to be beyond our personal pain in our past and our traumas and our history and be open to the ways we can have this spiritual faith, this connectedness to our own image of the divine in the way that changes and unfolds throughout times in our life, the way that we are connected to the unlimited infinite well of unconditional love. The way that we are open

to how loved we truly are. Let's do some tapping to bring this consciousness together, and to start the process of opening our seventh chakra. Let's start tapping.

## TAPPING #4

*Even though I have all of this old programming  
Some of it is in my sixth and seventh chakras  
To see even the divine God through my first chakra beliefs and wounds  
To see the limitation in God and the way God could love me  
And the way I could be openly connected, and the way that I could be worthy of receiving miracles  
And I'm just going to honor and love and bless myself so I can be open to a whole new unfolding  
I'm open to seeing the whole world as new  
I'm open to seeing beauty  
I'm open to seeing unconditional love  
I'm open to seeing miracles unfolding  
I'm open to remembering that miracles unfolding can be way off my current radar  
And they're still unfolding every moment  
I'm open to seeing the divinity all around me  
I'm open to seeing God in other people  
I'm open to seeing God when I look in the mirror  
I'm open to seeing the divinity in every mistake I've ever made  
I'm open to seeing divinity beyond what my conscious mind can wrap around  
In the mistakes that others have made  
And I'm open to seeing infinite possibility  
Wide and expansive in every moment  
Miracles lining up to support me in the most unexpected ways  
Ways I don't even know could be possible, but I'm open to it  
I'm remembering I can only see a small amount of reality  
But I can imagine miracles unfolding off my radar  
Lining up to support me  
From the un-manifest through the divine until suddenly a miracle manifests and it explodes into view.  
I'm so open to being wowed by miracles, by saying, "Look at that tiny miracle,  
Medium miracle, big miracle!"  
I'm open to being wowed by every type of miracle  
I'm open to seeing right before my eyes, miracles unfolding around me.  
I'm open to feeling divinely safe and held both in this world, and beyond this world in this body  
I'm open to feeling safe  
Divinely held  
I'm open to feeling loved and seen, and the safer I feel  
The more love I can let in  
The more open I am to the light of the divine  
The more open I am to miracles, to infinite possibility  
The more open I am to healing, all this work  
I've done creating change up and down  
My chakras as I open to miracles  
I allow the divine to work through me*

*So I can begin holding the miracle for other people, so that I can receive miracles  
And be the miracles for other people*

*take a deep breath + keep your eyes closed*

Notice the state you're in. Notice that you may feel more expansive inside, that your mind may be quieter and more meditative. Tapping is actually a fantastic bridge to a meditative state. Feel into your body, feel your feet on the floor, feel your chair supporting you and see if you can feel both present in this moment in your body, yet also expanded, loved, and open to the divine. An ability to both be present and transcend the self. We don't need a lot of open seventh chakra moments, but we do need some. And when we take time every day to connect to spirit, to open to miracles – even a few minutes a day – that is nourishment.

As we're in this state, I'm going to walk you through all seventh chakras again in the energy of manifesting because this program is the 7 Levels of Manifestation. I'm going to apply my words around money and wealth, and of course we are holding the energy to the whole program of all sorts of type of wealth: wealth of joy, wealth of love, wealth of relationships, but we're going to walk through this from chakra to chakra talking about money and wealth. Take another deep breath as you read along.

First, come down and imagine the red light of your first chakra. When I think about money and wealth in my first chakra, I'm open to feeling totally safe, supported, and loved when it comes to money. I'm standing physically in my first chakra, connected to money in a very material, real way that feels totally safe and secure. There's a feeling of being on solid ground and being taken care of. There's a feeling of being an adult, not a child from the family I grew up in, and adult who is safe to take steps, actual concrete steps in my life around money and around security in the way I create my life. It's my life, I'm standing on a solid foundation, and I'm totally open to money and wealth being a beautiful, safe, supported, and connective part of my first chakra.

How do I feel about money at my second chakra? At my second chakra, I imagine that orange pulsating energy. I'm totally open to the pleasure and the joy that money brings in my life – the excitement of the physical things I get to do. The fun, the leisure time, the way money makes me feel fabulous because it's fun to have money to enjoy life with. I feel like I'm just charming money into my life because who I am, is so valuable and amazing that money just shows up for me. It just arrives and adores me and wants me to be happy.

Now imagine that beautiful golden sunshine color of the third chakra. How do I want to feel about money at my third chakra? I'm open to allowing money to be a beautiful energy of action at my third chakra, that matches and reflects my power and uniqueness in this world, that absolutely connects with me taking action on my desire, the desires that come up from my second chakra and turn into the way I use my authority, my will, and my action to go for what I want. And in doing that, this money is a beautiful energy that exchanges with other people as I bring value out into the world, as I take action and receive back payment of money for that. I'm so open to receiving money for the effort and the things that I do. And when I receive that money, I'm going to say, "Yes, I'm receiving this because I deserve it and I'm valuable!"

Now imagine that beautiful spring green color of the heart chakra. How do I want to feel about money at my heart chakra? I love that money has freed me of old baggage and I now am beyond survival. I'm enjoying receiving money into my life and I now allow it to be the miracle in the life of someone else. I know that I can give money or donate money to someone in my life in ways that allow me to be generous. The ways that I am now generous with my time, my energy, and my money feeds me spiritually. When I do a kindness for someone, like buy someone lunch as a thank you, the energy and that exchange carries love in it and I choose

to have all the money I exchange with other people, whether it's through business, or through my donations, or through a little kindness like buying a cup of coffee, has the energy of loving it. I could actually send someone money anonymously and pour love into that twenty-dollar bill for someone who's going off to college, someone who's in need big or small. I love that the energy of love lines up into my money and allows me to make a difference in the world in big and small ways. I love that money flows to me and I am beyond survival. I actually have more energy and more joy and more enthusiasm to be the miracle in the lives of other people, whether it's through my donations of money, time, or energy. And whatever I give because of this money that's flowing through me, I'm going to infuse it with love.

Imagine now that brilliant blue color of the fifth chakra. And from the fifth chakra, I now speak the truth of the things that I want to create, and I truly create as an act of wealth. I manifest when it comes to money the payoff of my brilliance, creative activity, actions, and words. I manifest the payoff of the way that I speak my enthusiasm, truth, ideas, authority, and actions. And I love that as I speak my truth, as I direct my creative action, there is always money that is energetically manifesting back to me, that money is this constant exchange in the manifestation energy. I create and money manifests right back in. I love the exchange of my creative energy with the influx, the balance, the return of the manifestation of money.

And now imagine the indigo blue color of the sixth chakra. How do I want to feel about money at the sixth chakra? At the sixth chakra my vision is clear. I have specific goals that I want to create and I see with more wisdom the bigger picture of how I can create that vision, how my value, abilities, desires, and unique life purpose actually all work. The things that I want to give that only I can give are perfectly suited for the exact goal of money that I want to receive back. I see the bigger picture and I can even see in that bigger picture not only the first steps that I can start to take, but that there are more steps that I can't even see yet, but I have the faith that those steps will be there. I see that there are infinite numbers of ways that my vision can be expanded because miracles could be unfolding around me that will support and fill in the steps. My vision is exciting and it includes other people, so I also see my goals for money and wealth and the expanded view, the number of people who will grow and thrive with me as I reach my goals. I can see how it is a win, win, win as I go form my vision.

Now imagine that beautiful, violet light at the seventh chakra, the top of your head. How do I want to feel about money in my seventh chakra? I see infinite possibility and the divine in every moment. I see that there is divinity in money, the love, the exchange, the creativity, the energy, the desire, and the safety and security of money, that money can have for me a whole new energy of the divine in it. Every aspect of my human self has shadow sides and light sides, yet the divine is in all of my shadow and light sides, and I can allow that to be true for money. I can allow the energy of money to be a divine energy in my life. And that I can enjoy the energy of money from my first chakra, where it is real and I am solid and secure, all the way up to my seventh chakra, where it is really a concept of prosperity and abundance and unlimited nature of miracles. And I can recognize that money is lining up for me miraculously at all times because I am loved. I am seen. I am adored by God. And the money is lining up – this human manifestation, this physical manifestation of security and support and thriving, lining up miraculously to support not only my personal and physical needs in the world, but also my highest spiritual aspirations to be in my mission in a win, win, win way. To be the miracle in someone else's life.

Take a breath and just be in that energy for a minute. Be in that energy and notice how you're feeling in your body and take another breath. I feel so honored to have you go through this program, doing this work together. And I want you to remember a couple of things as we finish the program. And that's that this work really is about freedom. It's about uncovering the blocks that we have that stop us from being our most free, alive, evolved selves. It's about freedom from all of the different wounds, beliefs, and programming that are hardwired into us and feed all the way up through our chakras in a negative way. When we delve in and we uncover and we use tapping to clear them away, we have higher and higher levels of freedom, stepping into the freedom to choose what we want to manifest in our life, whether it's for money, relationship, love, joy, or health, we're no longer running from old unconscious programming and wounds. We step into a whole new level of consciousness and creative energy to choose and manifest our life from our deepest desires and our highest aspirations and intention all at the same time.

I suggest to you that you are loved and this is how you are wired – to live fully alive, enthusiastic, joyful, challenged, and excited about what you can create on that edge of your desire, fully alive. And that freedom to consciously choose what you want to create. Anything less is limitation. Anything less is not being fully alive. So give yourself a pat on the back for going this deep and having the patience and the compassion of yourself to work through this program when it hasn't always been easy or comfortable for you. And, of course, we're uncovering things and It's designed to trigger and stir things up and create emotion. So really give yourself a pat on the back for working so hard through this program!

Remember that you do have a seventh chakra, and it's your seven levels of brilliance, your seven levels of consciousness, your seven levels of divinity. You will shift in or out of your chakras, you operating in your chakra modes. Sometimes it will open and close, sometimes you'll be in one chakra mode more than another, but you'll shift in and out of them in bigger and fuller ways as this work continues to integrate and articulate through your system. So leave space for that, leave space for your growth, and leave space for your healing process. Leave space for the integration and feel your way through it.

I will say that a very large percentage of the people who have gone through the 7 Levels of Manifestation program over the past decade have told us over and over that sometimes six months later, sometime a year later, sometimes two, they go back and tap through the entire program again because they leave that space. And knowing that every time you work through the chakras, you up-level your entire energy system, you up-level your consciousness, you move from where you are then to the next level. We are constantly living through chakra cycle in our life, so think of this work as cycle. Give yourself the space for growth, the space to feel your way through it, the space to sit for several months and maybe start tapping through it all the way from the beginning again. And, finally always, always say yes to the universe, even when you say no to something, have it be a yes to you – a yes to receiving, yes to giving, yes to inspiration, yes to taking action, yes to wanting things, yes to money, of course, yes to abundance, and yes to your own divinity and lovability.



*Thank you so much for being  
with me in this program.*

*Margaret*