

*Transformational Speaker, Coach, and Author Margaret M. Lynch Presents*

# THE 7 LEVELS OF *Miracles*



UNLOCK THE KEY AT ALL 7 CHAKRAS AND WATCH  
*Miracles* UNFOLD FOR YOU AND YOUR MISSION

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# I ntroduction

FROM MARGARET M. LYNCH

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Welcome to *7 Levels of Miracles*!

I'm Margaret Lynch, and I'm not going to pretend this isn't a touchy subject.

As soon as we focus on miracles, we are treading into a grey area of personal spirituality, religious training, and matters of the heart and soul. But at times like this, I cannot shy away from an incredibly important and life-altering subject like miracles.

Because the more I researched how miracles "work" and what blocks them, I realized there is too much healing work to be done here!

Now, even with all that research, I wouldn't say that I have **the** answer on the subject. How could anyone?

But I do know that clearing out the negative vibes and programming always leaves us much more "connected" spiritually and energetically and **aligned** with our Life Purpose.

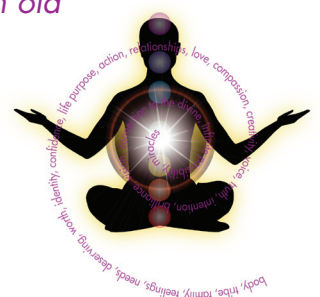
And I do know for **sure** that when you are in your life purpose with faith, **miracles** unfold to support you, inspire you and carry you far beyond where you could go with your will power alone.

**You literally "walk among miracles."**

And your feeling of personal connection to the divine, your own special spirituality, becomes deeper and more present in your life, even in every moment.

I have crafted this class using the ancient chakra system, which we use as a lens to look at the issues in our lives, together with teachings of the law of attraction, great spiritual leaders and tapping. Joining me in this program are Joan Cremin, who will lead the meditations, using her gift of Spirit Guided Energy Healing, and Rhys Thomas, creator of the Rhys Method® Life Purpose profiles. You can find more information on both Rhys and Joan at the end of the book. So we start at the first chakra and tap away the many rules, programs and pieces of evidence we have that say..."miracles are not **real** in my life". As we continue on through each of the 7 chakras, you will learn the specific conflicts, vows and traumas that block the 7 aspects of miracles.

*In the **7 Levels of Miracles** program you will transform in each class from old programming and negative vows to the vibration of excitement, anticipation and receiving.*







# Level One

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## THE FIRST CHAKRA





Welcome to the first class for *7 Levels of Miracles*. As soon as we say the word “miracles,” we really start to trigger some of our deepest held beliefs around our religious upbringing, around God or the God of our understanding, around abundance. It is where we question whether abundance really exists—and certainly around our own worthiness to live in abundance.

Throughout these classes, I will be using words like God or the Divine, based on my own spiritual understanding. In the meditative sections of each class, Joan Cremin will be using different words for the way she understands her spirituality. If you are not comfortable with our words, I invite you to substitute the words in the tapping or the words in the meditations that resonate for you. Many religious backgrounds and spiritual beliefs are represented in my classes, and it's important to me that everyone feel comfortable as we explore this modality to wholeness together. When we substitute words that we use in our own language, the whole tapping experience, the whole healing experience is going to be more personal and more meaningful for us.

We will be tapping through each of the chakras, and I teach the chakras based on the teachings Rhys Thomas of the Rhys Thomas Institute of Energy Medicine. You have access to the foundational class for the Rhys Method® Profiles that will help you understand your profile or your two dominant profiles, and the corresponding chakra for each. Understanding your profile will help you zero in on the chakras where you might need some extra work or where your life long work might be in owning more power around one or two of your profiles.

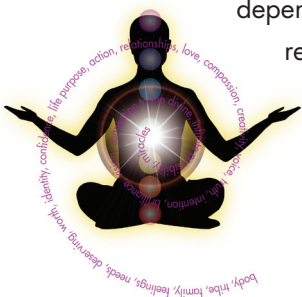
For more info: <http://www.rhysmethod.com/rhys-method-life-purpose-profiles/rhys-method-life-purpose-profiles-descriptions/>

To purchase the questionnaire: <http://www.rhysmethod.com/rhys-method-life-purpose-profiles/rhys-method-life-purpose-profiles-questionnaire/>

I like to use the chakras as sort of a lens to look at some of these issues similar to what Carolyn Myss, describes in her book, *Energy Anatomy*. She says that when we think about our physical anatomy, we could all picture an anatomy chart that would have all the different organs and bones and systems of the body. We also are organized energetically with as much detail and precision as we are physically, and the chakras are your energy anatomy.

In this first class, we're going to start with the first chakra and really get into what happens at the first chakra. But because this class is about miracles, I'm going to be focusing on three core pieces.

I really feel that our ability to manifest miracles, or our vibrational match with the idea of miracles, is really dependent on three key things. The first one is our belief in infinite possibilities – infinite resources. The idea is that the universe, the Divine, God has infinite resources for us personally. There is an infinite amount of resources available to us at any time.



Secondly, manifesting miracles is connected to our faith that we are seen, loved, and supported personally—very, very personally by a benevolent power, by the God of our

understanding. It's not just that there is a benevolent God and that He cares about you or that you exist in the mind of God, but that it's a very personal relationship that you are seen. Your uniqueness and your life purpose are seen and are important and are supported. In *How to Know God*, Deepak Chopra says, "Any miracle that happens involves some kind of direct contact with Spirit."

The third core piece centers around your feeling of your own worthiness – your ability to feel how unique you are, your unique nature, your unique life purpose, and to recognize and feel that you are absolutely worthy of infinite resources, worthy of being seen personally, loved, and supported by the God of your understanding.

As we begin with the first chakra, or root chakra, located at the base of the spine in the coccyx, we look at our earliest programming in the beliefs around our physical body, our family, and our religious upbringing, and everything solid in our life including money, our body, and our home. It's where we hold our deepest beliefs about safety and security in our body, in our family, in our community, and our religion.

Our earliest programming—our beliefs—comes from our tribe of origin—our family. The people that raised us really provide that first level of programming about whether or not we're safe physically, whether money was something that was safe when we were growing up, and whether survival was an issue—daily survival—such as having enough food, love, even nurturing care.

The first chakra is where we actually physically manifest our visions, our beliefs, our relationships, and our life purpose. So when your first chakra opens, it becomes a magnet drawing the matter of life to you in the form of the material manifestation of good health, of prosperity, of relationships. Rhys describes this chakra like a tree. It's powerful and majestic, solid, unmoving, alive—and it's also very simple.

You can get an idea of how well your first chakra is doing by asking a few simple questions: When you look at things in your life—physical things—your money, your house, your car, your computer, take an assessment on how well are they functioning? When you look at your body, how well is it functioning?

And because your first chakra is all about safety and security, this is the origin of your fight or flight response. When we think about God in this chakra, we often have the belief that God is sometimes merciful but sometimes punishing, or sometimes vengeful or protective and will keep you safe if you follow the rules. It's very much like a parent protecting a small child. And in many religions we are told if you follow the rules, God will protect you. And if you don't then you may be punished. And if you feel punished in the first chakra, you may not feel safe.

Miracles at the first chakra really are around surviving great danger. Money becomes about being safe from danger or protected. So as we look at miracles, it's important to feel seen, loved, and personally supported by a benevolent God.

If we aren't feeling this, we may feel the opposite, which is scarcity. Then we are in the fight or flight mode, and we view God as punishing and vengeful. Because we also want to see God as merciful, we will often pray for miracles around survival. So when we're



at our worst, at our most fearful, at our most desperate, that's when we feel it's okay to pray for a miracle to somehow survive this danger, to somehow get enough to get by.

There were some interesting contradictions that I saw in myself as I looked at my first chakra beliefs. I thought, "Well, of course, I believe in a benevolent God," and then I went "Hm, if I look at a lot of my first chakra beliefs and the times in my life when I turned to faith and to prayer, most often it was in times of great desperation and need to be protected."

Now, what I want you to travel back in time. Take in nice, deep breaths and close your eyes. I want you to picture yourself maybe around five, six, or seven—a younger version of yourself even if it feels like you're sort of making up a picture in your mind. And I want you to see yourself – this younger version of you—in the house that you grew up in at that time. Put your parents or your caregivers there in the picture.

I want you to bring into this picture some things that symbolize the God of your understanding at that time. Often this comes from one source—your parents and your religious upbringing. What is God's role in your family, in your life? What's the teaching about God or your religion? What's the feeling about it?

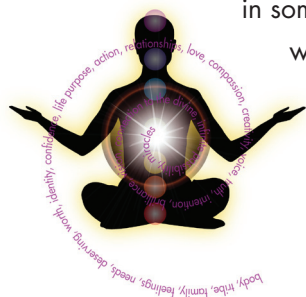
Next, I want you to bring into this picture the feelings around money. Did you feel safe and secure around your family? Were things tight? Was scarcity more real? Was there anxiety? Was there fear? Was your family in survival mode or were you in survival mode because of whatever was going on in your family? I just want you to tune into that for a minute and notice these two things in this picture—your vision of what God is and how safe you felt. And so in that younger version of you, what would a miracle mean? Notice if you resonate with this idea that a miracle would be deliverance from fear—some kind of safety, some kind of security.

Sometimes people choose the kinds of miracles based on what their parents would pray for, ask for, or talk about. Take a look at this picture, and I do recommend you write down notes for yourself because the information that's being painted in this picture is very powerful for you. It comes from your subconscious mind, your energy system. It provides clues on what needs to be cleared.

Here are some comments shared by participants in my *7 Levels of Miracles* teleclasses:

Participant: I hadn't thought about this in so long, and I realized that my parents would just drop me off at Sunday school. They would tell me if I didn't attend every week, that I would burn in Hell. I was so afraid of God. I was afraid of His wrath.

Margaret Lynch: This is your earliest, your most basic foundational programming, and every chakra above in some way or another, will speak the truth of that programming. So looking at the picture, what's the level of fear in you?



Participant: I felt safe. Consciously I didn't know that they were struggling at the time because they kept it from me. They didn't speak about it in front of me, but I later found out that they were struggling. So I guess unconsciously I was picking up on that.

Margaret Lynch: But think about the situation if you don't go to Sunday school, you were going to go to Hell.

Participant: I know. I was terrified – absolutely terrified.

Margaret Lynch: Look at the picture, and see if you could see that on your face because it's really interesting the way your mind will paint that picture. Even though you're just closing your eyes and imagining fear or terror, it's a very strong indicator that that's what's being carried in your nervous system. Since the first chakra is the center for our fight or flight response, that fear will trigger your fight or flight in some way.

And so what would a miracle have been like for you? How do you think you would've defined a miracle? If you were to ask that child what would a miracle be like, what kind of miracle is okay to ask for?

Participant: I guess just to know that I would be safe and never go to Hell.

Margaret Lynch: A miracle is not going to Hell.

Another participant had this to say:

Participant: Going back to that time for me, it was about total survival for our family. There was always the fear of not being able to pay the rent or have food on the table—and also survival within the family, not knowing when one of the parents was going to strike. And in terms of God, there was duality of a completely pure and loving God and that vengeful and punishing God. So I guess a miracle for me would be just to barely survive.

Margaret Lynch: Deepak Chopra says in *How to Know God*, "The god of the first chakra is what do you need to do to make the God of the first chakra happy? And it's fear and loving devotion." I think of this as God saying, "You got to be afraid of me, but you better be lovingly devoted."

Participant: In my adult mind, God is so loving that there's no way that He would make me beg for mercy. But going back to the way that I was raised, I have this picture of a stern ruling God that's superior and powerful. Asking for a miracle would mean begging for mercy.

Margaret Lynch: What we wind up with is a belief that says I have to sacrifice to earn love, and when God is involved it's really big globally deeply rooted in our core level.



This belief is seated in the unconscious because it's about God. To look at what goes on at the first chakra around miracles we find some pretty dark stuff. And when we find stuff that's dark like this, we want to clear it.

Another participant had this to say:

Participant: My view is completely different from everyone else's on this. I don't have vision of what I thought a God was when I was a child because church was not a big part of my upbringing. And I'm not even sure how safe I felt since that time. I know there were times I did not feel safe, but the big thing that came up for me was the idea of miracles. I don't have any preconceived idea of what a miracle is.

Margaret Lynch: Rhys says, "There's a million ways not to feel something," and so there's a gap there for you. What would that bring up in a child to say, "I don't really believe anything? I've never been really taught anything."

There's a gap around what I call the faith that you are seen, loved, and supported personally by a benevolent god. Now there is no benevolent force out there. It's just me. It's just this room. It's just work, which is what we call very first chakra. Does that make sense?

Participant: Yeah, it does.

Margaret Lynch: So it's interesting that you signed up for the class.

Participant: I have been working on my spirituality in the last four or five years and recognizing that I'm connected to all kinds of things out there, but I – the word "God" is not the same to me as it is to other people. When I look at that word, I think of it as very negative, but that was the way I was raised or the way my father talked about Christian religion.

Margaret Lynch: That's good to look at because there wasn't actually a gap there. There was definitely some negative connotation.

Participant: When I started this spiritual thing, I realized my view toward God was very negative. I could not open myself to anyone out there of any kind of religion because there was such this negative connection, and I've let go of most of that which is wonderful.

Margaret Lynch: What often we find of our parent's generation, people in their 60s, 70s, 80s is that when they rejected religion, there was always a first chakra issue where they felt that, "Hey, the one thing God's supposed to do is protect me. How could he let this happen? How could God let this happen to us?" So there's a break from religion because they believed that God was supposed to be there to protect like a loving father, but he wasn't. It might be interesting for you to look at where that came from in your father.



Another person shared:

Participant: I had very fear-based God and when it came to miracles, I felt like God's got better things to do. He was very punishing, and also all-watching. He knows what you're thinking, what your doing, and he will punish you. He was very vengeful. There was nothing benevolent about the God that I was brought up. It was almost like "Well, you're lucky to exist." And so my thing was just hoping that he wouldn't notice me, that he'd ignore me, turn a blind eye. There was no way miracles were going to happen to me.

Margaret Lynch: For you a miracle would be around the issue that God doesn't even see me.

Participant: I get to exist because He won't actually strike me dead.

This is really what we focus most on in the first chakra, this religious belief because it touches our safety. And we're talking about both safety globally—whether we were safe like our soul, whether we were going to Hell, and whether God was going to punish us. It also related to our family – what was going on in our family at the time—whether we felt safe in our family or if our family was experiencing survival mode around food, around money, around resources.

## TAPPING EXERCISE

There are a lot of potential beliefs at this first chakra, such as "I am not safe" that we would want to tap/focus on here. Think about the physical reality of your family—or the lack of things in your life. If scarcity is more real, then abundance does not actually exist in your energy as much as we want to talk about it and think about it.

We're going to do this round first, and then do a round on the other side of it, which means that once we tap around our blocks/obstacles and clear them we reach "the other side." This is where we can now manifest/live in our light and not in that old belief anymore.

Again please adjust my words around what's really coming up for you. Everyone has slightly different issues. I try to hit a lot of them, but certainly if there's one theme that's really hitting you, you can kind of keep on that theme and follow along with me loosely.

Refer to the Tapping Chart in the back of the book for reference to the tapping points.

*Begin on karate chop point:*

Even though I love the idea of miracles, the truth is I was raised with fear – fear about God, fear about punishment, fear that He was always watching me with a critical eye. Why would I want a miracle from this God? I'm just going to honor that and hope I don't get struck by lightning for saying it even though I would



love miracles in my life. I understand this involves contact with Spirit, with the Divine, with the God of my understanding, and I'm not so sure about that.

In my first chakra, God meant fear. God meant anger. God meant he was sometimes merciful, if you were good. I'm just going to honor all this old programming, and the fear and the terror attached to it.

*Tapping through the points:*

There I was, a small child, so afraid of God's wrath, afraid I'd go to Hell, afraid I wouldn't be forgiven, afraid my family wouldn't have enough to eat, afraid I had to be perfect. But I knew I wasn't. Miracles for me meant surviving. Miracles for me meant God was benevolent. A miracle for me meant things I couldn't really understand. I never really understood miracles.

So many confusing messages in my religion, in my family, in my reality. I'd love to ask for a miracle, but it mostly meant survival. I just wanted to survive. There was so much fear, and it didn't seem like God cared. As a matter of fact, He seemed really scary. I totally honor this conflict around miracles, around the Divine programmed in my first chakra because when I think of miracles at a deep level I remember fear. I remember survival mode, and that doesn't feel good. I'm so open to healingness for my highest good.

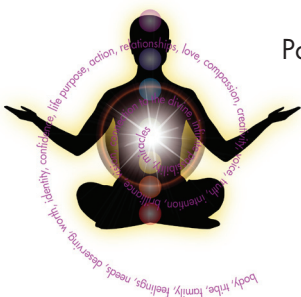
Take a nice deep breath. Sometimes a round like that can actually trigger more emotion if it's voicing some really old stuff, particularly sadness can come up.

One participant offered:

Participant: What I noticed what was really, really powerful, and for which I'm very grateful for that is I was raised in a Communist society. We did not have God. But what I noticed is for me is that God is a power that's outside of me. And so it was naturally unconsciously associated with male energy, but also with the government. I kept substituting with the word "power" because that was bringing the most triggers for me and noticing that power. There's no control. That's very strong and I just thought it was interesting.

Margaret Lynch: You actually moved up to the second chakra 'cause those are all second chakra issues. Sometimes our energy system says, "Mm, I got more of the second chakra. I'm going to move up there." We'll be hitting some of those ideas again in the next class. So good.

And another shared:



Participant: What I noticed was miracles for me are scary. That's the word that came up. What I remembered was that almost every time I've ever experienced something that I would call a miracle, it's brought up huge amounts of fear after it happened.

Margaret Lynch: This is the fight or flight connection. So at your first chakra, miracles are



not safe. So a miracle could happen to you, and it'll only be able to come so far down into your energy system. When it starts to hit your second and first chakra, you're like "No freaking way. I don't want this."

Participant: Exactly, and a lot of times when I have experienced a miraculous occurrence, I've fought against it so much that it actually leaves. I really want to get over that.

Margaret Lynch: The way I define miracles is when the Divine co-creates with us. We are able to go far beyond just our will and our willpower and our hard work. Think of the idea of the firefly trying to fly through an open window and the window's half open, and they just keep hitting the wall an inch away from the open window. That's will power and hard work, and it's not always very successful, and it's often much harder on us than it needs to be.

When we allow the Divine to co-create with us, Wayne Dyer refers to this as the path of least resistance. When we are able to allow miracles to flow through our whole energy system and into our life and support our life purpose, it takes our life to a whole different level. A great example of that is a commonly known phenomena for sales people. They will be working for months to close a deal and it actually closes when they go on vacation and are relaxing! They get the call that the customer made the final decision and placed the order!

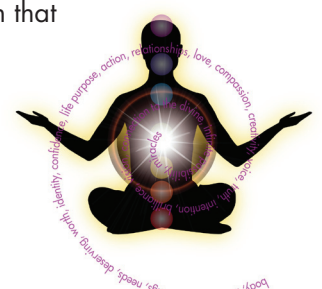
This participant added:

Participant: For me, miracles are not only not safe, they are dangerous. I can see how when I have gotten things that are wonderful for me that I consider wonderful or a miracle, something bad happens whether it's my health or my finance or something. I see how that's related to the sabotaging part.

We're going to do another round and hit the fight or flight a lot harder because when you really tune into something like this, tapping is exceptional at turning off and rewiring the fight or flight. And so remember that when you've got something that comes up strong like this, you have proven it true hundreds and hundreds and hundreds of times in your life. You have evidence that you're carrying around that says, "This belief that I have that this is dangerous is true, and I've proved it over and over and over. You actually have neural pathways developed around that. So when you find a core belief, you want to really work with this more than just tapping today.

A participant contributed this:

Participant: I actually grew up with a God that was incredibly loving and in a religion that did not believe in Hell and all that. So I immediately jumped way back to my parents who represented God for me in a whole different and very conflicted way. When we started tapping, I bypassed the whole presence of God and went into my second God if you will, which was my parents at an early age.



Margaret Lynch: We see when people aren't congruent. You really have great instincts about that, that they really represented a more real God to you, whether I'm safe, whether I'm secure, whether I'm going to be judged as good or bad.

Another participant commented:

Participant: The phrase is coming up: "The Lord giveth, the Lord taketh away."

Margaret Lynch: Right – sometimes merciful and sometimes vengeful.

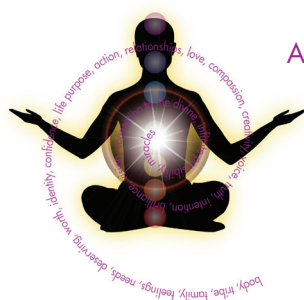
Again at the first chakra, the question is am I safe? Eckhart Tolle says, "When you can be in a situation where there's uncertainty about your safety and be calm, then that moment is when infinite possibility opens up to you." So when there's uncertainty yet you're still calm, you have absence of fear, that's when infinite possibilities open. When we're in survival mode, infinite possibilities and miracles do not exist for us in any real way. As much as we meditate on them and think about it, when it comes down to the real first chakra issues where we actually manifest, scarcity is more real. Life or death, survival mode is more real than being divinely guided and held in our life purpose.

Everyone of you that have expressed these survival mode issues— when you feel it in your life right now and you're replaying being in survival mode when you think about your money and you have anxiety or you think about a scarcity in your life— it's programming. The life that you're replaying now if that's what's present in your reality came from way back there from the past. It's actually programming that's creating that. So it's really, really important to do this tapping for the first chakra around survival mode.

## TAPPING EXERCISE

So we're going to do another round on that, and this time we're going to go right through the tapping points. Just start any points you like to tap and use your own words if mine feel awkward.

Miracles are dangerous and that is the truth. Barely surviving, fear, anxiety, terror, that is more real. That is absolutely real. That is the truth. That's what I lived. That's what I'm still living. There are no miracles. I wouldn't want them if there were. They're dangerous. They're scary. There's a huge downside. What's real in my first chakra is survival. Panic, fear. Am I safe? I don't know. That's what's real. All this old programming stuck, conflicted, and rooted in my first chakra, in my nervous system response. My very nervous system is wired for survival mode. I don't feel safe. I've never felt safe. Miracles aren't even safe because the god of my understanding wasn't really safe. My family wasn't really safe.



And from this first chakra programming, I see the whole world. I see miracles and I see the Divine colored through this programming. I am open to healingness. It would probably take a miracle. I'm asking for help in healingness conflict – this old programming that I am not safe. I honor all of these old beliefs and I'm open to healing them. I do this for my highest good, and I call upon the light within me, the light of my soul that is eternal,



abandoned me.” Rhys Profile Method will show that the emotional intelligence specialist will often have issues around abandonment. The charismatic leader profile type will often feel a battle of “I don’t need you, God. You wronged me. You’ve betrayed my family and I’m going to refuse you.”

The Divine or the God of your understanding is also your view of miracles. For some people, miracles sound lighter and easier to say, but it’s all wrapped up in whether or not you believe that there is a benevolent force that is personally going to support you.

Now we’ll do the positive round to start opening up some ways of feeling about miracles. Recognize that you might not be ready for this positive round yet, and that’s okay. And if you are not ready, please feel free to tap through the previous rounds as many times as needed until you are ready.

In the first chakra as we look at the positive side of miracles. We actually start to see that everything in our life—every physical thing in our life—is already a miracle. Even the pen sitting in front of you on a desk is a miracle of engineering and the result of fascinating inspired ideas that came to people to create that pen. Then there is the computer sitting on your desk or the phone that connects your voice to people all over the world. The cars that we drive....the list is endless. So as we open up to miracles in the first chakra, look at the real material things in your life and seeing them as miracles that were personally delivered to you just for your enjoyment.

It’s a miracle because I love it and it makes me feel love as opposed to seeing things as miracles related only to survival. For example, winning \$50 is a miracle so you can buy groceries versus seeing everything, even a flower as a miracle because of the love and beauty of it. When we start to see the physical miracles around us, this is when your first chakra opens up its magnetic ability to draw and manifest more of the physical items that we want in our lives. And as we clear these vows at the first chakra, remember it affects every other chakra in our system.

So we’re going to do another round of tapping and bring in some positive beliefs.

## TAPPING EXERCISE

*Start at the karate chop point.*

Even though miracles have brought up a lot of pain for me, I totally love and accept myself and I’m open to accepting the word “miracles.” Even though I made a vow to refuse the Divine, and I’ve held it energetically in my first chakra, a vow to believe in fear in survival, a vow to refuse the existence of miracles, I totally honor that vow and all the ways it involves loyalty to my family and all the ways it involves rebelling against my family. I’m open to healing this old vow, clearing and releasing this vow programmed at my first chakra, because it’s really been limiting me.



Even though I have this vow at my first chakra and it’s a vow against miracles, against the Divine, against my religious beliefs, against my family, or loyal to my beliefs, loyal to my family, loyal to the god of my understanding, I now see all the fear in that vow and I’m

open to healing it.

*Tapping through the points:*

All this fear around the Divine and miracles stuck in my first chakra, I'm open to healing that and allowing a new opening—maybe just a baby step—a new widening, an opening in the energy system of my first chakra, allowing for room for miracles to be real, allowing for space that miracles can fill, that the Divine can fill, allowing me to widen my view, looking around the room and seeing miracles everywhere.

I'm surrounded by miracles. Miracles manifest. The things I see around me and my very body are actually miracles. Miracles manifest. As I open up my first chakra, I widen my magnet. My first chakra magnet and draw to me the physical stuff that miracles are made of. I'm open to walking among miracles, touching and feeling miracles, seeing everything around me as a miracle manifest. I'm allowing my soul to whisper in my ear that I am safe, I am unlimited, I am eternal, and I am divinely supported. I matter in this universe. There is a Divine net always supporting me. I thank my soul for reminding me. I totally honor my first chakra, my body, my family, my money. Everything solid in my life, I honor and bless now. I open my first chakra. I'm supercharging my magnet, and I'm allowing miracles. I'm allowing miracles. That feels so much better.

Take a nice deep breath.

Now for some participant feedback:

Participant: I was raised with no religious background so the idea of miracles is really hard for me to resonate with, and I didn't relate to any of the feedback. So it's a little bit confusing for me. I don't know why I had such difficulty with this call.

Margaret Lynch: You might want to consider if there's really a vow that says, "I'm not comfortable with this. I don't really want to go there." If that is true, what we'll do is dissociate. We won't really feel a resonate. We'll go up in our head, and that's okay. They move into the fight or flight response and think, "I got to get out of here." That's how we've learned to deal with it.

It's definitely worth tapping around the idea that "Even though I want no part of this. I don't like this material, I don't want to talk about God, I don't resonate, I'm different than everyone else, and I don't want to feel all this. I love and accept myself anyway." And so try some tapping on really refusing to have a spiritual connection to feel whatever is in there because you've got some belief about the Divine.

There's a million ways to not feel something or not believe anything. So there's something there. Just see how that feels for you because it's important to discover what is in the gap—if there was a lack there, if there was no religious upbringing. There's actually a belief about that gap.



Margaret Lynch: We're looking at the loyalty to my tribe which resides in the first chakra. Your spirituality is in your upper chakras. As the first chakra issue, it's really looking to where you have a vow to be loyal to your family around recognizing God in any of these ways. And it's great that you don't have a lot of the negative programming to get rid of.

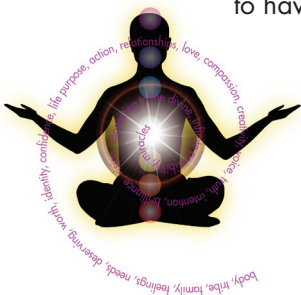
Margaret Lynch: There might be some refusal there to because your belief is "I'm going to be loyal to my parents and refuse all of that."

Margaret Lynch: What you are probably thinking is: "I don't want to see it. I don't to feel it. It's not part of me. It's certainly not part of my spirituality." But it is at the lower chakras. And so if we want to be able to understand what spirituality means at every chakra, then the lower chakras have very, very different issues around them. So for you, it's going be more of a little exploratory mystery for you to see why you have a pretty strong refusal to go there. There's some programming in the fact that there's no programming. So it's a little journey of discovery.

Participant: I was crying all the way through, shedding loads of tears, not being able to stop.

Margaret Lynch: Because of the global nature of these issues they can hit us so deeply. I want you to consider that there's a little gift in this for you even though it's so painful. The gift or the calling is that for you, your spiritual connection, is incredibly personal. It's possible that it has triggered so much emotion because the truth of you may not be how you've been living, but the truth of you is that your connection to the Divine and to miracles is actually incredibly personal and incredibly deep.

The fact that you've had so much emotion about it shows you the pain or the sadness of being separated from that, the pain or the sadness of carrying these beliefs that keep you in a state of separation from your personal connection. You have the potential on the other side of all these tears to have a deeply personal and satisfying connection.



Participant: I remembered vaguely as a child having asked God for something or some help and I felt again ignored by God. And I have a feeling that God betrayed me. He's not there for me. God doesn't care about me.





You might feel as she offers this meditation a sense of great peace. You might feel a lot of energy moving in your body. You might feel like you're going into a light meditation or sometimes people think, "I think I maybe went to sleep and some of that. I'm not sure." Or you might just feel nothing at all. Any experience that you have is going to be the right and perfect experience for you.

Now for the meditation, and you might want to record the meditation and listen to it on your MP3 player.

*One of my greatest blessings as a small child was my ability to connect with my spirit guide and angels, and that connection – that was a really special connection for me—helped me to survive through many years of trauma. So I bring my humble heart to you to share the miraculous gift of healing from Spirit that has always been a constant source of comfort and strength for me throughout my life.*

*As we pray, infinite Spirit God of Love and Light, I ask that you bring your golden healing light around us and close the circle and protection and love beneath our feet. I ask for all our highest guides and angels to be present with us, our whole divine team, our divine presence to draw close. And I ask all the Ascended Masters and the Legions of Light to draw close to us. And I ask all the archangels, and especially Michael the Archangel to stand guard with us and protect us forever.*

[illegible]

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do, nowhere to go.

*And just imagine a tiny little thought being born within you connecting you to your soul's light very gently, very slowly. Just imagine a little flame beginning to burn. There is darkness no more, and this beautiful little flame is being supported by the golden healing light. It is warm, comforting, safe. You are home at last. You are home to yourself. Welcome home. You are safe. You are secure.*

*Now just allow this golden healing light to travel with this little flame and travel upward once again through your second chakra and touching into your third chakra, your solar plexus, upward gently floating through your heart chakra and feeling the warmth of your heart, up, up, up through your throat chakra, touching in with your third eye, sixth chakra and on up to your crown. And allow this golden healing light to travel outside your body, up above your body. Now see the golden light dispersing and becoming beautiful golden raindrops drifting slowly down your whole body in a blanket of protection and love. Know as you go forward from this moment, you will always walk in the light. Blessed be.*





# Level Two

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## THE SECOND CHAKRA



Welcome to the *7 Levels of Miracles* class two where we're going to be talking about the second chakra.

Because we're going to be talking about emotions, and emotional balance, "Full Energetic Balance" is a great crystal bowl meditation to listen to after reading through the materials. This is designed to balance your entire chakra system.

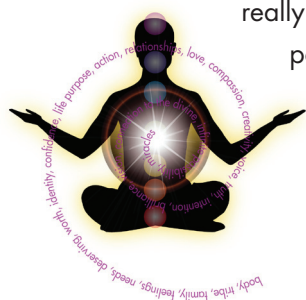
As we move up into the second chakra, we go from the solid nature of our body, to the fluid nature of our feelings. It's located in the pelvis, or the lumbar region of the body. Rhys says that it represents everything that flows, moves, and attracts us—creates desire for us. So, in the second chakra, we sensually feel the world we come into contact with, before we even attach any meaning or "emotions" to what we desire. It is here that we take note of what attracts us and what we don't like. How aware are you of the people and the things in your life? How do they touch you? How do they feel when you touch them? How aware are you of vibration, light, and sound of other people? How aware are you of your deepest desires and passions?

It's through this pleasure of contact with the world that we stimulate our passion—our desire for what we want in this life, what we want to do in each moment. It also expresses our power in one-on-one relationships, including through our sexuality.

The secondary aspect of these sensations are the emotions that come with them. Rhys says, "The sensation is a raw unit of feeling. And emotions are when those feelings come to consciousness from the sensations, and trigger you to either move out or move inward." So, your sensations drive your emotional behavior in positive and negative directions. So, in the second chakra, again, this is where we feel our deepest needs. Based on those deepest needs, wants, desires, and dislikes, we actually feel who we are. It is where the self-image lives.

The second chakra is also referred to as the power center. The energy of this center helps you go out and get what you want. Or when you really don't want something, it creates an energy of, "No, I don't want that." This chakra is where we discern what we want to have in our lives and what we don't. The miracle of the second chakra is not based on survival mode, like in the first chakra. The miracle is about desire.

And for many people accepting that we desire something or someone is difficult. It sounds so easy to just feel what we really want. Most people walking around are not actually feeling what they really want, and asking for it. They're actually thinking about what they can get, and how to get it. When we're children, we desire greatly to be seen, to be heard, to be loved, and to be safe. If those deepest needs in us were not met, it's incredibly painful. And because of that pain, we will do a couple of things. We will make vows or decisions to not want that anymore, because it's not safe, or it's too painful. We will make a vow to never be vulnerable to that want. Or, we make a vow to always feel unworthy, because when we feel unworthy, we're not going to ask for what we really want, because we don't deserve to receive. So, if our deepest truest needs were unmet, the pain that brings will cause us to make a decision. "I'm not going to want that anymore. I'm not going to feel that anymore."



Secondly, often as children if we stated what we wanted and were told that it was bad to want whatever it is, we were made to feel guilty in the eyes of our parents, or in the eyes

of God, which often mix together. Our response to that is: "It is shameful and wrong to want that. I can't just ask for that." We will refuse to honor our deepest feelings and needs. What we do instead is we go up in our head, and we figure out a way to get what we can get to survive. Instead of focusing on our emotions, we focus on the need to survive, which feels safer. Our minds conjure up thoughts such as: "You know, I don't like this job, but I've got to be in it 'cause I need the money." "This guy doesn't treat me that well, but you know what? He's helping with the bills and he's kind of loving sometimes." "This money isn't that great, but I cannot take any risks, so it's good enough."

Deepak Chopra actually says that it's more difficult to get out of a relationship, or a bad job, or bad money situation, if it's actually meeting your basic survival needs in some way. It's harder to break away. Because we've been conditioned that we can't really get what we deeply, deeply want, we go over and around, and up and beyond what we're really feeling to make sure that we survive. And we do it in a way that will be accepted. We actually create a new self-image. Rhys calls it the virtual self, based on all the coping mechanisms around not being able to get our needs met.

So what happens in our life? We won't desire or feel the need or ask for what we really want. So when it comes to miracles, the miracle that we're asking for has to come from our mind, or come from our survival—and not from our heart, which is our love center. As Deepak Chopra teaches the God of the second chakra is about achievement and reward, or punishment. If you work hard, God will reward you. So, achieve. Achieve. Work really hard, and a reward will come. Or it can be about a punishment. And so what happens with a lot of us super-achiever type people, we work, work, work, work and when the reward isn't there, the programming says, "I mustn't deserve it." Because when you work hard and you achieve, God will give you a reward. So, this becomes the focus, as opposed to honoring your deepest needs. We go over and around, and use our mind to figure out ways to somehow get close to what we want. But it's based primarily on survival— as in a live or die concept. Emotions, self-image and self-worth concepts take a back seat when we are in total survival mode. And we build a self-image and our self-worth on what we do to survive. "This is who I am. I'm an engineer. And this is what I do. I don't really love it. But it's who I am. And it's what I do." And, by the way, that was who I was—an engineer in a job that was okay. It met all my first chakra survival needs, but it wasn't what I wanted.

So, when we can't feel our deepest needs, we can't ask for what we want in form of a miracle. We can't receive a miracle that's based on a want, on a feeling, on a desire that we have judged and dismissed. Again, Rhys says, that is why a miracle at the second chakra is feeling a real feeling. Feeling what you really want—to have to do, to be and to experience in this world. Whether you're thinking about a relationship, or your business, what is it that you really want? How do you really want to feel? How do you really want to be out there? Be seen? Be giving? Be doing? Because when you feel that, you now will be able to feel the miracles that are happening in your life all the time, and receive them.

So how are we going to get to all this with tapping? We're going to go back to the age of five, or six, or seven. And I do want you to take some notes on this, because there's going to be some really important *ah-ha* moments for you in here. Carolyn Myss, who is a best-selling author and visionary in the energy medicine world, and has been for years, and years, and years, says that 90 – 95 percent of the problems that we have across all humanity are



first and second chakra issues. So the second chakra is an unbelievable center for you to work with far beyond these classes in this book. That's why in this process I want you to take some notes, because you're going to see some of the vows that you made and some of the things that you did instead, to get your basic needs met.

With our realizations about what actions we took to meet our survival needs, we can bring ourselves back into contact with what we really want, and say "This is who I am." We can't think who we are. We can't think our life purpose. We can only feel it. We have to *feel* who we are.

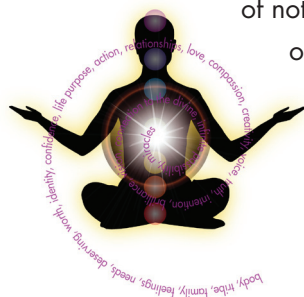
### **FIRST EXERCISE: *Second Chakra***

Take a nice deep breath, and we're going to do some visualizing. Again you might want to record these instructions in your own voice to get the best benefit from this exercise. Most people like to close their eyes, or if you like to leave them open, that's okay. I want you to let your unconscious mind bring up a picture of you, maybe around five or six, or maybe even younger. Sometimes people bring up a picture that looks more like three years old. Just let your mind paint that picture for you. It's okay if it feels like your guessing, or your remembering a photograph. That's okay. I just want you to imagine that your mind is showing you what you're wearing in that picture. Notice how old you are in this picture. Tune into this little child. How does this child, this younger version of you, look?

Now I want you to put the parents or the caregivers in the picture. I want you to step in and ask this little child, "What do you really want? What are you wanting from your parents?" I want you to notice if the child just wants to be safe, or if the child just wants to get away. Or notice even if your childhood was warm and loving, or if there was some aspect where the child wanted to be seen more. Because at this age, what you really want is to be seen, loved, treasured, valued, and heard. No parent is perfect. Even the most loving parents can't do everything right. Allow yourself to see that unmet need? Notice if the child has already coped and is telling you, "Nope. I don't want anything from them. Nope. I just can't wait to get older." "I just want to make mommy and daddy happy. I just want to be good." Because sometimes at this stage, the child won't even admit to what they really, really want.

And now ask that child "What would happen if you asked for what you needed?" Jot the response down. What would the child tell you? "Oh, no. I would never ask for that, because...." What would happen to them? And this can be a range from being beaten, to being embarrassed, being humiliated, being ignored, or to being just looked at funny. So there's some pain not only with the unmet need, but also there is the pain of asking. See if the child also has a sense of what would God say about that asking? See if there's an aspect already at this age about the religious programming, about what God would say in the mind of that younger child.

Before we do the tapping, I want you to capture one more piece of information, which is, the consequences of not asking. What did the child do instead? What did the child do to cope? Did they take care of everyone else? Did they act invisible and disassociate? Did they become very quiet, so no one would see them? Did they become very angry and embattled? Did they become extremely mind-focused, putting all of their energy into learning and achieving? Did they become a perfectionist? These are all ways to avoid acknowledging your deepest needs or getting them met. I want you to capture that down again. This is very deep core issue,





and it's not just something that we did from a trauma. It becomes a vow, and a way of acting that becomes an unconscious undeniable truth within us. I want you to see here, that the child made a choice to do something instead, that never really met the core need. Recognize that it let the child survive.

Now for some participant feedback:

Participant: My little girl wanted to be a part of her parents' life. They said that I already am, but they weren't telling the truth. Their answer made me wrong for asking, so the child became a helper and an achiever. She tried to be part of their happiness and to get their attention. I wanted to belong.

Margaret Lynch: The child intrinsically sensed the incongruity of their answer and knew that they were going to say, "Oh, of course, you're included." And that wasn't going to ring true. So, she made a decision to become an achiever, a perfectionistic helper. "I'm going to help. And I'm going to help in a world-class perfect way."

Participant: I really see where my codependent issues come up. It helped me to cope.

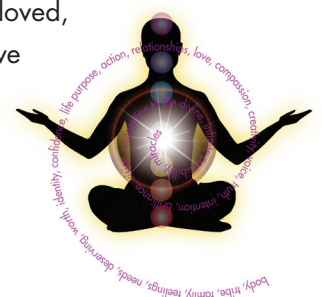
Margaret Lynch: And so these vows that we make to be a perfect helper and perfectly achieving never really met the need. This is how addictions get created. They never satisfy the real need. Instead of asking for a miracle of feeling loved and belonging, and totally connected to people, the miracles that you would ask for would be opportunities to be perfect and to support other people—to be a helper. So, we're not asking for the real miracles that we want.

Another participant discovered that:

Participant: This started at three. By five I was already coping. I didn't realize that before. My thing was to be seen as good enough, because I'm a girl. And I wouldn't ask for that for because they would disavow that and say, "You're being seen. We know that you're a girl. We know you're good enough." And what came from that was that I became invisible.

Margaret Lynch: Each of us will deal with it a different way. But you became more invisible. As a girl you learned, "Oh, I'm different because I'm a girl, and somehow not good enough." Yet you truly desired to be seen as you really were. You wanted to be seen as a beautiful miracle to be treasured. We see how some people treat their kids, right? "Look at my gorgeous, beautiful children." We know that that's out there. And that's not what we had. Yet that is the basic desire for a child who is one to five. When we become invisible, the miracle that we ask for at the second chakra is the opportunity to be invisible. If a miracle appeared that was aligned with being totally seen or belonging, loved, and connected, we wouldn't notice it because it's a miracle around something we do not let ourselves want anymore.

Another participant shared:



Participant: I grew up with parents who were from Germany, who fled the war. And I was very stifled in my childhood. I don't remember a lot of my childhood. I see pictures, and I've talked to my mom about it, but I don't talk to my dad much. I know that early on at a very, very young age, the bond between my mom and me was broken because I was the apple of my dad's eye. He actually raised his hand once at my mom for some reason, telling her to back off of me. That must have been at a very, very young age. I thought that I had gotten past this. My mom and I have talked about it. But I think that what I didn't get was a lot of love. I think that I couldn't ask for that because my dad would get mad. I became very mind-focused. I really went within. I became an achiever. Then later on, I was very, very rebellious. Looking for love in all the wrong places. I've dealt with addictions for many, many years. I have jumped around from business to business, never being successful—perhaps being on the edge of success, but never allowing myself to be.

Margaret Lynch: The Knowledgeable Achiever profile is very achievement oriented, and has the most restricted second chakra.—second only to The Thinker, who has a lot of fear and they're out of their body. We have a very restricted second chakra when we live up in our head. The second chakra, which is where your real desires and feelings are, has a tremendous amount of energy that is supposed to run through it. This is the seat of the energy to get you to go out and create. However, instead of creating miracles, asking for miracles, feeling all the miracles that we want and receiving them, we make judgments about it and we achieve from the mind. We end up looking for love in all the wrong places. When really, there's a deep inner need that we have, that we're still not willing to own—to honor and to ask for what we really desire. That is the key at the second chakra.

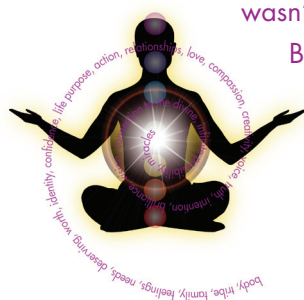
The other thing that we do at the second chakra is we might make a vow to never be vulnerable. When there's a lot of anger connected to being seen or loved, we will often make a vow to get even somehow. Or we'll battle our worthiness and our deserving, asking: "Am I worthy? Am I deserving?"

## TAPPING EXERCISE

We're going to tap for this child, and then we're going to look at the picture again, and see how our mind shows us what to change there, and what there is to learn. When we do tapping for the child in this technique, I just go right to the tapping points. I usually start with the eyebrow point, and tap all the way down. But you can tap through the points that you like to use in really any random format. You really can't do it wrong with tapping as long as you're tapping four or five of the points to stimulate your energy system.

Tune back into that child again:

"There I am. All alone. Even with my parents there. I so wanted to be seen. And it hurt that I wasn't. I so wanted to be treasured. And it was so painful that I wasn't. I so wanted to be loved. And it just felt like I wasn't. I so wanted all of these things. Deeply, deeply longed for them. A deep, aching longing. But they never came through. I never got what I really wanted. And I learned very young, it wasn't safe to ask. It absolutely was not safe to ask. I would be told I was wrong. I would be ignored. I would be hurt. Or worse. It wasn't safe to ask. I was just a small child. But I already knew it wasn't safe to ask. So I didn't. But it hurt. And I felt it. And I knew what I wanted. I so wanted to be loved. I so wanted to belong. I so wanted to be seen as a



miracle. As a beautiful little energy. Back then, I could feel who I was. I wanted to share it. I wanted it to be seen. I wanted to see me reflected in their eyes. The real me. But it never happened. I wasn't seen. I wasn't treasured. I wasn't safe. And I knew even then it was pointless to ask. I totally honor this old story in all of this programming in my second chakra. In how I coped as a child. I needed to survive. I honor how that little child in me coped. All alone. I totally honor this old story. And I can still feel it."

Take a nice deep breath.

I want you to just look at the picture again. See how the child looks to you now. Sometimes we'll see more emotion in the face of the child, because we've actually voiced and tuned into all of this emotion. Or sometimes the child will suddenly make eye contact with us in the picture, and really express that the child feels seen and loved. This tapping can also bring up a lot of sadness and intensity, which is a good reason to, in the recording, to tap through that round again.

One participant was confused about the first and second chakra issues:

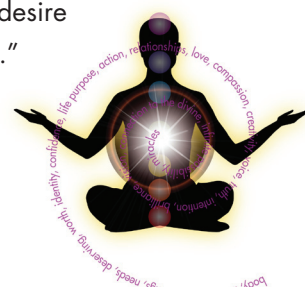
Participant: I didn't have a mother element in my picture. Which was still okay, because I was 90 percent in where I wanted to be energetically, the way I see it right now. My father was really the center of my world. Then at the age of 13, he passed away. And that's where I made a vow that I don't want this life at all. So, is my father really the presentation of the god to me in the first chakra? I am dealing with this abandonment issue.

Margaret Lynch: Abandonment is going to be a second chakra issue, as well as the will to live—or rather the vow not to live, not to want anything at all because the pain is still great. It does get a little confusing with the chakras, because everything is always moving up. And so they can tend to overlap. Certainly we can hear the mind coming in and analyzing it. And the mind does come and make a judgment about it. And then says, "Okay, I am a victim forever because I've got an abandonment issue that's never going to go away."

Another participant commented:

Participant: I had a really emotional round. I didn't want to be judged and laughed at. Then I got the feeling that I will always be second. Like I can never be number one, because I have an older brother. I think that has something to do with it. I am not allowed to surpass him. I am not allowed to pass somebody who is higher up on the rung than me.

Margaret Lynch: If we've got a lot of that Charismatic Leader energy we will feel that desire that says, "I want to be the best. I want all the attention. I want to be on top." We are told that this is bad. That is wrong. That is selfish. That is breaking the family rules. Somehow this deepest desire calls you into a life of being a terrible person who hurts other people, and in it's highest aspirations, it can call you to be a type of person who lives an unbelievable life. This feeling—"I want to



be seen. I want to be a star”—can be used in many ways, and there is no judgment there. It’s just this natural desire and feeling coming up. But when we’re told, “That’s not okay to have that feeling.” Now, your mind has to decide, “How am I going to somehow not pretend that that’s not what I really want and go around the system to somehow get a little bit of attention? We learn that we should feel guilty about wanting to be a superstar, about wanting to be better than everybody else.

If I didn’t have a desire in me at my second chakra, that drove me to move beyond being a practitioner working with five or six people a week, but to put myself out there in a big way, I wouldn’t be here right now. I wouldn’t be affecting thousands of people with what I feel is my life purpose to teach.

Instead of judging that drive, we let that real desire and passion be there. It will bring up so much energy running through your system that will allow you to go for it. Now because we have a consciousness we could decide, “I’m going to take that real desire. And I am going to step on everybody on the way up.” Or we can use the consciousness and say, “I feel that real desire. And as a Charismatic Leader, I am going to go and create something that’s never been seen before, that’s going to help everyone on the way up. I want to take a lot of people with me.” If we don’t judge the basic desire, then it runs the energy up through our system. But what many of us learn there is that it’s not okay to have that desire.

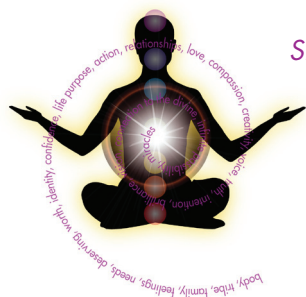
Another participant said:

Participant: My child started crying with me. I thought that was interesting. At some point in the tapping, I realized my parents were actually doing the best that they could.

Margaret Lynch: You released that stuck emotion—the sadness—around this at your core. This is inner child work. To move through that sadness is very, very powerful, and it releases you from the victim energy stuck in your chakras. As we found ways to survive by being invisible, or playing it small, or creating a self-image around being the soft one, or the weak one, or the angry one, we lost the ability to feel and honor those deepest needs—to know our self through those deepest needs—and to look at them without any judgment. When it comes to miracles, we can’t actually feel the miracles that are lining up around us. We certainly can’t receive them, because they’re not actually the miracles we think we’re asking for. As adults, we’re in our coping mechanism, until we release them.

## TAPPING EXERCISE

So we’re going to do a round of tapping that will be a more positive round. This round could be used everyday, especially when you possess a really strong Knowledgeable Achiever, where you really live from your mind, and think your feelings, or think your life, or think your self-image.



*Start on karate chop point.*

“Even though I’m seeing this whole picture. And it’s easy to judge what happened. I’m just going to honor this moment of consciousness. I deeply love and accept myself and my feelings. Even though the truth is I didn’t get my deepest needs met. I see it all now. And I coped instead. I survived instead. I honor this old story and the power that it’s had in my

life. And I'm open to healing this conflict that's been stuck at my second chakra. That's been closing down and squeezing my second chakra. That's limited the energy flow up from my second chakra. That's limited my passion. My desire. I deeply love and forgive and accept myself. I'm open to honoring my deepest feelings and desires."

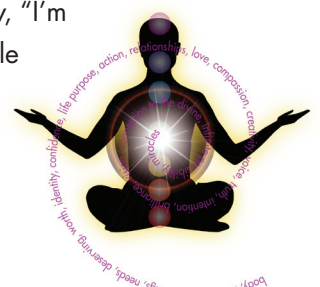
*Tapping through the points.*

"I see it all now. I see my deeper, unmet needs. It's kind of hard to admit that I'm still that needy. And actually those basic needs are pretty simple, but I've learned not to feel them. I made a vow to refuse to feel them. That it wasn't safe to feel them. That it wasn't smart to feel them. I figured out what I could do and be, instead. I honor that now. But it was a coping mechanism. The truth is, I am more than I pretend to be. I feel so much more than I admit to. I want miracles at such a deep level. Miracles way beyond just surviving. I want miracles way beyond money, success, and career. I want deep, rich, fulfilling miracles. Miracles aligning with my deepest desires. All of them, without judgment. I want all kinds of miracles, because I have all kinds of needs. My most passionate needs. My selfish needs, and my highest aspirations. The need that I feel to give in this world. I'm open to honoring them all without judgment. As I judge those needs, I disconnect from miracles. So I'm now open to feeling my second chakra feelings. The deepest wants I've hidden for so long. And by feeling them, asking, asking them to get met. Asking for miracles to align for me. To align with those deepest feelings. Receive miracles. Miracles that are happening around me. Feeling them, and receiving them. Letting miracles flow through me like a beautiful wind, right through my second chakra. Thrilling me. Energizing me. That is the miracle of my feelings. That is the miracle of my second chakra. I totally honor my feelings. I totally honor my second chakra. And I'm not open to feeling miracles. My deepest desires are beautiful and divine. I so deserve miracles."

Take a nice, deep breath.

And just see how your energy feels after that tapping. Sometimes we actually feel the energy moving in our second chakra, because honoring and opening ourselves up to feeling will actually create more space there. Remember that each chakra, as Rhys teaches, is a level of consciousness. So, your second chakra is a level of consciousness. And when we refuse, or ignore, or don't honor our feelings, we still have that level of consciousness. We're just saying, "I'm not going to be aware of that." And that squeezes down the amount of energy that we allow to run through our second chakra—the energy that we need to flow up through our system in order to have excitement, passion, and enthusiasm. We need this energy to be aware of miracles that are standing right next to us, the ones that are actually aligned with what we want.

Everyone knows someone who chooses the wrong partner, over and over and over. We all know somebody like that. Then they meet somebody who is wonderful, sweet, and perfect for them. And they say, "I'm not that interested in them." And we look at that and we go, "Oh, my God. There is a miracle standing right in front of you. And you cannot receive it." This person is living out their pattern of choosing the wrong partner and is unable to "see" a miracle partner standing in front of them.



As you open up your second chakra, I want you to feel that there are miracles unfolding all around you, that you haven't been able to feel, receive, honor, because they're aligning with the wants and desires that you have judged and dismissed. This is really important really important.

A participant shared:

Participant: That one was incredible. A couple of things came to me. One was I had a trauma when I was five years old, in first grade, that reinforced what I got when I was three. I didn't realize until now that that's what had gone on. This trauma made it even more important to be invisible. By second grade I was so introverted, and I was so unhappy in school because of it. I didn't know how to be the way I really was. I worked on the trauma a lot, but I couldn't figure out why it wasn't letting me get beyond it. And it was because of the stuff that came before that.

Margaret Lynch: There are two aspects in a trauma. There's the actual trauma and we can do great tapping on that on the emotions and the pain, and make it so the trauma is dimmer and feels further away. There's also the decision that you made coming out of that trauma, or the vow, "I'm never going to let myself be seen again. I'm never going to let myself be hurt again. I'm never going to let myself feel my desire to connect with other people." That vow has our entire will behind it—your third chakra will. It's become the undeniable truth of the way the world is. This is where, by the law of attraction, we can re-create these patterns. Then we battle it through again. Then we say, "See, I knew this was going to happen." Our will is incredibly powerful. And that's why sometimes we can tap on a trauma, but the effects of it are still in our life, because we've actually made kind of a powerful vow to do things a certain way.

Rhys teaches that we don't just tap them away in one session. You've taken your entire life to build up evidence and convince yourself, not hundreds of times, but millions of times, that you were correct in making that vow. To remove the vow, Rhys says we must use the positive use of your will to work with it. Rather than create a new vow, we make a positive goal. "It is now my goal to allow myself to start reaching out, or to take baby steps towards being seen." Or "This is what's happening now. I'm putting my foot down with myself." The habit—or the vow that becomes the undeniable truth within us—will have less impact over time. By using our will around a positive goal – a life affirming goal, stating "This is who I really am—we will lighten a vow.

Participant: In my thirties I started to step beyond this vow of being invisible. I just said, "No. I don't feel shy inside. I need to let go of this." I started to let go of that.



Margaret Lynch: The chakras run in twenty-year cycles, and usually, around the forties or the fifties people are hitting the seventh chakra, and they have a mid-life crisis. Here they realize, "Oh, my God. I'm still living my life according to my parents. Or my trauma." And you may have gone through the chakras a little more quickly if you were introspective, or doing some self-development, and suddenly in your thirties you may have had that seventh chakra moment where you looked down with consciousness, and said, "Wait a minute. I'm not going to do

this anymore." We take a big step. Or "I'm going to start doing things differently, because I'm letting go of this old event." You really want to honor what you did in your 30s. Good for you.

Most people who sign up for my classes are typically at that seventh chakra awakening. So when encourage them to look at the programming, they often have an epiphany, realizing, "Oh my God. My father is still controlling me from the grave." Other people go through the midlife crisis, and they buy a Porsche, and they're done. They have to wait another twenty years to have a chance of a spiritual awakening unless some major event happens in their life that shakes them out of their illusion.

Remember, when we've had a shut down in the second chakra and you then do tapping to lighten it, you might really feel some funky energetic and physical things happening around your second chakra. So, if you suddenly have something physically happening in that part of your body, it's probably connected by you because starting to let more energy move through your second chakra. That will often process through your whole system. It doesn't mean you shouldn't seek out support from different professionals, but it's usually connected.

Participant Sharing:

Participant: I had a question about this kind of tapping, because this is really intense for me. Whereas the last chakra wasn't. Is it normal to feel completely wiped out? Like I feel like I need to go have a nap.

Margaret Lynch: How often are you physically tired?

Participant: Since I've been eating a really clean diet, I'm usually okay. But I usually tap at night, just before I go to sleep, when I listen to your calls. And I usually sleep really well. But I have really weird dreams. And I don't know if that's a symptom of mind-venting. I don't know if that's the right time to tap.

Margaret Lynch: Tapping can trigger some strange dreams, absolutely. When we process a lot of emotion in tapping, and it's intense for us, we will be wiped out afterward. But the second thing is, that when we do some tapping, and we feel really tired, we sometimes get the feeling: "That's what my body's been trying to tell me." Many of us override that with our minds, especially if I'm a big achiever, and I go, go, go, go, go. Some people will say, "Well, I felt really tired, so I went running. And then I finished my whole work day."

When we do intense tapping we're definitely reorganizing the unconscious mind around some old, old stuff. So it can wipe us out. The second part of it is, tapping is going to bring us more into contact with our feelings. Sometimes our bodies say, "I'm exhausted. You don't listen to me sometimes." Or sometimes our bodies say, "I have a lot of feelings. I feel a lot of things that don't get honored." Tapping in the second chakra can definitely be unsettling because it's our feelings, our sensuality, and our passion. It's also our power, where we manipulate and feel our power in relationships and the world. There's a lot going on there.





Participant: So, you're saying it's better to keep tapping on this. I know there's a vow I'd like to get over. I attract a lot of people that are unkind. And I'd like to be able to get over that, and attract people who are loving, and kind, and gentle.

Margaret Lynch: There are two things at work here: There's the judgment and there's your shadow.

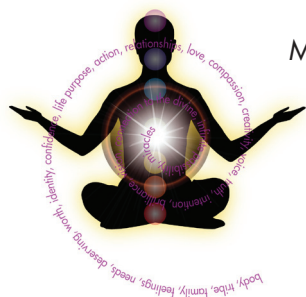
Debbie Ford wrote a book called, *The Dark Side of the Light Chasers*, which is all about the shadow work. What you're seeing in other people is your shadow side. Of course, there's a lot of judgment about that. So, one part of it is to do the tapping about other people in a way that really just voices in a terribly mean, obnoxious and judgmental way, what you really feel about them. And so you let it rip in the tapping. They call it tapping and ranting, where you really picture that person, and you voice, "I hate what you did. How dare you. It is wrong. I judge you." When you do that kind of tapping, it's going to take down the charge a lot more. Because what you've got is a vow somewhere in there, to battle people like that, to attract them, to find them, let them in and trust them—and then battle them. Then you come to a place where you judge them and you say, "I can't believe how they've used me. They've wronged me. I've trusted them." Playing out that battle over, and over again is the vow. The law of attraction is responding to this unresolved battle in you. So the next person gets attracted, and you run through the whole scenario again. Tapping for the other person and your judgment about them is going to reduce the intensity about that situation and that person.

The other part of it for you is to say, "Even though I made a vow to battle the people who are cruel. To battle the things that I see in this world, where people use each other. To battle people who use me. I love and accept myself. I made a vow to battle, and to call out people who use other people. Who use their power in a bad way." Tap about that vow.

When we're in battle, we don't actually get to be authentic. Instead of embodying all that we are, our integrity, our kindness and goodness, where we say: "I'm going to stand up and be the role model that I want to see in the world," we're battling most of the time. We attract a battle. When we're battling, we don't get to be a leader. When we're attracting battle, and going through that whole wound again, it takes all of our energy from what we really want to be doing, which is empowering people.

Whenever something is a pattern, it's not random. This means we are attracting it, but that also means we can work it through. On the other side of that is owning our power. We can say, "You know what? I'm going to use my power to stand up for what is right."

Participant: I feel like that's kind of my life purpose. That's why I'm going into law.



Margaret Lynch: The Charismatic Leader in you is about being this hero. But the dark side of you is going to dimming down your power—letting yourself be taken advantage of—and then battling the hell out of that.

Participant: I was stuck with Rule-Keeper, because that is the one that most resonated with

me. I identified the The Enforcer, as well.

Margaret Lynch: The Enforcer is the dark side of that Charismatic Leader, and it means that instead of being in your leader quality, you're more in your battle quality. People who have the two primaries, which is Charismatic Leader and Knowledgeable Achiever, is a big life-calling. They go into things like law and running big businesses. But they have to watch that desire to battle. It doesn't mean that they won't choose to fight a battle that needs to be fought. But they're going to do it as a leader, not as a disempowered person.

The profiles are really a fascinating way to look at our life, because it shows us how we go into defense, so we know kind of the themes of what to tap on. But it also shows us our potential. "When I let go of this negative place, who do I get to be? I get to be a leader. I get to be the hero of my life." And that's the life purpose of the Charismatic Leader, versus the Knowledgeable Achiever, which is, "I get to embody brilliance and perfection in this world, because I can teach the world that perfection is unfolding, and new in every moment." That's the life-purpose of the Knowledgeable Achiever. It's really about achievement, mastery, and excellence, and teaching the world that everyone is perfect in every moment. The profiles will show you your life-purpose and your power a little more clearly, especially if we've never played there before.

It took Rhys six months to convince me that my primary profile was Charismatic Leader. I was always saying: "I'm not a leader. I've never been a leader. I'm not a Charismatic Leader. I'm probably a team player. I'm an engineer, so I must be a Knowledgeable Achiever." It's a process.

Participant: I made a vow not to want. So when I decide I want something, I almost always shut it down. Is it just more tapping? Is that the way to get by all this?

Margaret Lynch: You want to get really specific, because for you, there's a little more trauma, and a little more pain associated with having your wants. So, you want to do more tapping on: "Even though it's dangerous, I know it is, and it's true because it happened. To hear all the words in there, to me, to have my wants. So I refuse to have them. I love and accept myself."

We want a voice without any argument. But there is a part of you that's saying, "No way. I have evidence. I have reason. It's not safe. I got hurt." It's that part of you that remembers the hurt. And so to tap around that insisting that it's true, will help break it faster. "Even though I refuse to have wants, never, never, never, I'm never going to go there. It's not safe. And screw anyone who tells me it's safe." If you tap like that in a really loud way, it's going to help you to break it faster, and to come to a place of your own perspective about it.

Participant: So, that's the only way to break it down?

Margaret Lynch: Well, it's a combination. Tapping is a fantastic technique to break down something, and to bring in your consciousness, and say, "Oh, my God.



Look what I'm doing." You also need to make a goal and then to put the positive use of your will around that. Notice, "I feel that coming up in me, again. And I can tap on it." Or if you don't have time, and can feel that coming up in again, and you can say, "You know what? This is the goal that I'm working on. I am going there. This is happening. I'm going to feel my feelings, because I deserve it." There's some more work there that takes a little more tenacity, because you've been practicing this for how many years, would you guess?

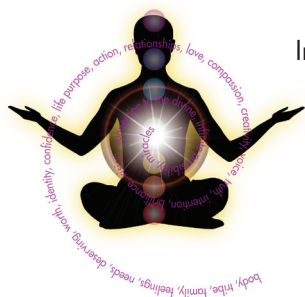
Participant: I'm 65.

Margaret Lynch: You've proven to yourself a bazillion times that it's the right way to do things. The tapping is a great way to break it. You'll certainly accelerate the process. This is a lifelong way of being for you. It's going to feel a little scary. So take baby steps. Tell yourself, "It's okay, I can just take a baby step." It will actually relax the fear a little bit more. And in that goal is going to be baby step around reaching out and expressing that real need. You're going to have to tell somebody.

Participant: I'm not looking forward to that one. That might be my big baby step.

Margaret Lynch: That's what the chakras do. We feel that real need in the second chakra. And when it can be there safely, without judgment, we come up to the third chakra, which is our energy center, and our will center. And we say, "Oh, my God. This is the kind of person I am. I have this incredible need, and I've never really honored it." And then it comes up to the heart, where we come into relationship, and we say, "I want to share this need with somebody." And then it comes up to the fifth chakra, where we tell someone about that need. At the sixth chakra we will look down at where we are in life and realize that need we have is a perfect calling, expression for what we need in our life and how we are being called into life and into relationship in your life. This is where we say: "This desire that I have is perfect and fits into my life and calls me into my mission." At the seventh chakra we realize this is a universal need, and infinite possibility lives here. This need is what unifies all people. The system works up. Clearing works up.

Now for our meditation with Joan. Lisa Campion, who is an unbelievable healer and psychic in her own right, and head teacher at the Rhys Thomas Institute of Energy Medicine, shared this with me about Joan: "I am in awe of her heart chakra." And that rings very true for me as well. You feel her heart and her spiritual presence. What Carolyn Myss describes *Invisible Acts of Power*, about the healing of service and generosity, all the way through the chakras, is how Joan serves in this world.



In addition to running her healing practice, Joan gives of her time every week by volunteering in nursing homes. She brings her healing presence to the sick, the lonely, the forgotten in nursing homes. And her reward is often a smile, or a squeeze of the hand. And sometime she hears the words, "thank you" from somebody in the nursing home who the nurses will say has not spoken a word in months, and months, and months. This is what she loves to

Joan is going to be inviting you to travel with the energy, and receive this blessing. All you need to do is simply be open to that by holding an intention of 'yes,' in your body and in your energy system—"Yes, I want to receive this." As you move through the meditation, you might feel very light. You might feel very sleepy. Or you might feel nothing at all. Every experience is perfectly wonderful. Again, you may want to record this and play it on your MP3 player.

*Welcome everybody. Welcome to this spirit-guided energy blessing meditation. I invite you now to travel with me as we share the second chakra energy blessing. I invite you to be open to receiving miracles. So let's begin by taking three deep breaths. First deep breath. Inhale as deeply as you can through your nose. Hold the breath. Exhale slowly through the mouth. Second deep breath. Inhale through your nose. Hold it. Exhale through your mouth. And the third deep breath. Inhale. Hold it. Exhale slowly through your mouth. And relax. Now visualize a beautiful circle of light. And I invite you to step with me to the center of this circle of light. And see the light all around us. Infinite spirit God of love and light. I ask that you bring your golden healing light around us all. And close the circle in protection and love beneath our feet. I ask all of our highest guides and angels to be present with us. Our whole divine team. Our divine presences to draw close. I ask all the Ascended Masters and Allegiance of Light to be with us. And I ask all the archangels and especially Michael, the archangel, to stand guard with us forever, and allow me with a humble heart to be a channel for healing for you today.*

*I invite now, Saint Germain, to be present with us. I invite you to gather up any old worn out beliefs that you would wish to let go of, about not being safe. And let's just hand them to Saint Germain, who will transmute them to a safe place. We let go, and see them float away with Saint Germain, take a deep breath. See your first chakra open with a beautiful red light, and the golden healing light. Here we have the courage to move forward, with love and faith, where we nurture self-acceptance. Yes, we are worthy. We are safe, and secure, and supported by God of our understanding. We express our individuality in a divine, miraculous way. Gently and slowly now, let us draw this beautiful and miraculous flame upwards until it rests just below your naval, at your second chakra. Sacral chakra. And once again, I invite you to gather all the worn out beliefs of shame and guilt that you may have about your needs not being met. And hand them to Saint Germain, who will transmute them to a safe place. We are letting go of what we don't need anymore. What doesn't work for us any more. So, just see those*



*old beliefs float away with Saint Germain, safely. And take a breath. And with this golden healing light, we pray.*

*Infinite spirit God of love and light, we ask that we now have the courage to own and step into our power of infinite possibility. Into the miracle of who we are, as we acknowledge and communicate our needs in a way that honors and respects ourselves and others. Just settle here for a little while and feel the warmth of the gentle flame. Slowly allow this flame to travel back up through your third chakra in the solar plexus on up through the fourth chakra. And feel the warmth of your heart connecting with the green light of the heart. And on up to your throat, combining with the beautiful blue light. And on up to your sixth chakra, where the color is indigo, with the center of your forehead. And out through the crown chakra, where the color is violet. See this golden light disperse once again, and become beautiful golden raindrops drifting slowly down around your whole body in a blanket of protection and love. And know as you go forward from this moment, you always walk in this light. We give thanks for this wonderful healing. And for this time that we can spend together. Know that you can return to this sacred place of light within you at any time you choose. This flame within us is eternal. Our connection to the divine, from where all love and miracles emanate. So take a deep breath. And bring your awareness back into the room that you are in. Gently move your fingers and toes. And welcome back to present time. Blessed be.*



# Level Three

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## THE THIRD CHAKRA



The whole focus of this class around manifesting miracles comes down to the three key pieces. The first one is our belief in the infinite amount of resources that the Divine has for us. The second key is our faith that we are seen, loved, and supported personally by a benevolent God. The third is our feeling of our unique nature—how important and special that is. This is the area that we are going to focus around the most in the third chakra.

To get a sense of this, look down, at your legs and at your body, you are seeing your first chakra—your physical manifestation. Notice what you are feeling right now, the feelings in your body, your very nervous system. Put your awareness into your feet and become aware of the feeling of your feet touching the floor. Then tune into your hands. Notice the energy moving in your hands. Then put your attention in the area of your second chakra, remembering that this is how you feel the world, your feelings, your experience—the sensual way you experience the world.

In the third chakra, this is where we realize that “Oh, my God. I am a one-of-a-kind. Never to be seen again on this planet.” That unique part of you that is never going to be seen again, and this is your life purpose. Rhys Thomas teaches that your life purpose is never a job. It is living your unique quality of you out into the world. It is who you are.

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that you want to see in the world.” I say, “Be the peace that you want to see in the world.” We will do some processes today where I hope you will really get to see how that works energetically.

Deepak Chopra teaches that spirituality at the third chakra level is inner peace. And the God at the third level is the God of peace. It’s clarity, inner calm, contact with yourself. In self-reflection—meditation and contemplation—we find the Divinity, the God inside of us, the peace, or as Deepak says, the still point of awareness inside of us.

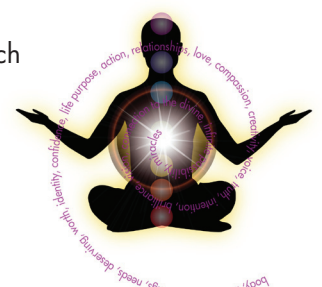
The miracle that we are looking for at this third chakra is to know peace, to be at peace with the fact that we are miracles. We’re going to find out how miraculous and one-of-a-kind we really think that we are because the third chakra is your power center to take action, to take that uniqueness into the world. The dark side of this center is the limitations based on the vows we created and beliefs formed at the first and second chakra. We will particularly look at the rules about who we can be.

Rhys teaches that the negative vows that we take in the third chakra basically negate that we are unique miracles to be shared with the world. These vows often sound like: “I will be who I am supposed to be. I am who I need to be, who everyone wants me to be not who I am. I will be appropriate.” Again this is another area where vow to be invisible. This one hits people pretty much across the board, that somewhere they have taken a vow to be invisible which is really to withhold who I am, to hide who I am behind this appropriate behavior or the person I am supposed to be. These vows can be seen as people pleaser vows, where we use our third chakra to be perfectly giving, sacrificing, meek and humble.

Giving, sacrificing, and being meek and humble all sound like wonderful things; however, there are situations where we would choose not to be so sacrificing as a way to honor ourselves. There are situations in marketing our business and sales that don’t actually serve us to be super humble because nobody knows what our value is. The third chakra vows stem from the wounds of the first and second chakra. If we saw a lot of fear at the first chakra, which questions our safety, then we will have taken a vow to be invisible or withhold who we are to be safe.

If we had a vow at the second chakra never be vulnerable because it wasn’t safe, then we will absolutely have vows to be invisible in a different way, to withhold who we are, to control how vulnerable we are. Sometimes these vows come from fear; sometimes they come from control. Other times these vows will come from shame, a vow to be invisible or to be who I am supposed to be, not who I am, because there is something wrong with me. So at the third chakra, the dark side is shame, and we are looking at our first two chakras—our body and our deepest needs and desires and wants and our lower self urges—and making judgments that these are wrong and shameful.

We have to do a couple of things to have third chakra strength—to remain centered—which Deepak Chopra says means we don’t get thrown off balance by other people’s good and bad opinions and chaos, which means to be in peace. A martial artist once told me that they trained for years and years to increase third chakra strength. When we think of a martial artist, they rarely get knocked off center. They don’t get knocked down. They just



keep dodging and moving and they are still standing. That is energetically what we want in your third chakra.

We are going to knock out every belief or vow that says "I am not a miracle. I am somehow not good enough or there is shame there." The second part of what we want to do is to remove that outward focus so that the focus can be within. When we have outward focus, the miracles are receiving other people's approval. Then we are going to get to the core of it, to the belief that "I am a miracle." When we bring our miracle to the world, we bring peace to the world and that is absolutely a miracle of the third chakra.

### **FIRST EXERCISE: *Third Chakra***

Take a nice deep breath and center yourself a little bit. I want you to picture yourself doing what you do in the world. Doing the thing that you do that is you. And for the purpose of this exercise, picture your vocation. What do you actually go out and do and share with people? So if you are a Reiki practitioner or a chiropractor or a coach or a painter, picture yourself doing that and surrounded by the people who are important to you in your life. I want you to see yourself doing that. I want you to rate yourself on a scale of 1 to 10, if you were to look at that picture and acknowledge that you are a miracle. 10 is "I see myself as a miracle in this picture" and 0 or 1 is "I'm not a miracle at all." Jot that number down. It's always good when you allow your subconscious mind to paint a picture like this and to note if there is something interesting that stands out. It's your higher self telling you there might be something else for you to look at in this picture.

Secondly, we are going to make it harder. If we are a coach, or in the healing professions or the helping professions, we can acknowledge that what we do for other people is miraculous. But now I want you to change the picture where your worst trait, the thing you never want anyone to see, is being revealed. Everyone that is important is seeing this in you. So note if that trait for you is failure, or not being smart enough, or not good enough, or if it's gossiping, being mean, or picturing revenge on somebody while smiling smugly. I just want you to see yourself at your worst. Notice how hard it is to look at that picture and say "I am a miracle. I am miraculous."

What are the feelings when you see yourself and everyone else sees the thing that you are most afraid of being revealed? Does it trigger shame? Does it trigger fear? Does it trigger a need to hide or do you feel unsafe?

One participant shared:

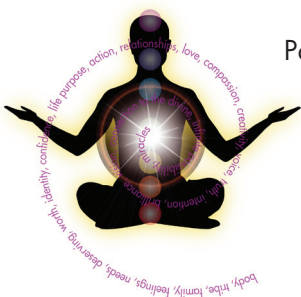
Participant: Vulnerability.

Margaret Lynch: What was the feeling that goes with you feeling vulnerable?

Participant: Weak, not safe.

Margaret Lynch: Is being weak a judgment?

Participant: Yes. Shame comes after that.



Margaret Lynch: Part of what we are seeing is that the third chakra becomes the judge. Being vulnerable means we're weak. What does being weak for you mean?

Participant: It doesn't feel strong, and I've been aware of a pattern lately about how I take other people's opinions personally.

Margaret Lynch: That's what we are working on with the third chakra. Here you are seeing your second chakra vulnerability. You probably have a lot of strength but there is another part of you in the second chakra that is also vulnerable and that's the part of you that is open, that wants love, that wants approval, and that wants connection. The third chakra judge in you says that is embarrassing and shameful. That desire that I have, or that softness that makes me look weak or vulnerable, is a flaw in me.

Participant: There is also a judgment that somehow maybe these other people are right, and that if I do open up and am soft, they won't see it or won't understand it or will hurt me.

Margaret Lynch: Remember that the judgment that you see from other people is really a reflection of your judge. Tapping at this level can really make a difference in releasing the feeling in your body that gets triggered, the shame and the fear that's wired into your nervous.

Another participant added.

Participant: What comes up for me is arrogance. I have a fear that people will see me as arrogant if I feel confident and share my uniqueness. I feel terror in my chest, thinking people will judge me in that way.

Margaret Lynch: This is a huge one because when we feel real terror, we are not safe. It's not safe for us to shine so brightly and own it. Throughout life, we have to constantly downplay our power. You have to do some things, overdue some things and under do other things, to make sure that we never ever appear arrogant. It's exhausting.

Participant: I have been trying all my life to fit in, to fit into the convention and I don't fit in.

Margaret Lynch: That's about being who we are supposed to be, not who we are. How are we supposed to go out there as a miracle if it's not safe? If there's going to be some kind of terrible, horrific downside of shining like a miracle, we look for miracles externally instead of being the miracle and letting that shine out.

Rhys says, "when you gaze upon someone who is enthusiastically being themselves, you see the sun shining through every pore of their body and mind."



Another participant commented:

Participant: What came up for me immediately was anger and that I need to hide it. After that I was not good enough, not fast enough and I have shame for that.

Margaret Lynch: This is control. "I'm not going to be safe so I will let people see my anger or I will let them see just what I am going to play today." But again, this takes effort, work, thought, and hypervigilance.

All this third chakra energy that could be used to create unbelievable things in our lives is devoted to keeping up these appearances and keeping us safe. We want to really key in on that Charismatic Leader because we are wired to have a level of arrogance that is the drive to stand up and be seen. Arrogance has tremendous gifts even though it can be bad on the dark side, but on the light side, the gift of arrogance is standing up and saying "Hey, look at me. I rock. I am a miracle over here." Standing up and saying "Look at me. I rock," from third chakra strengths, doesn't disempower anyone. It actually frees everybody in the room when we do it from that place.

Another participant shared an experience during her separation and divorce.

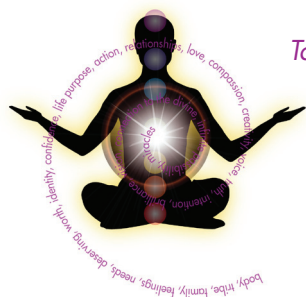
Participant: I had started seeing this big yellow light outside, and when I asked what it was, the answer came back that it was me. Years later, I was told that I was projecting my third chakra out, particularly when I was doing massages.

But I feel that somehow have not been able to actually bring my solar plexus back in so that I feel my power. I used to be able to get any job I wanted whether or not I was qualified. But now, I am struggling.

Margaret Lynch: When you are a real achiever, a real driver, your third chakra becomes about the doing, because it is your power center to take action. But the other side of that is the inner peace, the relief from the struggle, the strife, and the achieving. We need to have that balance to be able to go within which is where meditation and contemplation come in.

Now we will do some tapping on this yucky little picture that I made us look at.

## TAPPING EXERCISE



*Tap through the points:*

"There I am, everybody sees it. Oh my God, everyone sees what I have been hiding. They see my vulnerability. They see my dark side. My arrogance, my anger, my not good enough. It's terrifying. They are judging me. And they should because I judge me every day on this. And I think I am right about it. They are judging me just like I judge

me. My worst fear is being revealed. It is not safe. I feel the shame, embarrassment, disapproval. I'm disappointed in myself. It's humiliating. I feel the anger. I feel the sadness. I feel the terror. All these reactions wired in my nervous system. I don't want to be revealed like this. I am so not a miracle. I've got to hide. This isn't safe. I won't have it. I am terrified. My worst fear is being revealed. It's a horror show. I am so not a miracle. I try to be perfect. I try to be a miracle. But everyone is seeing it, my worst self being revealed. So deeply shameful. So many things wrong with me. I am totally not a miracle."

Take a nice deep breath.

Remember, when we tap, we are using a clearing technique, saying the worst negative things that go around in our head. We use our fifth chakra and we call them out loud. I know that these words sound very negative but they are coming from you and the goal is to clear them, we don't make anything stronger when we tap on a negative because your energy system is always going to clear things that aren't meant to be there.

I just want you to take another nice deep breath and I want you to look at the picture again and see how it looks. How high is your judgment? How does the picture look now? Have we made it worse or better?

One participant said:

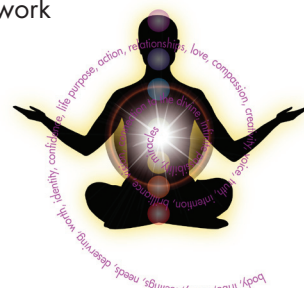
Participant: I had a lot of shame coming up. The people were looking at me like "You are nothing special" which means I have to be perfect to be a miracle.

Margaret Lynch: We are going to hit perfection again in the next class. When shame is really strong for you, tap on it: "Even though I am addicted to shame, I love it, love it, love it. I shame myself all day long; I love the pain and suffering of shame. I love and accept myself." It's very strange but it's a way of observing that there is this inner part of us that loves to torture us with the shame. And then kind of call it out. This is the pain body, a term coined by Eckhart Tolle. Observe it because it's been operating for a long time. On the other side of that shame is a huge amount of true and beautiful self-esteem, self-confidence, self-knowing.

Participant: I am an Emotional Intelligence Specialist, and I have been examining some things that have been happening lately, asking "what is the benefit for me?" I discovered that the benefit is I get to stay the victim. Some of the people are turning their noses up at me in disdain and other people are just turning their backs.

Margaret Lynch: You are seeing the abandonment. It's very difficult for anyone to admit how much we go to victim. Recognize that we all have an inner victim and it's something that we work on our whole life— not coming from our victim.

We don't get over abandonment from one tapping round. It's a core life issue. Abandonment for you is an incredibly painful state of separation because you are wired to be filled with love. That's how you came in. Emotional Intelligence



Specialists are the true healers on the planet, because the amount of love that they can channel is huge. They hold the deepest well of love that anyone is ever capable of. Their life purpose is bringing that love into the world because the rest of us can only feel like a tenth of what they can feel. Their miracle, and gift, to the Rule Keepers is to let them go deeper than they ever have which is a huge step for them. Rule Keepers only feel about 5% of the love that Emotional Intelligence Specialists hold. Rhys says that nobody can go as deep as an Emotional Intelligence Specialist. But by not asking anyone—or expecting anyone—to do that, it actually creates an incredibly safe place for other people to go as deeply as they can into their feelings. To do otherwise, creates a situation where the Rule Keeper is being told that they do feelings wrong. It's important to recognize and remember that deep feeling is YOUR miracle because you feel every single thing.

Another participant asked:

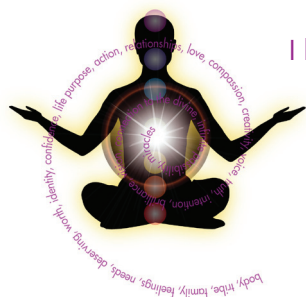
Participant: What comes up for me is what if I shine and I am wrong? I am a fake.

Margaret Lynch: We call that the imposter syndrome. This deep belief that somehow I am an imposter and I'm going to be called out, that I am going to shine and then be found out as a fake. That followed me through college and for so many years. I would look around my college or look around my company years later and think, "Sooner or later these people have to figure out that I am a complete phony. I don't know anything." Sufferers of the imposter syndrome are very bright mind. We like to learn. Often the insecurity remains about not knowing enough, and the feeling in that is terror.

## TAPPING EXERCISE

So we're going to do another tapping round and I am also going to make you say some really crazy words about the other people. And so this exercise is going to really turn down some of your outward focus.

"There I am. I feel the shame. I feel the terror. It's worse than ever. There I am, abandoned, seen in the very worst light. Judged by all of these people and the truth is I am desperate for their approval and horrified that they might know that. I desperately want their love. I desperately want their attention. I am so desperate for their validation. I need them to see me then I can see good enough in their eyes. They decide if I am a miracle. I am addicted to their approval. I hate to admit it. I still want their attention. I so need their love to be me. I need them to validate me. I need them to see me as special, as good enough, smart enough, loving enough, special enough. Then I can feel it. Only then I can feel it. I need the validation from them. The miracle comes from their opinion. I so want to be miraculous but I can't until they see me that way.



I hate to admit it. It's my dirty secret. I am desperate, needy for approval, horribly vulnerable. This is embarrassing. I need them all to love me. Please, please approve of me. Please, please say I'm great. Then I will finally believe it for about a minute. Then I will need more. I honor this addiction, this desperate insecurity, this desire to be special through everyone else's eyes. It's how I have been programmed my whole life. I'm just

going to honor it now. I guess I am human."

And take a nice, deep breath.

Wasn't it freeing just to admit that? That is one of my favorite rounds of tapping to do. How intensely do you now need their approval and attention?

A participant reflected:

Participant: I cried through the previous one really heavily. Everything that you said hit perfectly. But in this round I was seeing how the people around me were seeing me, and the first thing that came to my head was they all loved me anyway.

Margaret Lynch: We are seeing this picture through our wounds and our vows. Tapping over the top—to the extreme—for these kinds of pictures, releases the edge off both your fear of withholding who you really are because of all the things that you think are wrong, and also that outward focus. It leaves the space for you to go "I am actually frickin' lovable."

Another participant added:

Participant: I have the belief that my aliveness creates annihilation and that goes back to my twin dying in utero I believe. So if I live, then the people around me die.

Margaret Lynch: You have done some tapping around that?

Participant: I have been working on that a lot. Maybe this is why it's so present.

Margaret Lynch: The way this works in your life is, "If I carry too much power, if I am really brilliant and shining, it's going to hurt other people. And so they are going to react to me. They are going to react to me by being angry, by violence, by maybe annihilating me." From the profiles, that's the Thinker.

Participant: That's my second.

Margaret Lynch: There is Charismatic Leader and Thinker in there. The Thinker is always overwhelmed by the fear that if they really step into their body, they will be annihilated. They think, "People are going to attack me when I see what I have. For some reason, I am going to be thrown in prison." People often say to me, "I don't even know where it comes from." You actually know you've had this early trauma and then the Charismatic Leader/Enforcer will often see battle coming back. People are going to be angry at me and attacking me.





This is a really good picture for you to capture and do some more tapping around, that there is battle; a life and death battle will ensue if I am me, so I have to keep protecting myself.

Participant: It's not just that they will annihilate me but that somehow my aliveness annihilates them.

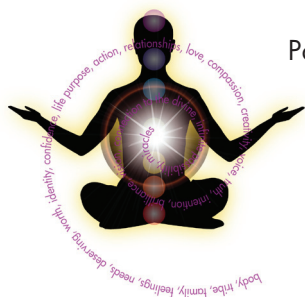
Margaret Lynch: Then you are thinking, "I have to pull it in." Charismatic Leader with the enforcement quality creates the belief, "If I own my power, it's going to hurt other people, annihilate other people." When we see that, it means that we have some awareness of a huge second chakra power. There is some battle around whether or not that it's safe to bring that into the world. You have a fear of turning into some kind of tyrant, and annihilating people, which is the negative use of power.

I really want you to work around that very specifically because it's a very specific fear. It does come up with people who have big second chakra power and control. A lot of the people that have a strong Charismatic Leader will have that fear. This can be a past life thing when it comes in that strong, depending on your beliefs.

We are going to move on to the positive round, which is designed to reduce that natural human, desperate desire for approval that we are all wired with. What people are most embarrassed and ashamed of is their vulnerability, that the fact that there is a deep part of them that really wants other people's approval. That somehow we should evolve beyond that and shouldn't care.

We want to tap down the outward focus that is so focused on the opinions and the love coming into us from other people. Underneath those words that we said, "I am desperate for approval and love and attention," is a real second chakra calling or desire or feeling that I want you to honor. If you still have too much judgment about it, and you are thinking "I shouldn't care what people think," then I want you to do some more tapping on it because on the light side of those words is honoring that you and your true self really do want to be loved, seen and be special. You want your unique quality to be out in the world and that is unbelievably special.

We need to honor the desire to be seen as amazing, special and brilliant which we often think is so bad. The deeper part of us is trying to bonk us over the head and say "You are unbelievably special and unique and your gift is supposed to come out into the world. And yes, you are human. You do want people to love you because when people love you, you can often do more with them and for them. If you are a coach or a mentor to them, you will be able to do more with them. You will be able to guide people, mentor people, lead people, and support people better." And so there is a beautiful gift in that desperate needy desire for approval. Honor it.



Part of what we do with tapping is we call ourselves out on our deepest desires and our deepest frailties. And when we do that, they lose power over us. Then we can look deeper and say "There is a calling in me to stand up taller and be brighter and put my gift out in front of more people because I love sharing that. I'm pretty sure a percentage of people are going to love that quality in me."

## TAPPING EXERCISE

We are going to the last round here on a positive round. Take a nice clearing breath.

*Tapping through the points.*

"Even though I have had this addiction to shame and to fear, to hiding my miracle behind a fake version of me, I now completely honor the truth. I am a one-of-a-kind. An absolute miracle. I have been hiding my miracle but that doesn't change it. I am a miracle of brilliance. I am a miracle of love. I am a miracle of passion, of drives, of energy. I am a miracle of skill. My personality, my intelligence, my feelings, the way I do things is a one-of-a-kind, totally unique, never to be seen again miracle. I am a supernova. I am a piece of the Divine and so is everyone else whether they know it or not. So I am putting my foot down. That is it. I'm not going to go another day not being me because not being me in the world, being someone or something else, is like a slow death. It's like being a ghost. It's like living the wrong life. I am not going to go another day not being me. That's it. What I have will never be seen again on this planet and I commit to sharing it now. It might shock some people but I am going to share my miracle. I am going within. I am seeing me, feeling me, loving me. I love myself. I am so glad to be me. I am a piece of the Divine and I am stepping into that. In my third chakra core is the inner peace that lets me be me and as I do that, I give everyone else permission to be who they are. I am open to being me. I don't even know who that is. But I am open to discovering who I am every day, in every moment and as I share that with the world I let others discover who they are. And I bring peace, the miracle of peace to everyone I meet. I love being a miracle. I am in the same vibe as miracles. Of course I am. And I love being a miracle."

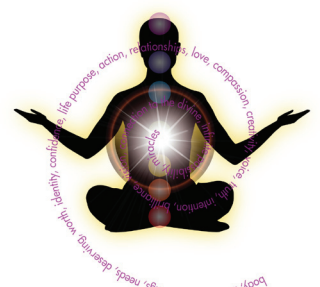
Take a nice deep breath.

Close your eyes. Look at your picture, look at you standing there surrounded by all those same people and see how the picture looks now. Let your imagination paint a picture of the energy in your body expanding out to everyone who is around you. I want you to see how it happens that you're a miracle, how the energy of you being you with all of your insecurities, imperfections, and your brilliance—and everything that makes you divinely human which is your lower self and your higher self—moves out from you and affects other people and the chain reaction that can have in the world.

And again, remember Rhys says, "to gaze upon a person who is enthusiastically being themselves is to see the sun shining through every pore of their body and mind." So I want you to see that miraculous you like a beautiful yellow sun shining through your body and mind out into other people. See how you are a miracle.

A participant said:

Participant: This last round was wonderful. I felt chilled when you said something like I will no longer go without being myself. It was like just something came up from my solar plexus to my chest.



Margaret Lynch: That is what we do with the third chakra. We zap it. Put your foot down. We feel that second chakra desire to be us and we come up to the third chakra and we say, "That's it. I am never going back to the old way." We start to feel it right into our heart because the heart is where we feel the sadness of not doing that our whole life.

Participant: What you said about the slow death, that just nailed it so perfectly. That was exactly how I felt.

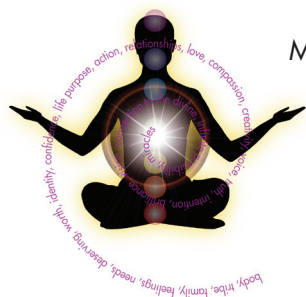
Margaret Lynch: The walking ghost syndrome. Remembering your past isn't remembering who you are. Remembering who you were or who you think you are going to be isn't the same as really feeling yourself in the present moment; that's at the soul level. In that present moment, there is this feeling of "This is who I am. I am shifting and changing all the time. But this is who I am." Sometimes that's called touching the soul.

Participant: I had to tap on failure last night because I am a student and I got a bad grade on an assignment that I worked really hard on. I always revert back to "I'm a failure, I can't do it." I didn't find this chakra really effective for me. I was annoyed. Do you have any advice on what else I could tap on?

Margaret Lynch: We often get annoyed when we get close to touching who we are and to honoring ourselves. Then we go into battle. So we want to tap on the battle around not being good enough. "I have made a vow to always battle about my worthiness, to prove myself and then have myself dashed down in my own judgment of someone else and then get angry and fight that and say no. I deserve better. I'm better than this." It's a pattern that goes around and around. We never arrive at inner peace at the third chakra when we are in a second chakra battle about our worthiness.

To come up to the third chakra peace is to let go of that battle which is really hard to do. With a strong Charismatic Leader that you definitely have, try tapping, "I made a vow to battle about my worthiness and deserving and there is no way I am letting that go. I am battling this and that's the way it is and I don't want peace. I want to be right." It will feel really good to tap on it that way. It will bring you to a calmer place if you voice it really loud and over the top like that. Let yourself voice all that battle, that screw everybody battle. It will bring you to a meditative third chakra place the fastest. That is spirituality for you.

Participant: Does that have anything to do with saying it's their fault and coming up with a million reasons to battle with people.



Margaret Lynch: You justify your battles, by saying, "I can't just be in the world as this amazing, accomplish a warrior. I need to justify the battle." When we go into battle, we usually like to have a really good justification that makes sense to ourselves. But on the other side of that is we get to be this unbelievable warrior that we are out in the world, working for the causes that we want to support. We fight the battles of truth and justice.

It's always good to hear from my Charismatic Leaders who are in battle.

Participant: We like the battle.

Margaret Lynch: We love it. Part of it is admitting how much we like the battle, way more than we want inner peace a lot of the times.

Participant: That's good to know because I feel like, especially this past semester, that I have just been annoyed at absolutely everything and everyone. Now I'm seeing a pattern, and I'm able to tap on it a little bit better and let it go.

Margaret Lynch: For anybody, when we go into battle, we manifest more battles. It is good to tap about it because we come out of it the quickest. When we are in battle, we are in our defensiveness, and we cannot be in our creative place. This is the way we self-sabotage—by going into battle with everyone and then get to a place where they are all stupid and we don't care.

Participant: After the meditation, I'm usually tired. I'm visualizing and feeling my body, and often almost fallen asleep. Is that something you find is usual?

Margaret Lynch: If you are processing a lot emotionally in the class, tapping is very draining. It's like you mountain biked for three hours. You want to ask: Do you overwork your body all the time? Is your body giving you signals, such as I need rest and you don't really listen so in a meditative moment where you connect with yourself, your body is saying loud and clear, I am exhausted. This is one scenario.

The other scenario that I also find a lot of achievers—when they start to go to a point of meditative connecting with their self— will fall asleep. It's a way of resisting. For some people, it's a way their mind comes in and shuts down the process that was happening. So you can kind of think about either of those things and see if that means anything to you. It's the same thing when I hear people say "Oh my God, Margaret. When you got to this on the class, I got distracted. I started multitasking and I realized I was resisting the work that was happening in the class."

But often it's just that tired feeling in your body is from all of the processing and then bringing in a very meditative space.

Participant: In my enforcer mode, instead of fighting outward, a lot of times I turn it on myself. Instead of getting angry at somebody else, I go into self-destruct mode. Other than just tapping on it in the moment, is there some better way to handle that?

Margaret Lynch: What do you think the vow is that stops you from actually saying "I anticipate you people?"



Participant: When I get really enlivened, I feel that I am very destructive. And so rather than just destroying somebody else, I destroy myself.

Margaret Lynch: When you go hard on yourself and you deal with self-hatred, then you victimize yourself. Tapping on it specifically is one way. Use the terrible words that you say to yourself because that will often lighten it up a lot. And you want to go over the top, "I am just horrible, monster, vicious, mean. If I had my way, I would be flame-throwing cities. I would be throwing her over off a bridge and stealing the show." So that's one way to tap on it really specifically where you use the kind of voice what you would call the evil, naming why it's justified for you to be hard on yourself about it. So there is one level.

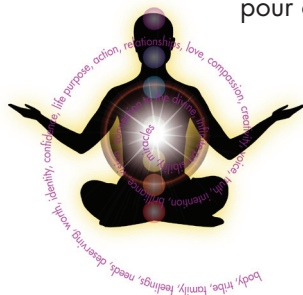
The next level is what Eckert Tolle teaches as observing the pain body. Tap about this almost like it's addiction. "Even though there is this part of me that is addicted to torturing me, beating me up, telling me that I am horrible and that I am evil, I'm just going to observe it and honor it. It's been there a long time. It's got a function. I don't know what it is. It's trying to tell me something. It's got a gift for me. But I'm just going to observe it, this part of me."

The pain body thrives on the drama of the way that you beat yourself up. The pain body enjoys this crazy cycle of feeling like you are going to kill people with your power so you better cut yourself down. Just observe that whole process. That will help break the cycle because suddenly you have consciousness about the pattern. That's like the spiritual level of tapping for it.

Working with the lower three chakras is intense stuff. This is the reason that my theory is that very few people are doing this work except me. It takes a little third chakra courage for me to do some of this work. I have that wall of fear or that wall of desperation for approval. I worry "What if nobody likes this?" Then there is something in me that goes, "I have to share this."

You could call that arrogance. But it's not because I'm not pretending like I don't need approval, like I don't care what people think, like I am so beyond what people judge me. If I pretended that I was so far beyond being affected by people's judgments that wouldn't be congruent. Of course, I want people to love me. But that doesn't rule who I am and I don't change who I am to get the approval. That's the difference of the third chakra. Deepak Chopra says that you don't get pushed off center; you don't change yourself in order to get that approval because the most important thing is for you to be you.

When I really own how much I want to be loved by people, when I come to that in my third chakra, I let love pour out of me. Then who couldn't love me?



Doing this work is very intense and will bring us to places where we can be light about this and have a sense of humor about our insecurities, imperfections, and desires to go into battle with everybody. When we speak that way to people, and say, "You know what? Sometimes I'm a real bitch. But I am very forgiving, too." Suddenly it takes all

the power out of everyone judging us as a bitch. All the power is gone. So as intense as it gets, the other side is when we do this work enough and we tap through our stuff enough, we can get to a sense of humor about ourselves.

Once again it's time to introduce Joan to do her meditation with us. Joan possesses a sense of holiness about her presence that is just palpable and just beautiful. And in her healing blessing, she is just going to invite you to come along with the energy with her and receive this blessing. You might feel a great sense of peace or energy moving. You might feel like you are really light or you are really heavy. Or you might feel nothing. So every experience is perfectly wonderful and all you have to do to receive the blessing is simply be holding an intention of "Yes, I want this blessing. I want to receive that."

### **MEDITATION WITH JOAN**

*I invite you now to travel with me as we do this third chakra energy blessing and to be open to miracles. So we will begin by taking three deep breaths. Inhale as deeply as you can through your nose, hold the breath, and exhale slowly through your mouth. Second deep breath—inhale through your nose, hold it, and exhale slowly through your mouth. Third deep breath—inhale, hold the breath, and exhale slowly through your mouth. Now relax.*

*I ask the infinite spirit God of love and light to bring your golden healing light all around us. Enclose the circle in protection and love beneath our feet. I ask all the Ascended Masters and the Legions of Light to be with us. Our guides and angels, presences. I ask that our divine team to draw close and allow me to be a channel for healing for all. And I ask Archangel Michael to stand guard with us forever.*

*So I invite you now into the center of this beautiful circle of light and just see these beautiful lights swirling all around us, moving upward all around us, beneath us, above us. I invite you to draw this beautiful golden healing light through your crown chakra and allow it to touch in with the violet light at your crown. Very slowly and gently allow it to move downward, merging with the indigo light of your third eye chakra. Slowly as you relax, allow the light to travel on downwards and blend with the blue light at your throat chakra. Gently floating down and merging with the green light of your heart. Feel the love and the warmth of your heart. Traveling on down to touching with the yellow light at your solar plexus—your third chakra—and moving on down, merging with the orange light at your second chakra. Downwards to the base of your spine, merging with the red light. Now see this beautiful golden light as it merges with the red light of your first chakra, through a lunar clockwise direction. Feel your body and your connection to the earth. Now see your first chakra open just gradually little by little, very gently, see it open. Feel the love of your heart. Hear your soul's light whisper to you that you are safe and secure. You are divinely supported.*

*Now this beautiful golden healing light is going to travel upwards to your second chakra. See it emerge in a clockwise direction as your second chakra opens. Here we honor our deepest feelings, needs, and desires with our new self-image. See the energy from your second chakra rise up through your system to create and be all that you were meant to be. Feel yourself divinely supported with this golden healing light and feel all that you feel at a very deep level. Just allow yourself the peace and safety to rest. Now, slowly and gently*



*allow the golden light to spread upwards, connecting with your third chakra in your solar plexus and see this beautiful yellow light merge with the golden healing light. Allow your third chakra to open to the miracle of who you are.*

*Now I invite St. Germain to come and be with us. Let us gather all of our feelings of shame and the vow we made to be invisible and all the ways that we have lived up until now where we were not really being who we are and sharing with the world who we really are. Let us very gently and slowly give them to St. Germain, and he will transmute them to a safe place. So as we let go, see them float away.*

*Take a breath, and allow yourself now to go deeper within. See the beautiful yellow lights of your third chakra connecting with the golden healing light. This is you. This is who you are. You are a piece of the Divine. You are a real miracle. You are safe here in this sacred space. No matter what is going on around you, no matter what anyone else is doing or seeing, this is your own special sacred space connected to the Divine, connected to this beautiful, golden healing light. Choose to be who you really are. Rest here for a while and feel your confidence in yourself, feel the courage that you have to show who you really are to the world and feel the peace of what it is like to step into your power and be who you really are. Let yourself shine with the help of this golden healing light. May you always remember who you are.*

*Now allow this golden healing light to travel upwards to your heart chakra and see it swirl through your heart chakra and feel all the love in your heart for yourself. Give this love to you. You deserve this love. You are unique. You are a special human being. You are a special soul. Allow this light to travel upwards through your throat chakra with the beautiful blue light and then on upward to your third eye. See it swirling upward and see your chakras opening just a little bit as it moves upward, touching in with the violet light at your crown chakra. As it moves out through your crown chakra, see this beautiful golden healing light disperse into beautiful golden raindrops. See them float gently down all around you in a blanket of protection and safety and love. Know as you go forward, you will always remember who you are as you walk in the light. Blessed be. So take a deep breath and let your fingers move and your toes. Bring your awareness back into the room that you are in.*





# Level Four

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## THE FOURTH CHAKRA



The fourth class in the *7 Levels of Miracles* program is about the fourth chakra. As we look at the fourth chakra, it is physically located behind your sternum in the center of your chest. It's the heart chakra.

Deepak Chopra says the God of the fourth chakra is the God of the redeemer. Here, the Divine is loving, understanding, and forgiving. It's a God that takes back all the judgments we heard in the God image of the lower chakras that weighs us down in life. And it's the God of wisdom that looks beyond right or wrong, the God of wisdom that encourages you to reach your full potential.

If we remember, the third chakra is where we found the inner peace that comes with being who we are, being able to be ourselves and express our real feelings and our real desires. We are in a place of inner peace because we no longer worry about the judgment of others or the acceptance of others. The fourth chakra is the place where this inner peace is transformed from a common peace to wisdom. We begin to have a broader perspective, like a redeeming God, that goes beyond right and wrong about the nature of reality and the nature of humans. We start to see with our intuitive wisdom the unfolding of the secrets of human nature and of the very fabric of reality of the abundance of manifestation.

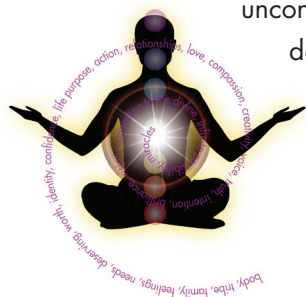
Chopra says that the fourth level is where we respond to the world intuitively. He also explains that the heart level is where we have opening to telepathy, ESP and reading people's auras. We also obtain knowledge of past lives or of the future. He reminds us that our intuitive response comes from your heart, not from your mind.

Our intuition can actually be annoying because our natural intuition can come up as that little voice that goes, "That doesn't sound right to me." Intuition can actually be a pest when we suddenly know we're in the wrong place or with the wrong group of people, creating feelings of discomfort because we're used to going along with the crowd.

At the level of the fourth chakra, we live our life through insight, empathy, tolerance, and forgiveness. Because forgiveness, insight, and wisdom are at the center of this chakra's mission, we go beyond looking at things as black and white, right or wrong. We look at mistakes that people have made, and we encourage personal growth from those mistakes. We encourage people to reach their full potential.

The fourth chakra represents your ability to hold love and compassion for yourself and in relationships. Through the fourth chakra, we come into relationship with people. Chopra says it's the bridge between heaven and Earth, and that means the fourth chakra is your core; it's your center; it's the balance point that integrates the lower three chakras and the upper three chakras, the lower self and higher self.

Robert Frost says, "It sits in the center and it knows." So our heart loves us and everyone else just as we are, unconditionally in the present moment. The heart is the healer. Every healing is, when it comes down to it, is of the heart. It's the compassionate act of forgiveness of the self and then others that is the core of all healing.



When we have an open heart chakra, we live in the present moment, even if it means being vulnerable because the present moment is where we're alive and feeling love.

When your heart is closed, it means we're living in the past. We see what we don't forgive in ourselves or what we don't forgive in others.

In reference to Rhys Method® Life Purpose Profiles, the Knowledgeable Achiever is the fourth and sixth chakra dominant profile type. The gift of the Knowledgeable Achiever is to see the big picture, the bigger perspective. True forgiveness is when we look at something, an event, or a mistake or something someone did with wisdom, understanding, compassion in the bigger picture, the bigger perspective. We realize that we've always done our best. This is the unfolding of our self-development, our journey, our consciousness.

Rhys believes when we forgive ourselves, we're really saying "I forgive myself for forgetting who I really am, that I've never really been bad. I've always done my best. The universe, the Divine does not make mistakes." On the other side of forgiveness is always going to be the critical act of the sixth chakra. It's the sixth chakra narrow view that says "No, that's not how it should have gone. I should have known better. I should have done better. It never should have happened" that blocks forgiveness.

The dark side of the fourth chakra is judgment and criticism. Rhys teaches that the instant, the absolute instantaneous second that you criticize, your heart chakra closes. If you've ever been around someone, even a coach or a practitioner or a healer who is critical, you will feel a closed heart around that person. You will not feel compassion. The critical aspect of the person is the side that we call the Rule Keeper, which is the defense of the Knowledgeable Achiever profile.

The miracle at the fourth chakra is about loving yourself in every moment, accepting ourselves in every moment without fixing anything, without striving, without doing better. Being in the present moment and being completely lovable, means: "I allow myself to receive. I deserve and I allow myself to receive." If we are unforgivable in something that means "I don't deserve. I refuse to receive love, compassion, forgiveness, and support." We are deserving. True faith insists that the Divine, that the God of our understanding, personally supports us.

However, if we're blocked at the fourth chakra, we are blocking the receiving of miracles.

This is particularly important for those of us whose entire life focus, whether as a coach or a chiropractor, a naturopath, or a web designer, is centered around leading people to personal growth, to personal transformation, to consciousness. No matter what we teach, no matter how great our content, no matter how magnificent our technique, if we have one little pinky of unforgiveness of ourselves that we hold onto, we're never going to bring people any further than where we've gotten. We prevent others from receiving miracles by preventing the miracles we deserve because we've been unable to forgive ourselves. Your voice, which is your fifth chakra through which all your chakras, wounds, and vows speak, will emit a vibration that says "You should forgive yourself except if you got something like what I got, then forget it, you're screwed."

Most people don't seem to see the harm in holding onto their unforgivable story. However our clients cannot become healthier than we are personally. And so this is in our vibe. If



we've got an unforgivable story in there, they can feel this vibration at the fourth chakra.

Now we're going to come up with this unforgivable story. I want you to picture this event, this story, this movie that you have. Give it a title just like it was movie, a horrible little movie. Now I want you to say out loud, "It's unforgivable." I want you to rate that on a scale of 1 to 10, with 10 being extreme unforgivingness. And I also want you to say, because I've done this so much with people, I want you to look at that situation and say, "I was a monster, a horrible monster." See how true that feels on a scale of 1 to 10. I want you to just notice what's coming up, what's the feeling as you look at this story that's unforgivable because there's evidence that you have in the story that's very specific of why you can't forgive yourself.

Now for some participant titles:

Participant: The title of my story is "How I Ruined My Father's Life." Because I was unforgivable, my score is 8. My terrible is 10.

Margaret Lynch: What's the feeling as you say "I'm unforgivable?"

Participant: Sadness is coming up.

Margaret Lynch: Sadness is good.

Participant: The feeling that I have is that I wouldn't have been punished so severely if it I wouldn't have done such a horrible thing.

Margaret Lynch: Part of the punishment is the evidence that says it must have been that bad because I had such severe punishment.

Participant: Exactly. My dad, up to that time, up to that date, was my world and I was his world. And then everything changed after that.

Margaret Lynch: What we see here in these stories is going to be the mind versus the heart—the mind versus the intuitive response, the bigger picture, the compassion. It's the mind here that's saying, "Well, I have this piece of evidence...."

Participant: And it's all my fault.

Margaret Lynch: Remember if you come up strong in the Knowledgeable Achiever as one of your two primary profiles, your life long work is to overcome this: "It's all my fault. I should have known better. I should have seen it coming. I should have done it different." I should have, should have, should have, which always means I do not deserve help and support.

Very important connection. Thank you for that.



Another participant shared:

Participant: For unforgivable, I've got a 10. My title was, "I was a monster." It's beyond forgiveness because I'm really not sorry. And I have total shame about that. That's the feeling that I have, shame.

Margaret Lynch: So the title is: I'm still not sorry?

Participant: I certainly was not sorry at the time, and I'm still not as sorry as I ought to be.

Margaret Lynch: So why does that make it worse?

Participant: What I did was not okay, and I should at least be sorry that I did it. It's kind of like I have to earn forgiveness by being sorry, by regretting it, and I would not do it again. So I learned a lesson from it. But I don't really regret having done it, but I think I ought to.

Margaret Lynch: So again this is an interesting twist. This is your mind saying I really should regret this. Maybe it's the third chakra that's saying, "I should be a little more ashamed of this." And your higher self is going "But I see the perspective already. It helped me grow." We want to be at that perspective, of being fully, fully congruent. We often hear a lot of people say "I let that go. And I got over that." However, we can hear in their voice that they didn't. There's still pain there around it.

Participant: I have never forgiven myself for this.

Margaret Lynch: You haven't forgiven yourself for not being sorry enough.

Participant: I haven't forgiven myself for the event, and I haven't forgiven myself for not being sorry enough.

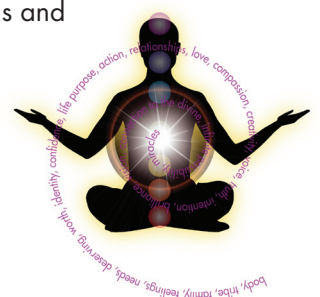
Margaret Lynch: So you're really angry at your shadow in there?

Participant: For sure.

One more person shared:

Participant: I didn't title mine either. I've known that my story was bad, and I did it twice. And I'd say it was a span of maybe ten years in between. I scaled 10 on both, how bad it was and how bad I was. I've been ashamed of it. There is a fear in me that I could do it again, even though I know it was a horrible thing that I did. I mean I shredded two men; I just shredded them.

I used to do it a lot in my youth. I mean somebody pushes me too far, and



it was a thought of "If you're going to be that stupid, I'll let you have it." And I did. Then I'd walk away feeling better, but they were like devastated. I broke that habit because I knew it was terrible. But both times that I did it, that I was really bad, it was affairs of the heart, if you will, oddly enough. And I was really bad. And I do feel embarrassed by it. I do feel very horrible about it. I stated that to my closest friend, "If I could undo any of that, I would." I understand that at one time in another life, I was a very, very powerful healer, and I caused harm then as well. I think that blocked me in a lot of things because of the fear of hurting somebody again.

Margaret Lynch: So you're looking at a powerful piece of your lower self that could just take power and hurt people. That lower self is saying, "That is unforgivable." When we push that further into the shadow, it pops up and rears its ugly head on people because it's not integrated. We're not living through our power in a positive way. So for you, it's beyond this event. It's this dark part of you. You are thinking and feeling, "This is like an evil monster in me that is unforgivable." When we think about wanting to open up and ask the universe to give us miracles, ask God to send us miracles, to let us see miracles, receive miracles, manifest miracles, there's going to be a big resistance in your vibe that says not for me.

Another participant shared:

Participant: I got a 9 on both. The feeling that I feel is real sadness. What I did was something that was so unlike me and that nobody else would ever believe that I did it because it's something I always preach against and never dreamed that I was capable of doing.

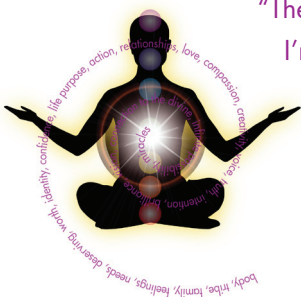
Margaret Lynch: A perfect example of the shadow again is when we've got parts of our self that we say I will never do that. I will never be like that. We take parts of our power, of our lower self and really push it into the shadow. And then, of course, we're going to have to live through some piece of that story. That becomes: "I am the monster. I am unforgivable."

## TAPPING EXERCISE

Now we're going to do some tapping on the story. I want you to picture yourself just like you're watching a movie of this story. You're right in the middle of it. You're at the bad part where what you are doing is horrible. You're doing the horrible thing right there. If it's a younger version of you, I want you to see yourself at that age. No matter what age, even if it was two weeks ago or two years ago or forty years ago, I want you to see yourself there.

Tap right through the points

"There I am, a monster, horrible, unforgivable. There I am, how could I do it? It's disgusting. I'm so ashamed. So horrified. So unforgiveable. I would never ask for forgiveness on this one because I know what's right. My judgment on this is correct. It's unforgivable. I totally judge myself. This one's easy. It's black and white. Everything I did there was wrong. Horrible. Humiliatingly wrong. Oh, I deserve to suffer for this. And I have been. Actually, nobody knows how I torture myself. How I deserve that torture. Unforgivable.



Unforgivable. This is beyond even the Divine.

If God wanted to forgive me, God would be wrong. In my view of this, I should have known better. I should've done better. I should have been stronger, smarter, just better. I judge myself a monster. In all this unforgivable pain that I carry with me every day, I guess that's what I deserve. Unforgivable. There I am, in those circumstances, I totally judge myself. I refuse to forgive."

Take a nice deep breath.

There are a lot of really harsh words in there. And what you heard was what we call the Rule Keeper. The critical mind has no compassion. When we criticize ourselves, we break our own heart. This process often triggers a lot of sadness. When we break that mind game, the first thing that comes up is often compassion. So I want everyone to look at yourself again, the younger version of you that's making the mistake. And I want you to re-rate unforgivable. See if it's come down a little bit.

Notice that your mind is keying on some part of it now. Like, "Yeah, maybe I could forgive myself." But there's one piece in there, something that you feel the need to be offended about or shocked at yourself about. Perhaps you are thinking: "I would never let anyone see me like that." Maybe it's something about the people that you hurt. Or how you've hurt yourself by doing what you did. So there might be some piece of evidence that's coming up as a "yeah, but."

Participant feedback begins:

Participant: This round of tapping was quite intense, and even though I feel that the number has come down, I don't feel anything towards that child, that younger me. There is nothing in my heart for that child. As a child, I saw it as horrible at it. In my grown up mind, in my adult mind, I see that this wasn't terrible. It was not a big deal.

Margaret Lynch: So what would you say about the child?

Participant: She should have known better.

Margaret Lynch: If you have a strong Knowledgeable Achiever in the mind, you have such a strong mind, and it is a beautiful, beautiful part of you. But when it gets stuck with a thought like, "I know how smart I am, I should've known better. I'm right about that," God could come in and say, "I forgive you." And you go, "No, no. Not about this one. I should have known better. I'm holding onto this one." That's the strength of the mind of a Knowledgeable Achiever when we really have a story that we say "I'm right about this."

I've worked with people whose stories involves tremendous amount of trauma and pain. Yet they still look at that younger child that they were, and they go, "Yeah, but at five she should have known better." As an adult that doesn't





even make sense, but it's in there. All that means right now is right now is that you're still saying your heart chakra's still closed about it. It's saying, "I'm not going any further than this."

Participant: I had the feeling that I was overconfident. I was free. I was therefore careless, and I have never allowed myself to feel that way again.

Margaret Lynch: You also have a vow in there. That's where the strength comes in and says that's "I learned never to allow myself to be confident and carefree. I have based my whole self-image in the way I operate in the world around. I never get to be carefree. I am a total rule keeper. Everything has to be perfect. I've got to make everything right. I always have to be right, and I have to always think ahead and do it right." That event triggered such a shift in you from being probably more like a Charismatic Leader child, or an Emotional Intelligent Specialist child, or maybe even Creative Idealist, that you shut all of that down. So this event is big for you. If you were to suddenly see that you can forgive yourself for that that would bring that energy back.

## TAPPING EXERCISE

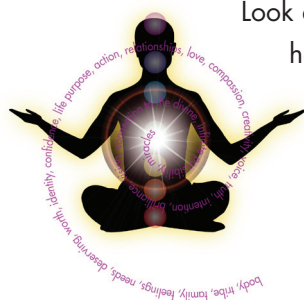
We're going to do another round of tapping, using some of these words: "I should have known better" and "I made a vow" about this event because the vow has more strength behind it than just the trauma that was associated with the event. If you're already feeling compassion, that's okay. You can tap through this round with us. It's not going hurt you. It's going actually bring you even closer.

*Tapping through the points again:*

"There I am, I feel a little better, but I still should have known better. I still should have known better. And I made a vow to know better, to never do that again, to never let myself make a mistake, to be perfect. And with that vow came a requirement to be perfectly critical of myself. I have to be perfectly critical of myself. Otherwise, I'll do something else wrong. I'll make a mistake. And that is unforgivable for me. I should have known better. I really should have known better. Even with everything going on, and the age I was, I am right about this. I somehow should've known better.

"I am not letting this go because I made a vow to never forget this, never let myself forget this. I hold myself to a very perfect standard. I cannot just let myself off the hook. It wouldn't be safe. I've got to be perfect. I've got to do it better. I can't just let this go. I've got to be perfectly critical. And this event reminds me why. It's still so important. I refuse to let it go."

Take another nice deep breath, and I just want you to look at that picture again.



Look at that younger version of you, whatever age you're at. I want you to imagine that your heart chakra is opened a little bit. I want you to let that beautiful fourth chakra that you were born with bring in the intuitive response to this circumstance. See the broader perspective, the bigger picture. See all of the things you learned from that event—all of the ways it led you to personal growth, maybe even to an enlightened moment. Are you unforgivable? Is there any way you could have done better, known better given everything you know

about yourself and your history to that point in time and this pressure you were under, the circumstances happening? Sometimes in these pictures we see how we were trying to meet our own needs in a lower self way, as we say matters of the heart sometimes. These are experiences where our lower self experiences our needs without any moral or ethical considerations. If your lower self has a desire for sexual pleasure, it doesn't care how that needs get met—with a one-night stand, an ex you don't really see anymore, or someone else's boyfriend or girlfriend. If we act upon that, we will usually at some point experience regret or guilt because we acted out a need of the lower self and now we see that act as unforgivable, or as something we could have or should have done better.

I want you to look at this story with perspective. Did you try to meet your needs for power or attention, from a lower-self perspective? How long was that an unmet need? Were you unable to feel that need, ask for that need, act on that need until it came out in this way.

Several people mentioned worrying that they might do it again or that they didn't have enough remorse. When we don't ask for our needs to get met, feel our real needs, act on our real needs, carry our own power, ask for attention when we want it, it's going to come out somewhere.

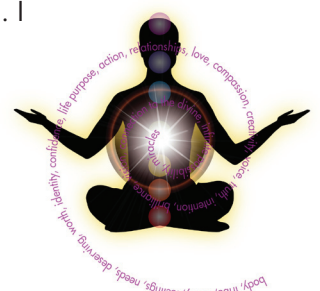
I want you to just look at that picture again. I want you to focus in very closely on this younger version of you—even if it's from two weeks ago because he or she is about to say something very, very important to you. I want you to listen. Watch as he or she opens their mouth and says, "Please forgive me. Please forgive me." Now I want you to see yourself standing there with an even younger child, an even younger version of you as a child. And in that broader perspective you see how that story unfolded because of the wounds of the child, too. And the child is now saying to you, "Please forgive me."

See if you can forgive yourself and notice all of the compassion and the understanding that you suddenly have access to. If you're still stuck here, it's okay. Tap through some of those really strong unforgiving words again. I want you to say to this younger version of you, "I forgive you. I forgot that I was doing my best, that I didn't know any better. It's okay. I forgive you." I want you to tell this younger version of you just like you would a client or a patient, "This is part of your personal growth story. This is just part of your path."

I want you to imagine that instead of those words you could send light right from your heart into that younger version of you. And if there's still two of you there, let them meld into one, that younger version. Imagine that you could pour that love, compassion, understanding, and wisdom of that broader perspective into that little one, like a beam of pure heart, light energy going from you into your younger self.

Recognize that as you do this, love pours right into the core of you because this younger version of you is in your core. This is your inner child that has been trapped at different ages, stuck, unforgiven. I want you to now imagine that you're looking at this younger version of you that you just poured this beautiful heart light into, this love, forgiveness, compassion, and energy. And now this younger version of you is standing in a room filled with over 100 people.

This represents your connection to everyone. I want you to see that room full of people



because if your heart chakra just opened, you have more access to your psychic powers, your ability to read and feel the field, the emotions, of other people. Your connection to other people grows. The fourth chakra is where we come into relationship.

I want you to notice that all of those people are struggling to forgive themselves. There's doubt, there's fear, there's resistance, and there are vows. I want you to right now to say to all of those people energetically just what you just said to yourself. "It's okay. I forgive you. Please forgive yourself." Let that intention come out from you to whoever needs it most Forgiveness is an incredibly, incredibly high vibrational energy.

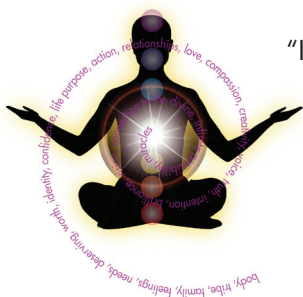
Let love flow in that group energy connected by the heart. Then bring in the Divine. Bring in some image that represents the God of your understanding. Let that God look at you and this whole group of people and give you just a little droplet of consciousness right into your seventh chakra. Experience a tiny droplet of the perspective of the Divine—the Divine that created the universe, infinite life on this planet that created your soul, galaxies, planets, and you. How is the Divine looking at you? All of the things that you just judged yourself for, criticized yourself for, said that you were unforgivable about came from your need to survive—your need to be safe, and loved, your need for pleasure, your lower self drive to have power, attention, and sensual pleasure.

The Divine gave us our lower self when we became human on this planet, to work through those lower self desires and energies so that we can be whole at the fourth chakra wholeness, honoring all of our power and our desires with consciousness from the lower self. The Divine gave us those feelings of hatefulness, rage, anger, and desire for revenge and all of the things that we think of as so dark. The Divine gave us those feelings, so when we actually forgive ourselves or someone else, it is real kick ass forgiveness. It's not, "Oh, yeah, I forgive you." It's "I felt everything. I hated you. I wanted to kill you." So when we forgive, that is evolution and consciousness.

So is the Divine judging and criticizing your lower self as unforgivable? Is the Divine withholding miracles from you because of your lower self? Or does the Divine love you infinitely, unconditionally, and have a desire for your well-being? Is the Divine rich with every resource and experience that you need and every bit of support in an infinite number of forms to support you?

## TAPPING EXERCISE

I want you to take a nice deep breath. We're going to do one more round of tapping. Tapping through the points or on any point, "Even though I haven't forgiven myself, I totally love and accept myself. Even though I have this one spot that I've held out judgment, ruthless criticism, and no compassion, I see now I was looking at it in such a narrow way. As I open to the big picture, the larger, wiser perspective with a heart full of understanding and compassion, I remember who I am, who I've always been.



"I've always been human. I've always been doing the best I knew how. I've always been evolving. I'm open to seeing the Divine in everything, everything that's happened to me. I'm open to seeing the Divine. I'm open to remembering. The universe doesn't make mistakes. I am a piece of the Divine. Being called to evolve, to reach my potential. I forgive myself for forgetting that I did my best there. I allow this beautiful energy of

forgiveness, of compassion, wise understanding to wash over me, opening my heart, and letting me live in the present moment.

“Even if it means being a little vulnerable sometimes, I now know I can forgive. If I make a mistake or something doesn’t go the way I want it to, I’ll remember it’s a piece of the Divine. And in the bigger picture, everything is unfolding perfectly. I totally honor my beautiful ability to forgive myself.

"And the very next time I touch someone in my life or lead someone in their journey and I speak of love and forgiveness, I will feel a new congruency rising up through my whole system and bursting out of my heart because I have been to the depth of ruthlessness and all the way back to forgiveness. I totally honor all of me. How deserving I am. How miraculous I am. And how many resources the Divine has for me in perfect timing because I deserve perfect support."

Take a nice deep breath.

Participant feedback:

Participant: I actually had a funny story. When I was listening to one of your crystal bowl recordings—I think it was the “Full Energetic Balance”—my heart chakra felt intense pressure for a couple of seconds. Then the pressure stopped.

Margaret Lynch: Rhys crafted that healing to trigger all the chakras. Did it happen early or in the end?

Participant: Right near the end.

Margaret Lynch: Your chakras are always speaking. Rhys says they only speak your soul, and your soul only tells you two things: your potential or how you're blocking it. And so there's something about your heart where there's some pressure there.

Participant: I definitely think of any of the chakras, this was the most responsive. I felt a lot of peace. Maybe it was a trigger for me to work on that.

Margaret Lynch: The crystal bowl healings are called healings for a reason. It really is energy medicine. It really is very powerful stuff that it's triggering in that because each bowl is tuned to the chakra. So it is literally triggering your experience at each chakra.

Another participant shared:

Participant: It has been quite an intense call, but I have been releasing a lot. In this last time, I had a quite a few insights. I have been thinking of understanding, especially for my family. Then it clicked that I have failed that understanding from the world because I haven't give myself that understanding. So a greater



door has opened for forgiveness and compassion. So I thank you for that.

Margaret Lynch: You're welcome. This work gives creates such an unbelievable channel in us. We can be a great healer already, and when we do this kind of work, it just takes our vibration to the next level. When we are in the presence of someone with a higher vibration, we start to feel better.

When we've really done a lot of self-forgiveness work, people will spontaneously start to forgive themselves more easily when they're with us. And so that's beautiful.

Participant: I started noticing these thoughts were popping up in my head like I was under a tremendous amount of stress when I did that and things like that that made me realize why I snapped.

Margaret Lynch: There is the intuitive response, where you suddenly realized, "Wait a minute. Geez, I had a lot going on." Or "I had just had this horrific trauma." Or "I had been shut down for so many years." This is why it's not just forgiveness and compassion. It's also about understanding and empathy. At this fourth level, forgiveness, compassion, understanding, and empathy are all needed and joined. And when we see ourselves that way, we see the Divine that way.

And so that's why I said all those other factors. If anyone's got a teenager and they've just done something wrong, what's the first thing they give you—all the ameliorating factors. Of course factors matter. They matter in a court of law, but in our own mind we're often so ruthless with ourselves that we say, "Five years old. I should have known better."

I want you to look at the deeper part of it, too. Is there is something for you to learn more from this story in a pattern that you have of not owning your power, not voicing your anger, not asking for what you really want, not setting a boundary that creates this process for you? By doing this you are seeing with this open fourth chakra, the wise mind. See even beyond this event and ask: "What are the patterns that I need to look at that I'm still doing today in my life where if I don't set a boundary or ask or require people to treat me in a certain way, I'm heading for a blow up?"

Participant: Something that I found very powerful was that adult self looking into the child self and forgiving the child self. Really saying, "I forgive you." I had never seen it that way.

Margaret Lynch: That's blended from some of the inner child work that I do with people, and mainly because we can be so ruthless that often when we bring up a child image it will soften us a little bit more. We're more willing to forgive a child sometimes. However, that doesn't mean all people. Some will say, "No forgiveness for that kid."



If you think about how we often acted from a younger child place—the lower place—in these events. We're selfish or angry. So when we forgive, we are forgiving our inner child.

Another participant added:

Participant: This was really incredible. I didn't have a specific circumstance that I could think of, but over the past weekend, I've had severe judgment and criticism of myself because I could not forgive myself for just being who *[laughter]* I am. I've been trying to release this for a couple days. I'm beating myself up which I rarely do anymore. This was just lovely to see that and let it go.

Margaret Lynch: Nice.

Participant: Going back to your childhood, and seeing that child and going "Ahh, I can forgive her," helped me let it go because this judgment and criticism of myself and others goes back to my childhood.

A participant shared about her epiphany about miracles.

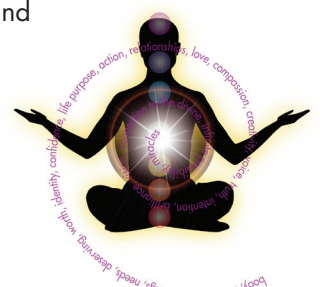
Participant: My heart feels so much different. I can see miracles. I mean it's not only how I'm feeling right now, but every class that we have, I say, "Oh, my God, this is the perfect class at the perfect moment. Just what I was needing." And so I see and receive a miracle.

Margaret Lynch: Often the way Rhys teaches in his program, when you're coming up to a fourth chakra class, that whole week your energy system is going to start to bring up fourth chakra conflicts for you. When you're heading into a third chakra class, your third chakra stuff will start coming up a week in advance. That's the miracle of our wise higher self. And remember that the Knowledgeable Achiever, which is fourth and sixth chakra dominant, have the most tender, deep heart. That's why they protect themselves so much. They don't want to be vulnerable so much.

They use their mind to be critical so much because their heart is very, very tender. But Rhys says that it's the Knowledgeable Achiever that can teach the whole world about the heart. The Emotional Intelligent Specialist loves very deeply and feels love very deeply; they have a lion's heart. You have a strong, strong lion heart. But the Knowledgeable Achiever has the most tender, tender hearts.

Participant: So how do you balance that tenderness and vulnerability without being so deeply hurt?

Margaret Lynch: The strength at the fourth chakra and the second chakra too which is about being vulnerable, allows you to reach out in relationship fearlessly and say, "Even though I might get hurt. I'll get over it. I'll recover. I can do it." For instance when I put myself out there and someone gives me horrible feedback or if I go to an event and people hate me, I could say that wouldn't bother me. That wouldn't exactly be true. I would cry my eyes out and be crushed. But I would get over it, and I would recover. I would get up and go, "This is still what I have to do."



So coming into relationship with our truth, and living in the present moment with honesty and integrity means being fully present with people that you're in relationship with even though it means you might have to be vulnerable. You might get hurt. But your power is in trusting yourself and saying "I have a very tender heart, but it heals. It heals. And I'll get over it. I'll get to the other side of perspective and balance. I might have to cry my way through a river of tears to get to the other side, but I'll recover. I will love again. Rhys says that love is a feeling coming up and out. You'll feel it rising up, coming up, and then you share it with the world. It's wonderful.

Now Joan Cremin is going to do an energy blessing for the fourth chakra. As she does this healing and this meditation, you might experience a lot of energy moving. I receive a lot of feedback from people who feel energy moving or just a lot of emotion or a lot of peace by doing these meditations. Or you might feel nothing. Every experience is perfectly good. All you have to do is have an attitude of "Yes, I want to experience this. I want this healing."

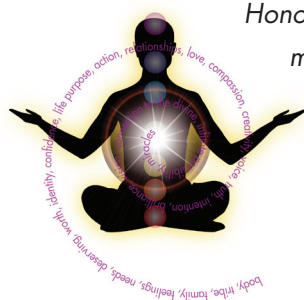
## **MEDITATION WITH JOAN**

*Hello everybody. We're going to begin with a deep breath. Just take a deep breath in through your nose. Hold the breath and release the breath through your mouth. Just relax.*

*Infinite spirit God of love and light, we ask that you bring your golden healing light all around us. And close the circle with protection and love beneath our feet. I call all the angels and guides, Ascended Masters and the God of our understanding to draw close to us. And allow me to be a channel for this energy blessing of the heart chakra. And I invite you now to bring this beautiful golden light through your crown chakra and see it merge with the violet light at your crown. Slowly and gently see it move downward through your body.*

*Touching in with each chakra as it moves safely and gently, touching in with the indigo light at your third eye chakra. And on down to touch in with the blue light at your throat, gently floating downward to be in the green light of your heart. See it moving downward ever so slowly and gently to merge with the yellow light at your solar plexus chakra. And downward to touch the orange light at your sacral chakra. Downward, resting at the base of your spine, merging with the red light of your root chakra.*

*Feel the light of your soul, feel the love and the warmth grow brighter and stronger. And feel your connection to the Earth and your body. Know that you're divinely supported by the God of your understanding. See the miracle of who you are. See your soul's light expand. Feel the faith at your first chakra, faith in yourself. And allow the golden healing light to travel up and touch in with your sacral chakra where we honor our feelings and deepest needs and desires.*



*Honoring and treasuring the miracle of why we are alive, feel the miracle that you are. Feel the miracles that are happening all around you. Allow your sacral chakra to open to feel the miracle. Allow the golden light to travel upward and touch in with your third chakra at the solar plexus. Here I invite you to know what at a very deep level that you are a unique soul. There is only one of you. And just feel the peace at this chakra, inner peace. Here you are truly free.*



*Now bring this inner peace upward to grow into the wisdom of the fourth chakra. As we move into our hearts, allow this golden healing light to travel in a clockwise direction as we allow our hearts to open. Here we have the capacity for love, compassion, and forgiveness. See this golden light as a river of love flowing through your heart. Feel compassion for yourself as it warms and comforts you. In this sacred space, I invite you to say these words to yourself: "I love you. I forgive you. I love you. I forgive you. I allow myself to receive love and forgiveness."*

*Now see this light of love grow brighter and fill your whole body. I invite you to send this healing light of love and compassion to anyone who may need healing. And see this beautiful river of love flow out from your heart and touch everybody in your life in a very special healing way. See this brilliant, miraculous light grow bigger and brighter as it expands out to fill your auric field, all around you to fill the room. See it travel outward to fill the town or the city, the state, the whole country, the continent, the Earth, the galaxies, the whole universe and beyond. See yourself as part of that universe and as one with it. You are one with the Divine. Let's receive the miracle of being divinely supported.*

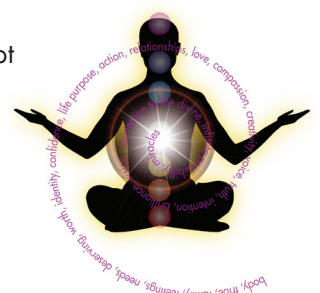
*See this forgiveness, love, and compassion from our hearts ripple outward all around us touching our families, each and every one, our friends, coworkers—everyone who has crossed paths with us, every one we have met or known. See it ripple out beyond them to all people who need forgiveness and who may need to forgive. And see everybody's heart fill up with love and light and compassion. And see this river just flowing from each person out, flowing out and flowing back. See all people fill with the light. And know that when we forgive, we set ourselves free. We are always doing our best at every moment.*

*Now see this light that has warmed and comforted our hearts move upward and out through your crown chakra. See this beautiful golden healing light become arms of love, wrapping around you, holding you. Know that you are never alone. You will never be alone again. See the light surrounding you with love and protection, compassion. As you go forward, take this beautiful feeling in your open heart out into the world. Blessed be. And I invite you to take another deep breath. And come back into the room that you're in. Bring your awareness back.*

### **A SPECIAL NOTE FROM MARGARET**

Again in the fourth chakra we come into relationship with people, the way we feel that desire to share and be in relationship with people. Joan and I thought it would be perfect to share love and forgiveness not only with those reading this lesson but all those we are energetically connected with all across the planet. That's how these higher vibrations can work. In the quantum field, there is no space, no time, no amount of resistance to the vibration of love.

It's interesting for to me to make that connection between when we love, forgive, and accept ourselves and recognize our own divinity— especially at the moments that we were at our worst—how unconditionally we deserve love. That vibration is a vibration of asking and receiving without you even voicing anything.



When you honor yourself, when you say “I love you” to yourself. You are saying to the universe, “Yes, I received a miracle. I am open. I am receiving. I am allowing miracles into my life.” It’s about acknowledging our preferences. “I like green instead of blue.” That’s what you’re saying when you truly love and accept yourself at the fourth chakra. It’s really, really beautiful.



# Level Five

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## THE FIFTH CHAKRA



This is the fifth class for the 7 Levels of Miracles class. As we come to the fifth chakra, we really are focusing on choice and intention. Wayne Dyer says that intention powerfully changes everything.

Remember in the fourth chakra, the heart chakra, we talked about love, understanding, and forgiveness and our intuitive response. That intuitive response allows us to see the big picture. At the fifth chakra, or the throat chakra, we go beyond that because this is about creating things in our life that truly look like love, attraction, and synchronicities. In his book, *How to Know God*, Deepak Chopra says at this level we have unlimited creative potential where God is our co-creator. We start to tap into the sources of abundance and generosity of the divine and of the universe. He suggests that we don't need to learn esoteric techniques. There are no magic tricks. There are no secrets of miracle working. You intend a thing and it happens. We approach the miraculous when things that we once thought were imaginary are now manifesting in our life. He explains that this is where quantum physics comes into play and we experience synchronicities that can't really be explained.

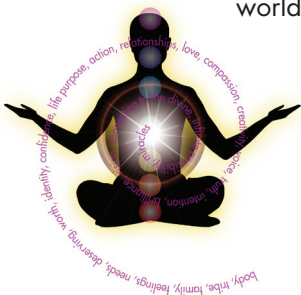
Now Deepak Chopra reminds us that the universe is always going to support what is best for you; not just your whims. As humans, we can be a little fickle. We can say we want something one day and the next day want something different. It doesn't mean we're going to receive everything that we wish for. There are still going to be challenges that happen in life. Yet by setting our intentions, we're choosing what we want in a powerful way and that opens up the manifestation channel.

The fifth chakra is also where we choose what is good for us. It's about choice and intention in their most positive elements. The fifth chakra is about your truth. This is also the chakra for the Charismatic Leader. We speak our truth at the fifth chakra. Carolyn Myss says fifth chakra is about having courage to speak your truth or to say something that is going to be difficult.

Rhys Thomas explains that it is in this chakra that we create ourselves in the minds of other people. A good example of this is when I use my voice when teaching a class, I am seen, heard, and understood by those listening. So I create myself in the minds of my audience.

So to recap: the fifth chakra is your willingness to speak the truth of your deepest feelings and your highest aspirations—to say yes and mean it; to say no and mean it. Through the vibration of our fifth chakra, we manifest our words, and our words contain the entire energy field of you. When you open your mouth and speak through that vibration of your voice, all of your chakras speak.

Everything comes through your voice and it creates your world out there. This happens is by first speaking our truth into ourselves. Everyone's heard the expression, "your inner world creates your outer world." Well, I have rewritten that expression to say, "your inner talk creates your outer world." Your inner talk creates your outer world. And that inner talk, the way we use our fifth chakra, is a choice.



The fifth chakra is the manifestation channel. We use our fifth chakra to live the spiritual truth, "ask and you shall receive." However, if you don't ask, or you assume you don't deserve it, then that too, you shall receive. Rhys Thomas says if you were to watch your inner artist paint the canvas of life, you will see your fifth chakra. The fifth chakra is much

more powerful than people realize. It has the power to garner all of your energy, the universe, and the quantum field behind your choices and your intentions. The miracle is about creation and how you truly are creating your life through your intention. And for me, it's the miracle of watching how the universe actually supports my intentions in an unexpected, synchronistic, impossible to explain way.

We need to say, "This is what I want. This is what I'm going for. This is my goal" – whether we say it out loud or write it down or both—it's not until we do that, until we choose, "This is the one for me; this is where I'm going," that all of our energy in the universe lines up around that.

Sometimes it doesn't go the way I think it's going to, or sometimes I realize that I've grown beyond where I was when I first set the intention. The law of attraction works so unbelievably perfect. And it all starts with how we speak—first with the truth we speak within ourselves, and then the truth that we speak out into the world.

The fifth chakra doesn't have negative vows of its own like some of the lower chakras, but the negative at the fifth chakra is vowing to speak all of our other vows and wounds. So, at the first chakra when we had survival and fear, and the rules and laws of my tribe of origin, first chakra vows come up to the fifth chakra, and we basically vow to speak the truth about my tribe. To speak the truth of scarcity. To speak the truth of being rejected. To speak the truth of what everybody wants us to be. Or we withhold our whole truth, or over speak our truth.

If we had a second chakra wound around being vulnerable or not honoring our feelings and vowing to not feel our feelings and honor our deepest desires, then the kinds of things we're going to say is, "No, I'm fine. I don't need any help. I don't need that."

Often we say "no" when we really mean "yes," when we really mean to say "I need help" or "I need support. I need affection."

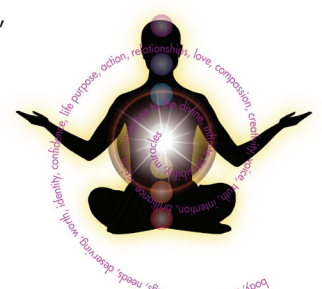
The fifth chakra supports the vow that we've made at the third chakra to withhold who we are, to not be seen, to be invisible. Here we will speak the truth of that by either being silent or by down playing our brilliance. "I'm not a miracle; I'm just this." We hear ourselves down playing and back pedaling from complements. We hide the miracle that we are, and stay out of the limelight, and dis-honor our accomplishments.

## FIFTH CHAKRA EXERCISE

We're going to explore how we use the fifth chakra in the negative. So get out your journal or a piece of paper and pen.

The first area we will address is the way that you speak inside of you. Nobody hears it. So, it seems kind of harmless, but this is how we manifest exactly the opposite of our heartfelt truest desires. This is how we limit our greatness. So what do you say about yourself to yourself?

I want you to capture at least one or if possible two of these phrases or sentences. Does



it sound like it's coming from a vow to be perfect or perfectly critical? Does it sound like it's coming from a vow to be invisible or to never be vulnerable? What do you say to yourself about yourself? For me it was always, "Stupid, stupid, stupid, stupid. Oh, my God; I'm an idiot."

Perhaps your inner critic is shouting: "I should have known better." Or, "Just don't speak, do not say anything, because you're going to look stupid like an idiot." This is where I want to make this really strong point about how your inner world creates your outer world. What you're speaking to yourself with your fifth chakra goes inside of you and creates the reality there first.

If I'm always telling myself that I'm stupid and I'm an idiot, that's the reality that I'm manifesting as my truth. Many times we do not even recognize how often these are often in our "blind spot." We don't really challenge them – especially the achievers, because we think, "Well, I'm right about that."

Secondly, what beliefs do you share about the nature of the world and how it operates– and this could be both to yourself, but often we say these to other people. Do you say, "Bad things happen to good people?" Or, "The other shoe is going to drop?" Or, "Good things always come to an end." Or "Miracles happen to other people."

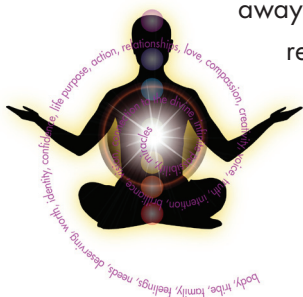
This third one is a little bit harder, because when we speak from some of these vows, particularly about ourselves, we use our fifth chakra to lie. We are lying even when we are withholding our truth by being silent. Or we are withholding our truth when we're saying, "Oh, that's okay. I don't mind. No, no, no, that's fine. No, nope. That's fine. No, I don't mind. Sure, I'll do it." These can be lies to the miracle of who we are if we are acting and speaking in opposition to our truth.

So how do you use your fifth chakra to lie about your truth? About your true value, your true feelings, or desires, or goals? I know lie is a really strong word, but we really need to wake up to how hurtful it is to withhold our truth, withhold our brilliance, and withhold our value from the world.

Each of us has a unique, miraculous gift to us given by the Divine. And it is our life's purpose to share that gift with the world. Rhys Thomas says you victimize people by withholding the gift of your miracle.

When I first heard that I thought, "How could I possibly be victimizing people?" But when we're withholding our gifts, hiding the miracle of who we are, we are essentially saying, "I'm not a miracle; neither are you."

Many of us who have a really high standard of integrity believe we always stand in our truth. However, I meet so many people who say to me, "One of my highest values is that I am truthful and I never lie." This blows me away because I'm seeing how I have been triggered by people who aren't truthful. And then I realize, "Oh, my God, I am not that truthful." Work at this level exposes how untruthfully we really have been living our lives.



Remember Carolyn Myss says it takes courage to speak our truth. We need courage to say yes when we mean "yes," and no when we mean "no"— and to speak the truth

about how miraculous we are. That we're not wounded. That we're empowered and we're choosing what we want in the moment.

Lastly, I want you to write down how you withhold or under speak your actual intention about your calling? About your business? About what you want to do with people? How do you downplay it, under speak it, or not speak it at all? What have you secretly locked away in your heart? Do you want to say to the world, "I want to work with thousands of people," or "I want to be known as the greatest Reiki practitioner in the tri-state area," or "I want to be helping people in a bigger way than I am right now," or "I want a best-selling book," or "I want the sales award."

How are you not speaking or under speaking intention that you have? That goal that you have? By withholding what we intend or want to achieve, we cannot create. And so think about that. Often we've never really have the courage to think about and write down, "This is my intention."

It was terrifying for me and it still is sometimes when I do acknowledge, "This is what I want to do." It often brings up every fear and doubt in me, and I begin thinking: "Oh, my God; that is so scary. Why did I write that down? I want to erase it."

When we first speak our intentions and goals into ourselves, we acknowledge that we are making a choice. A choice has power behind it because it's like a commitment. Here we are saying to ourselves, "This is what I want. I want to double my practice; double my business."

And as we do that, it percolates in us, and it becomes more and more real, more and more manifest. We start adjusting to the idea more. Then we find ourselves speaking our intentions to other people suddenly. And that's when it starts manifesting in the world, when you start speaking about it. Very often many of us burst into tears when we finally express what we really want to manifest in our lives.

The best way to speak about your intentions and goals both within yourself and to other people (in the right setting) is to say, "I have no idea how I'm going to make this happen or get there. I don't know all the details, but it is my intention to create this. This is what I want. I don't have all the answers. I don't see the whole thing. It'll probably take a miracle and that's what I'm choosing. This is my intention."

Now for some participant feedback on some of these ways that we are using our fifth chakra in a negative manner, or the way we speak to ourselves, or the way we speak about the world.

Participant: I often say, "It is wrong for me to have what I want."

Margaret Lynch: And so, that is what you say to yourself?

Participant: Yes, and I add, "Maybe it's not the best for me."

Margaret Lynch: You doubt your desire? You feel what you really want and then





your mind comes in and says, "I shouldn't want that."

Participant: Exactly. It is wrong for me to want it.

Margaret Lynch: How many times a day does that thought go through you?

Participant: I am becoming aware that it's automatic. I feel that it wasn't meant to be.

Margaret Lynch: This why I make people write it down, because it's very easy to miss this inner talk; it's just a record player on a loop. What are some of the beliefs you have about the world? What do you speak out loud that withholds or undervalues your truth?

Participant: I believe it's kind of like a sin to ask for what I want. It is wrong for me to have what I want. Then I always ask for less of what I think I want.

Margaret Lynch: It's an energy that victimizes you and other people because you're always going to walk away feeling kind of resentful.

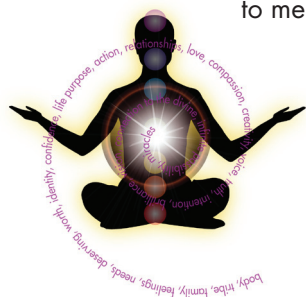
Participant: Yes. I'm victimized.

Margaret Lynch: Right. You wind up feeling, "Those people screwed me." When we don't speak our truth, it always creates more chaos. When we speak our truth, and we choose with courage to say, "I'm going to live with the consequences. This is what I really want, and if this isn't right for that person, they're will move on."

Speaking our truth creates empowerment. It creates a positive energy, and you walk away from those people. They made a choice, but you weren't victimized.

Participant: I understand but I'm feeling it's opposite of that: when I get what I want, then I feel that I'm taking advantage of other people. They're not making a choice.

Margaret Lynch: Your fifth chakra is speaking the truth of other wounds and vows. What you're experiencing is a battle between the second and third chakra. Either they're going to victimize me or I'm going to victimize them. You're in a never win situation. Instead of just being able to speak the truth of what you want, the fifth chakra is going to speak the truth of this wound, of this vow that I'm always victimized. Someone's always going to be victimized, because victimization is extremely real to me.



Participant: That's the way of the world, yes.

Margaret Lynch: When we look out in the world and we see victimization, our second chakra is in action, along with our Charismatic Leader, our enforcer. When we get to

these upper chakras, we discover the top three chakras are truly slaves to these wounds at the lower chakras.

When we carry this wound into the sixth chakra, we look out at the world, we see victimization. Then we go up to the seventh chakra and even your view of infinite possibility, believes that, “Well, there’s an infinitely large number of ways that I can be victimized.”

Carolyn Myss says 95 percent of our issues are related to the first and second chakra. That’s really where we have to work. As we clear these issues, they will show up at our fifth chakra and our sixth chakra and our seventh chakra. That’s why the lower chakra work is really critical. Remember, the fifth chakra doesn’t necessarily do things on its own. Instead of speaking the heart truth—which is what we want to speak—it speaks our wounds.

Our heart’s truth is more about empowerment. It’s a win-win for everyone, which is the total polar opposite of everyone gets victimized. I speak my truth and I empower everyone to do the same in perfect win-win negotiations. That statement embodies the core quality on the other side of victimization. Our truth would then be: I’ve never been victimized. I’ve always had a choice and I’m making my choice right now.

Another participant commented:

Participant: I wanted to say that I think I have a deep belief that I’m going to fail no matter what. I say to myself that I can’t do it and that I’m not capable. Then I manifest fear and anxiety. I also have rheumatoid arthritis. So I sabotage myself and reinforce that I can’t do “it” with fear, and a real lack of strength in my health and every area of my life. So I stay stuck. To even think about putting out there what I really want, brings up so much fear that it’s like a vicious cycle.

Margaret Lynch: Rheumatoid arthritis is always going to be about anger. Because you’re wired to live courageously, to live fearlessly, for you to live in fear goes so far polar opposite of your true core because you’re wired to be more like a warrior. Charismatic Leaders are fearless about our truth about what we want to create.

Having all of these wounds and vows that say “I’ve got to be fearful” really goes so opposite to who you really are. The rheumatoid arthritis is the body’s manifesting the pain of the separation from your truth. You’re not being the person who was literally born on this planet and wired to be fearlessly fifth chakra person.

For the Charismatic Leader, what is unforgivable for us is the judgment that we’re weak, and we should be stronger and we should be fearless, but we’re not. When I’ve worked with people with rheumatoid arthritis, I’m always going right for anger, because there’s a part of you in the second chakra that’s incredibly angry that you have to live with this fear.



Participant: Right.

Margaret Lynch: The feeling of being stuck all the time because of fear is really feeling like a people pleaser instead of a leader. So your fifth chakra is just speaking the truth of those vows, that I'm going to have this addiction to this cycle of battling failure and battling my worth. With my fifth chakra, I just keep the cycle going by saying, "I'm going to fail. I'm too afraid. I'm a loser." Your fifth chakra is speaking the truth of that battle.

So, for you it's an aha moment of, "Wow, this is how huge this is for me, because I'm speaking it all the time to myself." Right?

Participant: Right.

Margaret Lynch: Your fifth chakra, instead of becoming the huge, creative force in your life, it's a record player of the past. You can shift this, by working on some of your anger at you're fifth chakra. There are a lot of people who've written books and built entire careers on just having you change your language. They don't even go into your real issues.

They say, "If you just start talking differently, circumstances in your will change." And it's true. You can make amazing changes just by shifting the way you use your fifth chakra. Now we can switch those negative vows to positives through tapping and speaking a new truth about ourselves.

We do have this addiction to the idea about failure. I would play with it and tap to: "Even though I'm probably going to fail for some unknown reason, I am going to fail and fail and fail, and be in the *Guinness Book of World Records* as the Charismatic Leader of all failure. I am just going plow ahead in embarrassing failure. It is my intention that on the other side of that failure I will have learned and grown by leaps and bounds. So, what other people call failure, I am now going to call information and growth."

In addition to working on it at that level, I would also use my fifth chakra to, as Abraham Hicks says, to start speaking a new truth about it. This is a real big one for you.

Participant: Yeah.

Margaret Lynch: The reason why you go to fear so much it is because it's the exact opposite of what you really want to be doing, which is creating yourself out there fearlessly.



Participant: Right.

Margaret Lynch: Conflict like this will settle right in the body. So now what do you say to other people that down plays your truth or your value?

Participant: I actually spend a lot of energy trying to not let people see how weak I am because I am so sensitive about that. I hate that side of myself. I am very critical. People probably hear the self-criticism, but I think a lot of people wouldn't actually perceive me as weak and powerless as I perceive myself.

I don't like people to know how anxious I am. I am a lot better now, but I've been struggling with this for thirty years. The anxiety used to be debilitating. Going to social events would just about make me sick before I went. And I would have to meditate and breathe just to do simple, normal things.

Margaret Lynch: We can use our fifth chakra to speak our strength, or, like a good Charismatic Leader, we can use our fifth chakra to manipulate the situation and the information to present ourselves in a very specific way as not really to be seen for that weakness. So instead of getting to be you, you have to use your fifth chakra to make sure you always appear confident.

Participant: Right.

Margaret Lynch: Sometimes we have to over speak it. I would joke a lot or pretend like I didn't care or I would make fun of other people, like, "Look at that guy." That took the attention off of me. I had developed a lot of different social ways so that people wouldn't see my social insecurity. I'd point the intention somewhere else.

Participant: I do feel vulnerable and embarrassed, because when people do see the lack of confidence, it recycles into more fear.

Margaret Lynch: In the second chakra, there are the thoughts of, "I can't be vulnerable. I can't really be seen, because if I'm seen, they're going to see my weaknesses." So, we speak all of that into ourselves with your fifth chakra, with words like: "Don't even try; you're going to fail," to avoid that whole thing. But you're kind of seeing it more clearly, I think. This is a really big issue for you—first chakra issues built onto the second chakra ones. The second chakra is going to be more around not wanting to be vulnerable and also battling our worth.

Another participant shared:

Participant: I'm a five time Leo. I feel like the little kitten that's in the corner going meow, meow. I'm very scared. And yet I come across strong and knowledgeable and confident and all of that. And I'm thinking, "Shit, that's not me." [Laughs]

Margaret Lynch: It's similar to what the last person was saying. You use your fifth chakra to over speak your strength so that the vulnerability doesn't show. You project and use your fifth chakra maybe even stronger than you have to



in order to convince everyone of your strength, your confidence, and your knowledge. It's really protecting how vulnerable you are. It's not actually your whole truth, because you're strong and you're vulnerable. You're strong and you have deep needs. So, the truth of your deep vulnerability and your deep sensitivity is not getting expressed.

Participant: I even tried down playing it, and that doesn't even come across. My closest friends even tell me that I still come across very strong. I don't know what to because I don't like to overpower anybody.

Margaret Lynch: It's become such a habit of using our fifth chakra that way to be the authority all the time in the room that it's hard to even see how we do it. It's hard to even see how we're creating ourselves in the minds of all those other people, because they're reflecting back to you ideas that make you think, "That doesn't feel like me."

You want to figure out where you took the vow of "I can never look vulnerable," or, "I can never look stupid," which means "I am vulnerable or I am weak." So, I have to use my fifth chakra—all of this energy of it to paint this picture of myself as opposed to using it to totally manifest my intention. It just diverts all of that energy.

## TAPPING EXERCISE

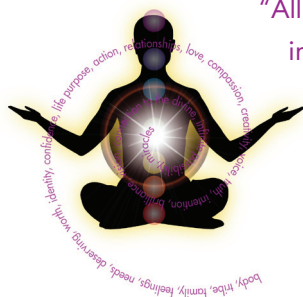
This is what I call a more consciousness round, because we're not deep in any one particular issue, but we're going to tap around being conscious of our fifth chakra.

We're starting on karate chop point. "Even though I use my fifth chakra to speak the truth of my wounds, to speak the truth of my vows, so that I'm never really seen, I totally honor all of me. Even though I've been using my fifth chakra to create a perfect me out there or to make sure I never try to speak the truth of my other wounds and vows, vow to never be vulnerable, vow to be perfect, vow to withhold who I am, I totally honor my fifth chakra.

"Even though my fifth chakra is in incredibly powerful and will manifest my life based on my intention that words I choose to speak, I have been using it like a record player, I forgive myself for that. I totally honor my fifth chakra.

Tapping to the points. "All this energy stuck in my fifth chakra, I've been using it in so many ways, none of which line up with my true heart's intention.

"All this energy stuck in my fifth chakra never really speaking my heart's truth. Speaking words into myself that really hurt; that negate my gift. Speaking words into myself that negate my miracle. Speaking words into myself that negate my true intention. My incredibly powerful fifth chakra, which is my key to creation, which is where I choose what I want to create and speak the truth of my intention.



"My heart's truth. It is really scary to imagine that. My fifth chakra's been a record player. I had no idea the power locked in my fifth chakra, but I'm open to seeing it now. I'm open to becoming conscious of all the ways my fifth chakra is playing on a loop, expressing the truth of my wounds. Expressing the truth of my fears.

"I'm opening up my fifth chakra now, releasing some of these prerecorded tapes and allowing myself to speak some new truths. My heart's truth. My true intention. My true desires. The desires of my lower self and of my highest aspirations. I'm opening up my fifth chakra and expressing my heart's truth."

Okay, and take a nice deep breath.

Now take each of those things that we talked about and write a new truth. What is a new truth? If your wise mind could come in—the eternal, loving, present whole part of you could sit with you, how would it rewrite that statement?

Capture a new way to speak into yourself. I want you to capture your intention, because what you write after it's my intention, you can use every time you tap. "Even though I'm terrified of failure, it's my intention to...." "Even though I'm terrified of being vulnerable it's my intention to...." You can always add, "And I have no idea how to get there, but it's my intention," because the universe hears and responds to intention. Remember you don't have to know how to make these statements true. That's the beauty of the fifth chakra manifestation channel. "I don't know how it's going happen, but this is my intention."

If you want more information on intentions, I highly recommend Wayne Dyer's *The Power of Intention*.

More participant feedback:

Participant: Can I write the intention so that I am no longer battling my worth?

Margaret Lynch: The intention is the positive. If you were done battling your worth, what would you create? If you were done with that whole thing and you be totally free to create what you want to create, what's your intention?

Participant: What I really want to create with that in mind? Even though I don't know how to get there.  
[Laughs]

Margaret Lynch: I used to tap on all these problems and all these insecurities, "I'm a total failure. And I judge myself. It's my intention to...." and then my mind would go, "But you don't know how to do that."

And I would say, "And I have no idea how to get there, but it's my intention and I am putting it out there." When you think about tapping, we're calling ourselves out on both our likes and our deepest addictions and issues with our



fifth chakra. We voice them in tapping and we free ourselves from them.

"Even though I'm insecure, I love and accept myself anyway," the addictions and issues with our fifth chakra lose their hold on you. The fifth chakra is an incredibly powerful healing tool. It is truly the manifestation channel. So, for you to say, "This is what I'm choosing. This is what I'm saying. This is my intention," it is incredibly powerful.

Another comment by a participant:

Participant: I have two intentions that address the way I speak to myself, and the other one is what I want to create in my healing business. It is my intention that I am right in my truth and that I am the only authority in my life. It is my intention that to know that it is right for me to have what I truly want. It is my intention to ask for what I truly want and get it. And it is my intention to fearlessly speak my heart's truth.

The intention is to be the miracle maker of miracle makers. Everyone who comes to me receives spontaneous and miraculous healing. It is my intention to receive perfect and ideal clients per month who eagerly and joyously pay me \$3,500 per miracle session.

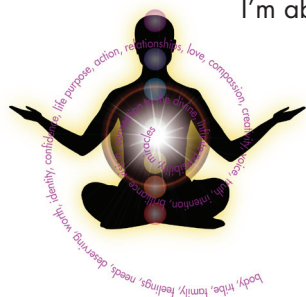
Scary.

Margaret Lynch: It's scary to say it. It's like goal setting. When you put it out there, two things happen: You get to see where you might need to do some tapping around it. Like, "That feels scary." I already feel undeserving once I say it. But when you put it out there, the universe can supply the infinite amount of resources in the crazy synchronicities that you can't even imagine to make it happen.

It doesn't mean you won't take action. It doesn't mean that you won't have conflicts and resistance come up that you'll have to work through and learn from, but you're co-creating with the universe when you declare your intention.

Participant: I think that it's just a miracle that I had the courage to share this now.

Margaret Lynch: It's awesome, and exactly what Carolyn Myss means when she says the fifth chakra is the chakra of courage. When we share our intentions, a whole bunch of energy gets garnered, because you had to make the choice to say it out loud and to go, "Oh, my God, this is what I'm going to say, I'm about to say it." It's a choice.



I love that Deepak Chopra says, that the signals can be really small in our lives, little signals, but as we choose to follow those little intuitive signals, they get amplified. So, there are some little signals that have probably been showing up for a long time, pointing you toward your life's work. Start to declare it and say, "I choose this path." And follow



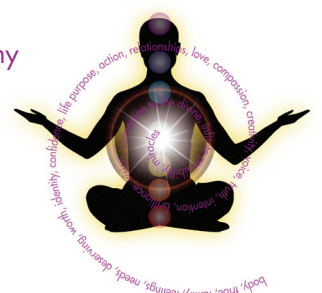
What I have found is when I'm willing to say it once, I start talking about it to everybody I meet. Suddenly, I find that I'm talking to about six people about it. This is when it really starts to manifest, because now I'm talking about it all time. And the more I talk about it, the more it feels like this reality is going to manifest.

Margaret Lynch: Right. As soon as you state it, the universe show you where you have more work to do. You couldn't get to the, "Who do you think you are," as intensely until you've said it out loud.

I want everyone to look at that intention and say out loud, "I really, really want it. I really, really want this." Notice how it feels to bring up some energy and emotion about it.

Tap into the points.

"This is what I want. It would take a miracle for this to manifest. Yes, yes, yes, it's my intention that a miracle will support me. Hundreds of miracles, if I need them. This intention is incredibly powerful. I totally want it. I totally honor it. It is good for me and good for the planet, and I will enjoy the heck out of getting it.



"I will enjoy the journey to it. I might fall down. I might make mistakes. I might screw up. I might have challenges and I know how insecure I am. I don't care. I still going for it. This is what I want. This is my intention and I'm not letting it go. I will fight for it. I will cry for it. I will make mistakes for it. I will look stupid for it. I don't care anymore. This is my intention.

"I am choosing it and claiming it now. And as I do, the entire quantum field is being powerfully organized around this intention. Things are happening through space and time. Miracles that I couldn't even fathom right now, lining up to support me, to teach me, to get me ready, to prepare me, to support me, to show me the way.

"Miracles are being created because of the power of my intention. Yes, yes, this is happening. This is what I want and I'm saying yes to the Universe. Bring it on. I'm not stopping."

Take a nice, deep breath.

In order to take your intention to the next level you need to include the courage of using your fifth chakra to declare and voice that intention. Declaring and voicing your intention with your fifth chakra is an act of ongoing courage that says: "I will be broken down. I will trip and fall. I will be insecure. I will spend a day of laying in bed sobbing, and I don't care. I'm still doing it. This is my intention."

Feedback from Participants:

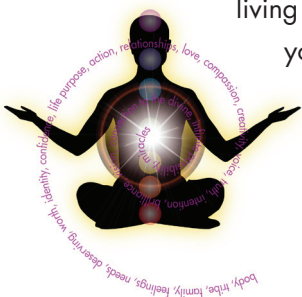
Participant: I wanted to say thank you for that, because I have been feeling that the more I work through, the worse I am getting. The more I work on forgiveness, the more I tap, the more each of the chakras I work on, the much more incompetent I'm feeling. I used to write really well, and now, I just freeze when I get to a computer.

I think I've been putting too much pressure on myself about this, so thank you very much for this last tapping session.

Margaret Lynch: You're welcome. Sometimes when we make a lot of progress and we do a lot of process work through the chakras, we'll sometimes experience some backlash. I call it a backlash where you literally wake up and spend the day in bed crying, thinking, "I don't even know why I'm crying," Or we'll have a dream that will trigger it.

And it's like a little bit of pushback from the energy system: "Oh, my God, wait a minute. I've been living the I'm not good enough for a really long time." And so, you just want to be easy with yourself about it and say, "Hey, I'm having a little bit of backlash; that's all it is. And I'm still going forward."

Participant: You mean I'm not really becoming completely incompetent? *[Laughs]*



Margaret Lynch: Right. What you're probably feeling is how your mind blocks you being you and taking action, because your mind comes in with the critical voice and says, "You're incompetent; look what you're doing. You're not getting enough done," or whatever it's doing.

So, becoming conscious doesn't necessarily mean that we feel this unbelievable spiritual enlightenment all the time. We become conscious of how our defense works first, and the way that you defend is your mind becomes critical. If you're doing a lot of forgiveness work and your mind will resist. Like, "Hey, she's getting rid of me, slowly." Right? So, it will get louder sometimes, because you're conscious of it. Yet it was always there. You just weren't hearing it the way you're hearing it now.

Eckhart Tolle refers to this as “pain body.” You’ve had this pain body for a long time and it doesn’t want to go anywhere. *Note: For more information on Eckhart Tolle’s concept of the pain body, please visit the link here: [http://www.huffingtonpost.com/eckhart-tolle/living-in-presence-with-y\\_b\\_753114.html](http://www.huffingtonpost.com/eckhart-tolle/living-in-presence-with-y_b_753114.html)*

Participant: I also want to thank you for these rounds that felt quite powerful in declaring my intention. I received some insights when you were going through the things that may come up, but also having the willingness to let go and forgive.

Margaret Lynch: When you holding onto the battle, the wound or being a victim, you don't have your energy, because it's invested in "holding" the wound, and you can't create in your life because your energy is invested elsewhere. You can't just go for what you truly want no matter what it – no matter what, no matter what happens because you're energy is all wrapped up in the battle.

You want to get to the point where you say to yourself, "I really can't not go for it. I can't not go for it. This is my calling and I have to keep going." It might get hard and like Deepak Chopra says, the universe is still going deliver to you what's best for you. [Laughs] Maybe it's not exactly what you are wanting in that moment and those moments can be hard, but you get up say, "I can't not do this. I have to keep going, because I can't not."

There are many inspirational stories from the people who built incredible businesses where they just were like a bulldog. Mine is one of them. I just kept saying to people, "It's going to happen. This is going to happen." I told my family for years, and we practically lost our house. When you have that level of courage and commitment, the resources and the energy that you garner is unbelievable.

Another participant commented:

Participant: I want to thank that previous woman for having the courage to state her intention because I couldn't figure out how to word what I needed, wanted to say. And I actually wrote an intention, and I want to say it out loud even though I'm scared to. *[Laughs]*



Even though I'm scared that people are going to judge, my intention is to design and create items that carry a healing power.

Margaret Lynch: I want you to go beyond. I want you to keep working on that intention. Go beyond the action of it and go to the next step—to design and create items that have a healing power that does what for who. Or perhaps that creates or that assists in the healing journey of thousands of people. You want to have in the intention, why it's good for you, and why it's good for everyone. Right? We know why it's good for you. You're saying, "Hey, I can earn a great living and love the hell out of what I do." And it's also got this incredibly beautiful intention for everyone who purchases one.

Participant: I just had a question going back to when you were talking about declaring your intention. I could say "I want to get married" or "I want to..." whatever, but what really puts the power behind that? What do you recommend when you're declaring your intention? What's the best way to do it?

Margaret Lynch: Well, first of all you want to make it part of your internal talk. And this takes a little discipline, because we're so on a record player. So make a mental note that when you wake up in the morning to speak some truth into yourself. We're very open in the morning. We're in a hypnotic state.

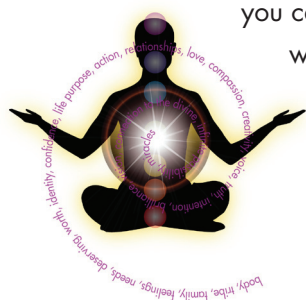
So say it's about meeting somebody or getting married. If you wake up in the morning and you say, "I am so in love with the man who is on his way to me. I am so in love with this man on his way to me."

You start speaking the truth, because it's your intention to be madly, deeply in love with this guy, someone that you're going to marry. I like to bring in a little bit more fun and make it more interesting than just the one or two sentences. So, what's in that intention is that to be an unbelievable partner. To love somebody like they've never been loved, to have this really fun, giggly, synchronistic relationship. There are more intentions in there—probably a million intentions in there.

I like to speak it into myself with, in a way that sounds like, even to me, "Wow, I totally believe this is going to happen." Use your fifth chakra to speak it into yourself in a sense of total belief and faith that it is on its way.

And what often happens is you start talking about it to other people. It just starts coming out of you, because when you speak it into yourself in a way that's light, fun, and filled with excitement you can't help not speaking it out into the world. "Oh, my God, I'm going to make the most wonderful wife. Someone is going to be unbelievably lucky to get me, because I totally rock." Then your truth starts sounding more natural, not just like an intention.

Participant: Would tapping amplify this in the morning?



Margaret Lynch: My habit lately has been like to wake up and think, "Ooh, let me think of something good. Something miraculous is happening to me today." I don't necessarily tap when I first wake up. I tend to tap when I feel sort of a negative— when I feel myself going into defense, when the critic comes up or the thoughts, "This is never going to happen," come up. I will tap when I want to bring my vibe up— just a positive tapping. So, I will tap "This is happening, this is on its way to me. This is already in already in motion. I'm already connected to this person. They're already on their way to me. This is happening. It is real. It is coming. I can feel it."

Since I started teaching the fifth chakra more in classes like this. I started to have even more consciousness about the way it works, about how I use it and how I start creating with it and what I say to people about myself and about my mission, because it really is how we manifest our world. I've never made that connection before. Your entire vibration comes through your voice.

Another participant shared:

Participant: Over the last two or three weeks when we do this chakra work, when I'm tapping, my body starts shaking, and I get really, really cold. And I've never experienced that in any other tapping. Is it just because it's related to such deep stuff?

Margaret Lynch: How do you see your profile if you listen to the profile information? What profile do you resonate with?

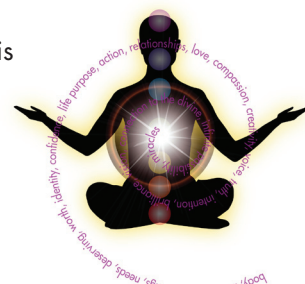
Participant: Charismatic Leader would be my primary. My secondary would be the Creative Idealist.

Margaret Lynch: With the Creative Idealist you could be experiencing coming into your body and this is different for you because Creative Idealists live a lot in their heads and aren't in touch with their bodies like others. The resistance to this is manifested through the shaking as you come down into your first chakra. So what's the feeling? Is it scary for you? Does it feel out of control? What would you say about that shaking feeling? The feeling is the other important side of it. What's your feeling about it? My body's shaking; I don't want to be in here? And so, you want to tap always on what emotion is triggered in you.

Another participant commented:

Participant: When I say I intend to do something, it makes me feel really heavy and resistant. I fear failing or having to make it work. I'm afraid of actually committing to it.

Margaret Lynch: An intention is different than "I intend," because intend means "This is the next action I'm going to take." I want you to think about intention as a very different word. Intention suggests, "I'm going to take action, and the universe is going to co-create and support me." When we make an intention and a choice, our fifth chakra is recognizing that I'm going to do a part and the



universe will do a part. I'm asking and I'm receiving. When real achievers, say, "I'm going to take this on. I'm going to do it myself and it's all going to be on me," it can feel really heavy.

So, what you're feeling is that you typically have to use your willpower. We're using the willpower of our third chakra when we think, "Okay, now that I've committed to this, now I have to make this happen by hook or by crook. Now, it's all on me." And if I don't make it happen, I'm going to feel really crappy." The heaviness of your will comes in and then that feels like, "Oh, God, that's going to be exhausting."

Participant: Yes.

Margaret Lynch: All right, so, this takes a little bit more faith. So you want to tap on this: "Even though I feel I want this, it feels really heavy. I don't want to choose this because then I have to make it happen. It's all on me and it's exhausting. I can't do this by myself. It would take a miracle for this to happen."

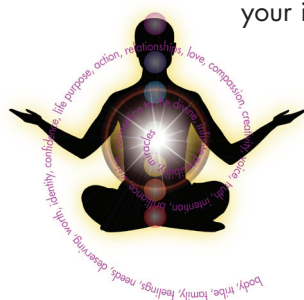
Then you move to the other side of it where you tap: "I want it. I'll take steps forward. I'm going to allow the universe to co-create this miracle with me."

It's a faith. As Deepak Chopra says, "The universe is going to support what's best for you." And it's going to amplify its support as you choose to follow your impulses. I personally like to ask for lots of support from the universe. I don't like things to be very hard for me, and I don't like to work a lot of hours.

And never feel guilty for being lazy. When people feel lazy, it's your Charismatic Leader that's calling you to say, "I'd like to get the biggest payoff for the least amount of effort." It's built into the Charismatic Leader.

When I feel myself feeling like this is going to be really hard," I try to catch myself and tap to it while saying, "Well, if I believe that's how it's going to be, it certainly can be hard. People absolutely do things the hard way all the time. And I am open for this to be ridiculously and unexpectedly and impossibly easy.

I keep putting my intention out there and letting the Universe support me that it's going to be easy. And it happens. I don't know how many times I've said to people, "If I tap on something, it actually happens. I think I control the world." That's the power of our fifth chakra. You call yourself out on your insecurities, and the things we judge and we also ask for what we want.



We also call ourselves out on our higher aspirations—"What I really want is. Yes, I want to earn millions of dollars and I also want to help millions of people." Both sides are there. "And I want it to be easy, because I want to love my life." It doesn't mean I'm not willing to work hard, but hard work is always my choice. It's like I wouldn't do anything

else. It's what I want to do. It doesn't feel like hard work to me. So I ask for a lot of support from the universe.

Participant: Working with the heart chakra, I could just feel my heart saying, "Nope, nope, nope, I'm not opening up. No way. I'm not going to be vulnerable."

Margaret Lynch: That was actually your mind, because the natural state of your heart chakra is to be open. So, it's the way your mind comes in and says "no, no, no, no," and puts a box around it. That's your Rule Keeper, the defense side of the Knowledgeable Achiever profile that makes a judgment about that.

The mind makes decisions on whether or not you can be vulnerable in that way or can open your heart and feel that. And it's really powerful. That's how quickly it can work. This how our mind comes in and says, "Not going to feel that." So, that decision is not based on the present moment; it's based on the past.

A participant responded:

Participant: One question. For me, I do know that I am afraid of being seen as lazy. I want it easy. I want the greatest payoff for the least work. But how do we sense that that is wrong?

Margaret Lynch: There's a part of you that knows when you do what you do, 125 percent of you pours out of you. When you are working with somebody one-on-one in whatever you do, you do not shortchange the person. You pour everything out in that moment for them. You're not actually really asking for it to be easy. You're asking to do something that you get to fully express you. For me, being on this class right now. I pour myself out. I don't take it the easy route when I'm doing this class, but there are other details in my life that I want to be easier.

The lazy part of us is really a shadow. If you look at the shadow, and you say, "Okay, I have a shadow in me. That's my lazy side that I judge and I don't like. And it's probably wrong for me to want it to be so easy and to not work that hard and get to lay on the beach and then do my work for an hour and then lay on the beach again." We want to befriend that inner slacker.

What if I could just own that there's a piece of me, a part of me that is the inner slacker that is calling me in its power, in its gift, even though I judge it a lot. That the gift of the inner slacker, the inner lazy person is that it calls me to honor my gift. To honor this particular kind of gift that I have to give and not wind myself down or run myself down trying to accomplish everything perfectly or do everything myself or have no life balance.

The inner slacker reminds us to self-care. To relax. Relax without guilt. I have a huge inner slacker, and I've learned to love my inner slacker, because I'm always going to get up and do my job, but my inner slacker reminds me to





stop feeling guilty when I'm relaxing. To stop thinking, "Shouldn't I be getting something done right now?"

We really want to look at that judgment around, “I feel like I’m lazy,” because we’ve often heard that our whole life from Rule Keepers who raised us and teachers who are of a different wiring. They’re all about being self-disciplined and working hard. That’s not how the Charismatic Leader or the Emotional Intelligence Specialist is wired. We don’t care about nose to the grindstone.

We care about what we want to create. And for me, that's creating myself out into the world in a way that brings healing and empowerment to other people.

So while you want to do your part as much as you can, which is you doing your healing gift, tell the universe, "I am completely frickin' lazy about the rest."

It's the gift of the inner slacker. There's this always gift even to the shadow sides about ourselves. Do not apologize for being lazy.

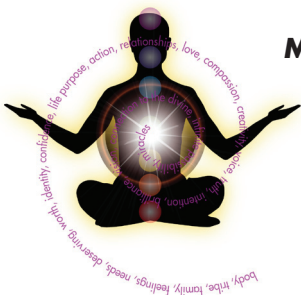
The hardest working people I've ever met go, "God, I have this feeling that I'm actually lazy." I say to them, "That's the part of you that's calling you to have more life balance. To do things the easy way; to let the Universe support you and co-create with you." That's what the inner slacker wants.

Remember to say some positive things. Your brain is wired around the old record player, so, it will take the positive use of your will, your willpower at first to rewire and get in the habit of some of the new expressions, these new positives that you set, your intentions, and the positive things—the “Even though I’m totally secure, I still totally rock!”

Before we move on to Joan, again I want to impress upon everyone the power of your fifth chakra; it is a manifestation channel. The way that you speak manifests your reality.

And so again, “ask and you shall receive.” If you don’t ask or the truth you speak states that you don’t deserve it for whatever reason, that is what you will receive. And so, using our fifth chakra to express our heart’s truth—what we really feel, what we really think, and also the truth about our highest intention of what we want to do and create and impart to other people—is incredibly, incredibly powerful.

And so with Joan's meditation, to receive the blessing have an attitude or an openness of "Yes, I want this. I want to receive this."



## MEDITATION WITH JOAN

*Breathe in through your nose. Hold the breath. And release it through your mouth. Take another deep breath. Hold it. And release it through your mouth. And one more through your nose. Hold it and release.*

*As we come into this sacred space together. I invite you to be open to miracles as we travel together with this energy blessing. I call upon the power of the great spirits, master saints and prophets, personal guards, guardian angels and all kind and benevolent sources of health in this universe to draw close and assist us as we share this energy blessing.*

*Infinite spirit God of love and light, we ask that you bring your golden pillar of white light all around us. And once again, close the circle of protection and love beneath our feet. And I invite you to see this golden pillar of white light enter your body through your crown chakra bending with the violet light, twirling clockwise, activating, and awakening and opening your crown chakra.*

*And as it travels downward, allow it to rest for a moment in the indigo light of your third-eye chakra on downwards to blend with the blue light at your throat. Gently floating down to be in the green light of your heart. Traveling on down, touching with the yellow light of your solar plexus chakra. And on downward to merge with the orange light at your sacral chakra.*

*Traveling downward to rest at the base of your spine, the red light of your first chakra. Let us connect again with the light of our souls and know that you are supported always by the divine source. You are safe. It is safe to be you. It is safe to let your true self shine. Take a breath and allow this energy to move upward, connect with your second chakra, where you allow yourself to feel all of your deepest feelings, desires, and needs.*

*Knowing that it is a safe to be vulnerable, honoring how valuable you are. Let this truth sink in and rest at your second chakra. Now allow the energy to move upward to connect with the yellow light at your third chakra, and go inside and feel the miracle of who you are. You are a miracle of love. Be at peace. Feel your inner peace, an acceptance of who you really are; a piece of the Divine.*

*Choosing now to share that beautiful quality of you with the world. Your shining light. Take a breath. And move up with the energy into your heart, beautiful green light of your heart. Let go and be in the warmth and comfort of your compassionate and forgiving heart. See the river of love flow out to others and back to you. An endless flow, a miracle of healing.*

*Let us fully recognize now that we are divinely connected when we say, "I love you." Now, allow this beautiful golden white light to move upward, connecting in with your throat chakra. The beautiful blue light. Here, we can choose to be free. Here, we have the courage to honor the power of our intention as we use our voices, and we bring forth our song to the word, never to be held back again.*

*When we align with the miraculous force of the Divine and let go of all that doesn't serve us anymore, we free ourselves. We speak our truth out to the world with confidence in each moment, and we become an unstoppable force for good. And I want you to visualize for just a moment your first, second, third, fourth, and fifth chakra together and feel the energy move upward from the first chakra up to your fifth chakra, honoring your true self.*

*Feel how valuable you are, bringing the red light, the orange light, the yellow light, your*



*shining light. That wonderful quality of you. Now, see your heart opening, the beautiful green light of the heart and bring that energy together, upward to your throat chakra.*

*And let us go on a little journey together. Let us climb to the very top of Mount Everest. Let us find a special place where we can gather together and almost touch the sky. Take a breath. Stand tall with your spine straight, totally connected to yourself and the Divine. Feeling the miracle of who you are, your shining light, and speak your heart's truth.*

*Now, in any way that is comfortable for you, sing your own special song and send that energy out over the mountain, the valleys, the stream, rivers, and oceans, to reach the far corners of the earth, Touching all beings as you feel the power of who you are in this moment. Safe, loved, divinely supported. Feel joy and excitement course through your body.*

*Take a breath. And look out now from this place we stand and see the vibration of the earth rise up as the ripples of sound travel out around us and become a blessing to our world. We are truly free. Let us give thanks for the divine support and for our courage to speak our truth.*

*And let us travel back down the mountain knowing that we can return there at any time we choose. And as we go forward, walking in the light, we are divinely uplifted, blessed be. As you take another deep breath, feel your awareness, your fingers and toes and bring yourself back into the room. Thank you.*

Margaret Lynch: Declaring who we are from Mount Everest, beautiful. Wonderful.



# Level Six

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## THE SIXTH CHAKRA



We've worked our way up to the sixth chakra, and this is really about seeing miracles. Deepak Chopra says when you get to the sixth level, which is the sixth chakra level—the level of the God of Miracles—this is where we become miracle workers.

In her book *Return to Love*, which contain reflections on the principles of *The Course in Miracles*, Marianne Williamson says, sometimes a miracle is a change in material conditions like physical healing, but at other times it's psychological or emotional change. It's a shift not so much in an objective situation, although that often occurs, but a shift in how we perceive a situation. She says a miracle is not the rearrangement of the figures in our life, which is a miracle for certain people to disappear. A miracle is our awakening from the dream of our life.

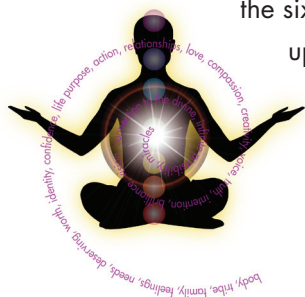
She also shares that the greatest tool for changing the world is our capacity to change our mind about how we see the world. She says it's a human decision to choose love instead of fear, but the radical shift that happens when we do that produces in every dimension of our life gifts from God, actual miracles—intercession on our behalf. She also says that miracles themselves occur like an invisible force that emanates from us when our conscious intention is to give and receive and be deserving of love. I like that idea—miracles happen because of an effect of an invisible force that emanates from us. We're going to take a look at some of that today.

The sixth chakra, also referred to as the third eye, located in the center of the forehead, is the center for psychic sight. Rhys Thomas says that psychic sight is really seeing how we fit in the world. And so in the sixth chakra, we see how our unique nature—our uniqueness—impacts the world around us. We see from a higher perspective how important our contribution to the world truly is.

Caroline Myss says that the sixth chakra is where we carry and hold the belief "I'm in effect my reality." This is so interesting because it's where we realize that seeing and believing are always very connected. People always say, "I'll believe it when I see it." When we see a miracle, we will believe in a miracle.

But what if before seeing and believing, we believe? So when we see that miracle manifest, it's confirmation of what we first believed. Believing is actually driving our seeing. We've actually made a vow to see the world that way and then that reinforces what we believe. There's this really interesting connection on seeing and believing miracles happen. We are effect our reality, supported by miraculous support, intercession, people, circumstances—everything the Divine is giving to us.

Remember the goal of *7 Levels of Miracles* is threefold: the first one is the belief that there are infinite resources that the Divine has for you. Second, is the faith that you are personally seen and supported with those resources by a benevolent God. And third, is the feeling and believing in our unique nature and our worthiness. So in the sixth chakra, we actually see how all of that unfolds in a picture. Rhys says that to gaze upon an open sixth chakra is to see the flash of intuition, like a twinkling star in the night sky that brings clarity and meaning to your life and your place in the world. When you see yourself from that 20,000 foot view, the eagle's eye view, you're seeing from the sixth chakra.



The negative vows at the sixth chakra become the vows to see the world through a filter of my lower chakra vows, through my fears, through my belief system, which comes from our tribe. So when we look out at the world, and we look out at whether or not there are miracles happening or infinite possibility is real, we see that we're not actually seeing what's there. We're seeing only what we vow to see based on the lower chakras.

As I mentioned in the last chapter on the fifth chakra when we get up to the fifth, sixth, and seventh chakra, we're basically filtering through all the wounds and the vows of the lower chakras. This is why it's so important to continue to do lower chakra clearing, because that's where all of our issues reside.

Now we're going to do an exercise where we embrace the eagle's eye view, because we want to see our unique talents and skills, support and radiate out in every direction. We want to see how the unique nature that we have impacts the world and how we are important to the entire world.

### SIXTH CHAKRA EXERCISE

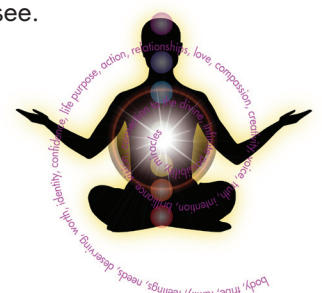
I want you take a nice deep breath and close your eyes. We're going to use our sixth chakra to paint a picture for us. I believe that the miracle of the sixth chakra is seeing miracles, but I also believe that the miracle of the sixth chakra is the miracle of consciousness, the miracle of enlightenment. The sixth chakra is where we have that flash of insight—where we actually see I am manifesting my life, but I'm manifesting it partly from my negative vows.

So I want you to picture yourself just like you're an eagle flying overhead. You're looking down and you're seeing yourself standing on the ground, surrounded by the conditions of life and the world as you see it. Fill in some people, maybe people in your family or people that you work with, and then a little further out from you and those relationships, I want you to let your mind paint a picture of the world, so that we can draw on this picture.

For many of us at the sixth chakra what was built into our belief system was a world of limitation; that you can only get so far, that money is scarce, that poverty is more real than abundance, that working really hard brings very little money—all sorts of issues we were programmed in at the first chakra. So as those programs bubble up to the sixth chakra, there is a vow in the sixth chakra to see the world through that paradigm.

I want you to look at yourself in this picture and surround yourself with the things that you see in the world that reflect that picture. When you see the world, do you see more scarcity than evidence of abundance? Do you see how you've worked really hard but haven't earned enough? Do you see opportunities everywhere that just tend to limit you, to keep you stuck? There you are working hard and the money is coming in like a trickle. Or do you see that the world is not a safe place, and everywhere you look you see miraculous numbers of opportunities that will not be safe for you? Beyond that is an entire world that you cannot see.

So I want you to imagine that you're looking at this picture and you're seeing yourself surrounded by these conditions that came from the first chakra, the family paradigm, and all around you are these little grayed out areas, almost like on a on television where they pixelate something so you can't actually see what's there—someone's face, a logo,



someone's nudity. So I want you to imagine that you're seeing the world this way, but all around you are blind spots, these pixelated areas, that contain something that you actually can't see because you made an unconscious vow to see the world filtered through this paradigm. Just notice how many of those pixelated areas are there. Those represent opportunities, gifts, miracles, hunks of money that were there, but you could not see them.

I know all of you have been exposed to law of attraction, so I want you to see yourself in a moment where you were learning about law of attraction. For some of us, it was the first time we really started to process it and think about it. In that moment, you had a shift. There was a moment in learning law of attraction where you felt like you opened up and you saw the infinite possibility. I can visualize and imagine and be positive and things are going to be attracted to me.

And then something happened, didn't it? Something showed up, because out of one of those blocked, pixelated areas, pop, something appeared, something that you did not see before, did not expect; you couldn't even imagine how it showed up. Money appeared, a gift appeared, support appeared, a person appeared and said, "Can I help you with that?" Something happened when you went through that shift of the law of attraction. When you said what if there's more beyond what I've been seeing and believing, something popped in, didn't it?

We're going to move to the second chakra. If you made a second chakra vow to not feel, express, and have your deepest, truest needs and desires met, then you made a vow to see and believe that the world, the universe, the Divine will not meet your deepest needs. What you vow to see is all the ways the universe is sending you the people, the circumstances that negate your needs, that don't support you, that will not treat you in the way you want to be treated, that will not nurture you, that will not love you, that will not just show up and help you with something.

I want you to see that with your sixth chakra. There you are in this picture again, and now you're looking out at the world with your sixth chakra from this vow. All around you are these blind spot areas, grayed out areas, gifts from the universe, support from the universe, nurturing through other people from the universe, from the Divine. Moments of peace, rest, all around you, but you can't see them, because what was programmed into your second chakra was the vow that the world is not going to meet my needs, my deepest needs, my feeling needs, my nurture needs, so I'm not going to have those needs.

So at the sixth chakra, the vow is to see the world as uncaring and unsupportive. I just want you to see with your sixth chakra the way it can give you a moment of consciousness on how that works. The way you're seeing the world based on these vows is graying out all the gifts the Divine has to offer you.



Now I want you to go to a time when something happened where you had to finally say, "Oh, my God, I really need support." You got the flu or circumstances in your life, or you got some kind of illness or something happened where you finally had to be vulnerable for a second and say, "I need help. I need support. I really want love. I need some compassion," and something happened. One of those blind spots popped into reality and



someone was there, because you asked. In that moment of asking and opening to receive, you were able to see and perceive the support that's there. This is how powerful our sixth chakra is, because we are a people that live in the mind field, and we only believe what we see. But behind what we see is a belief.

Now I want you to tune into the third chakra negative vows, based on I am not a miracle. See the vow to stay small, to stay invisible, to only serve, to never quite carry my power, to keep it withheld and to be someone who is appropriate, someone who's more perfect, from that 20,000 foot view. This became the vow to only see evidence coming back to me that I am small, that I am not a miracle, that I am here to serve other people and take scraps, that what you could see were a miraculous number of opportunities to stand quietly in the background.

Those were the opportunities that you saw clearly, but all around you were these blind spots, areas that you vowed not to see. In those blind spots were people and the universe shouting at you, "You are a miracle. You are awesome. You are unbelievable. The world needs what you have. I need what you have."

I want you to see again that there's been a moment in your life where you had some kind of an opening, some kind of a step-up. Sometimes it came from the support of somebody else, or you tapping and breaking through this little wall of fear, and you stood up and did something that was bigger and more miraculous. Now remember a time where somebody validated you, and said, "You are a freaking miracle." In that moment of suspending belief about yourself and pushing through that wall of fear and saying, "Maybe I can do it," the universe provided the resource, and you were finally able to see one pop into reality and receive it.

At the fourth chakra, the vows that you made to be perfect, means I don't deserve. I have to prove, earn, strive and be perfect to receive. Then I'm lovable, then I'm forgivable, then I deserve. From that vow, you look out through your sixth chakra, and the world reflects miraculous numbers of opportunities for someone to criticize you, to be criticized, to be fear of being—to be afraid of being criticized, to be told I don't think you did it good enough.

Using the sixth chakra this way, the miracle of consciousness is taking this moment of consciousness and saying, "I really have manifested my reality, but I've been doing it partly unconscious." We see criticism, imperfection and judgment everywhere. We fear it, we battle it, we experience it, and we tap about it, but that's what we see.

All around you in this picture are blank spots, grayed out areas that you vowed not to see, of deep, loving acceptance, and honoring. You are unable to see people, opportunities, and moments of divine interventions, to remind you and shout at you and tell you you are absolutely perfectly loving and acceptable and a brilliant star the way you are right now. You are forgivable. You are lovable.

I want you to see again that there's probably been a time in your life where something really kicked your ass, where you had a dark night of the soul, and from that place, something in your heart opened and you turned up to the Divine and said, "Please forgive me or love me or help me." Or you tapped on your self-judgment, your inner



critic, or how you thought other people were criticizing you, and in that moment, your heart opened and you felt compassion rush in and you looked back at your life and said, "Oh, my God, I feel so much more compassionate towards myself."

In that moment, you saw the miracles that the world has been sending, that the Divine has had for you, the infinite abundance of people and opportunities to project love at you. That miracle popped into reality the moment you were open to it. Sometimes people have said to me, "It was there all along, and I could never let it in."

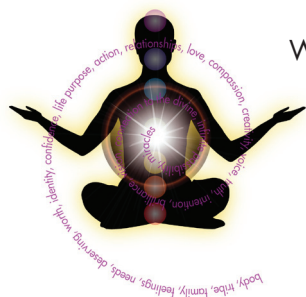
Now finally I want you to look at this picture and see your voice coming out of your body, just the pure vibration of your voice. We learned in the last chapter that in our voice, all of our chakras speak and all of our vows speak. We speak the truth of our programming, of our wounds, our fears, and our vows.

I want you to see how that voice with your sixth chakra has spoken the truth of some of your fears, limitations, your programmed belief systems, your paradigms. In that voice, you've created yourself in the minds of other people with those limits, vows, and fears. I want you to see how all of that playing in your voice, which is actually the fifth chakra, the manifestation channel, triggers manifestation, both in yourself and other people and in the world.

We see how we were manifesting again consciously, how we truly have manifested our reality in all of the miracles in our life by the very way we use our fifth chakra. Whether we speak the truth of our absolute brilliance, our true needs, our deepest desires, or whether we are speaking the truth of our fears, of playing it small, of limitation in the world. See how that voice goes out and affects other people and affects the world, and remember a time that you have maybe heard someone speak, someone very inspirational, or taken a class, or read a book and you started to change the way you spoke.

Maybe it was after the last chapter, where we chose some new ways of speaking about the world, and that really started to create different things. You could actually see them. That happened as a chain reaction because of the things that I have been saying. I inspired someone or I healed someone or I got an opportunity to do something because of what came through my voice, my enthusiasm, my joy, my brilliance, my incredible depth of feeling.

I want you to see that picture with your sixth chakra. Caroline Myss says we start to see how seemingly random events and meetings and circumstances, both positive and negative in our lives, are actually part of a life script that gives us countless opportunities to transform, countless opportunities for spiritual transformation. That is truly the definition of looking back at your life with consciousness. That's a pretty cool sixth chakra.



We can open up our sixth chakra to see the world as it is, which is unfolding with miraculous things in every moment, instead of as Rhys says, seeing the world as I think I am. We can use our sixth chakra so that we can believe we really do manifest our reality and gain understanding how we've been doing it. Maybe it hasn't been a pretty picture, and there are things that need to change, but realizing that we actually have manifested our reality.

So what do we want to see in the world? How do we want to filter our view? Do we really want to filter the world through what our parents' truth was? Do we really want to filter the world through trauma and pain and wounds that we received when we were under the age of 10, under the age of 20? Probably not, and this is where we can use the miracle of consciousness to manifest miracles of a more positive nature.

#### Participant Feedback:

Participant: The really big one was the fourth chakra, the criticism and judgment. I had for years been listening to people tell me that I am amazing and what I do is really good, but I couldn't hear it at all. What I realized was that it was pretty much coming from within me, but I was also setting up opportunities where I would take a job and I could not be good enough at it. Someone would say, "You didn't do good enough."

Margaret Lynch: I want you to look at that and go, "Oh, my God, am I powerful. I manifested an unbelievable stream of people and jobs and opportunities for me to live out that truth." It's unbelievable how powerful we are. So with all that energy, we will filter the world for the negative. All those wonderful people who felt you were unbelievable basically got brushed aside.

And I might add, the fourth chakra is a big one, especially if you're a Knowledgeable Achiever, a super achiever.

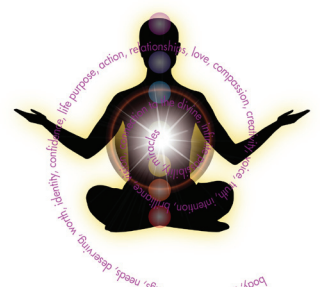
#### Another participant shared:

Participant: I related to the fourth chakra also, in the sense of how I made a vow to be perfect. I see how I set up myself for failure, meaning if I did not feel perfect enough as a performing artist, for my healing practice, then I wouldn't allow myself to feed and to thrive in the way that I wanted.

Margaret Lynch: When we've made a vow to be perfect that means I'm actually not perfect and I should be. Another way you can look at it is to imagine a beautiful glass lens, and this glass lens would show you the truth. You practically touch the mind of the Divine with this glass lens, if you could see all the way through it.

Take this beautiful lens and see a picture of yourself and your entire energy system. What you've done with that vow is you've taken a big black magic marker and blocked out whole sections of that lens. What you're really saying is, "There's my perfection, and I'm not going to see it."

Then you've rubbed in the black in other sections of that lens so it's distorted. So what you're saying here is, "I'll see this perfection in myself, but I'm going to see a distorted view of it." So with your sixth chakra, you've decided you're not going to see your own miraculous nature, and you're going to distort these other parts. You'll say, "That's pretty good, but it's not up to this



standard.” The sixth chakra is where we have these big moments of insight and consciousness, and ask ourselves: What if I could clear that away, even just for, like, a second? What if I could clear that away and see myself as a piece of the divine perfection, just for a second?”

Participant: What if I had that filter, which is the same thing as the lens, that filter for the positive?

Margaret Lynch: That’s what it means to see miracles. As Caroline Myss says, seeing the positive and the negative as part of a miraculous script unfolding.

For example, we have something running through our belief system and it feels crappy. We need to honor that, but we can look at the bright side. Using the sixth chakra, even just for a few seconds, we can go to this place where it says, “I’m so curious about how this is a miracle unfolding, and I’m going to look for the miracle unfolding in this. I’m going to put on my spectacles, and I am going to search high and low for the miracle that’s unfolding in this, because there’s got to be one.” Remember, the belief comes before the seeing, and then the seeing leads to the belief again.

It’s hard to live every moment of every day at this level of vision, of belief. I have moments where I really feel and believe that I manifest my reality. And then I have other moments where I can’t hold on to that, where it doesn’t feel as true.

It’s okay to know that if we just get a moment of this, it’s so powerful up at these upper chakras that we can transform our lives. And a miracle is something that is transformative. So if we can hold this vibration even just for a few minutes every day, we get to see miracles.

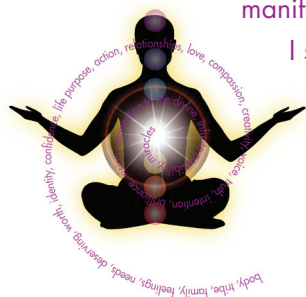
## TAPPING EXERCISE

We’re going to do some tapping for the sixth chakra.

*Beginning at the karate chop point:*

“Even though I made the sixth chakra vow to see the world in a limited way, to see evidence everywhere that fits my vows, evidence everywhere that fits my wounds, to see evidence everywhere that fits my fears, I totally honor my sixth chakra. I totally honor this moment of consciousness, because I see it all unfolding. I see from above my life how I have manifested my reality. Even though I have these filters over my sixth chakra, filters that do not let me see miracles of love, miracles of support, miracles of compassion, miracles of money, I forgive myself for that.

“I honor this moment of consciousness and I can never go back to the old way because I see I truly manifest my reality. I manifest what I see. I forgive myself for having all of these filters because I see I’ve been doing my best, and I’m open to clearing and healing my beautiful sixth chakra, which is a beautiful lens through which I see the infinite.”



*Tapping through the points:*

“There I stood in my first chakra vows to see scarcity, limitation, a dangerous world, a

world of lack. I'm open to clearing that first chakra vow so I can see a world of opportunities, miracles of money, miracles in my relationships, miracles in my health. I see myself in my second chakra vows to never honor and ask for my real needs, my deep desires, my secret wants, to believe that the universe and other people will never meet them. So I vow to see the world, even the Divine, as unsupportive, not nurturing and all about striving and struggle.

"I'm open to healing the second chakra vows, clearing them from my sixth chakra so I can see all the miraculous pieces of support, validation, love and affection that the universe is always sending me. When I can't see them, I block them.

"There I am, in my third chakra vows, believing that I'm not a miracle, vowing to stay hidden, small, serving, taking scraps and seeing the world full of millions of opportunities to stay invisible, play it small and only give and be handed scraps. I'm open to clearing this third chakra conflict, clearing it from my sixth chakra so that I can see the miracle that I have to give the world and how much the entire world needs, absolutely needs my miracle, my unique gift. I'm open to seeing how truly important they are for the transformation of the entire world.

"There I am, in my fourth chakra vows, to not really be deserving until I'm perfect, a vow to always prove and earn my deserving by being perfect, better, smarter, stronger. So I vow to see a critic on every corner, unforgiving, judgmental people. I vow to judge myself and see with sparkling clarity everything in me that's not fixed yet. I would love to clear this away from my sixth chakra and instead see myself as eternally perfect and deserving, eternally loving, instead see myself as already there; lovable, deserving and perfect.

"There I am, using my fifth chakra, manifesting reality inside of me and out in the world based on my vows. I can see now with my beautiful sixth chakra how that vibration has come out into the world and manifested the limitation, the paradigm, the people that match my old vows. I totally honor all of this muck blocking my sixth chakra, distorting and limiting my sixth chakra. I honor it, I bless it, I forgive it, and for a few moments, I'm clearing it away and letting myself see the world as it is, full of infinite miracles, full of infinite support, personally intended for me. See that at my doorstep miracles being delivered in every moment, to see with consciousness how I manifest my reality based on my beliefs, which are based on what I've seen, which is based on my beliefs.

"I totally honor my beautiful sixth chakra and I'm open to seeing the world as it is, alive and fresh and new, in every moment, loving, supportive and abundant in every moment. To see the Divine as loving, forgiving, miraculous, compassionate in every moment."

And take a nice, deep breath.

That was a long tapping round. Now I want you to go back to this picture and I want you to see yourself again. Put around you your people—the people that you work with, the people in your life, your friends, your family.



And now I want you to allow your sixth chakra just for a minute to show you how miraculous you really are, the one of a kind, unique nature that is you. Let your sixth chakra scan the entire planet, because it can do that in an instant and recognize there is nobody on this planet like you. With your sixth chakra, you could even scan the planet all the way back to the beginning of time and you would discover there has been no one on this planet like you. Using your sixth chakra, scan forward in time, and again, let it show you with sparkling clarity there will never be anyone who feels like me, thinks like me, acts like me, wants like me, or has my gifts.

I want you to see the connections between you and all of the people that you touch—in your personal relationships, in your work, in your career, in what you do. And see how the world needs your contribution, how what you have, your unique, one of a kind nature impacts the world around you. I want you to see how you expand out and that touches other people. You've decided to put a filter on how big you'll see that impact, how important you'll see yourself, but let your sixth chakra just show you for a second how you do impact the world around you, how important is your contribution.

This is a place to revisit with your sixth chakra, seeing yourself in the world, how you fit and how important you and your contribution truly are in the bigger picture. Sometimes your sixth chakra will paint a picture of where you're going. Rhys says it will also show you if you're in a place and surrounded by people where you do not belong. And if you see with your sixth chakra that you don't belong somewhere, pick up your stuff and leave, or else your sixth chakra will kick your butt.

#### Participant Feedback:

Participant: In the fifth chakra, you said that I have to fix myself. As soon as you said that, I got it the whole thing and what I've been trying to do to is fix myself and not see who I was. And then I saw myself in my job and I went it's too small. This job is too small for me and who I am. I read something from a person who was doing tapping and they said they realized that they were too big for the place that they were working in. They were bumping their head and couldn't move around, and they realized they were too big for that space. I cannot even stand up straight in the place where I work.

Margaret Lynch: Talk about metaphor.

Participant: I've seen that for a long time but I couldn't let go of it.

Margaret Lynch: Your energy is information from the first chakra. You physically can't stand up straight. Standing is the stance of courage. It puts our body literally in the energetic state of courage.



Participant: Courage is a big thing for me. Instead of seeing fear, I have courage in all of my tapping.

Margaret Lynch: It's eye opening when we realize we actually made a vow to see all the

things about ourselves that still need to be fixed. When people say, "You're great at what you do, you're awesome, this is wonderful," and we're, "like, uh huh, yeah...whatever," because we're too busy focused on the things that we've decided, based on our family and our first chakra and our second chakra stuff—is not right yet.

Participant: One of the decisions I made was that I was wrong. I've seen how that appeared in my life—the sense of the fear that I had of what if I'm wrong and I'm making a mistake in the way that I want to help people or in the way that I want to live my life. And so this morning I was tapping about that in the sense of what if I was not wrong and what if I was never wrong and some other things came up. I am amazed and excited to see how in tune I am and how I have seen that I'm on the right path because this is what we're tapping right now about.

Margaret Lynch: Sometimes we can look at it and say, "Well, what if I'm wrong, like, 10 percent of the time? What if that's okay? What if I have an off hit or an off moment or something? What if it's like 5 percent of the time and I'm spending a massive amount of energy worrying about it? What if I was wrong or I made a mistake and that is how I evolve?"

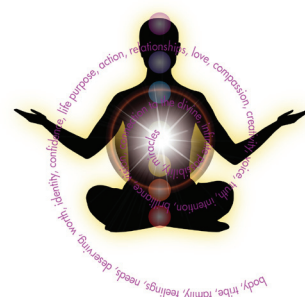
Sometimes there's a higher calling. Abraham Hicks says the eternal part of you has been calling you for longer. That calling is so strong that we kick our own ass when we do something that's a crazy thing. So we really have to learn a big lesson, but it's all part of our journey to consciousness. The sixth chakra lets you have that moment of consciousness and go, "Oh, that's how I do it. That's how I literally manifest my reality."

Participant: Because I was tapping also this morning in regards to what if what if I knew God is supporting me in everything I do, in all my thoughts, and I got the realization, the insight, "oh, my goodness, if God is supporting me in all of my thoughts, it is supporting me as we learn in this class; it is supporting the thoughts that I consider positive and on the thoughts that I consider negative; in the sense I am supported and I have been supported, but I had all these mumbo jumbo going on."

Margaret Lynch: As Deepak Chopra teaches, when we get to these upper levels, we understand beyond the duality of right or wrong. We get beyond saying my lower self is evil and my higher self is spiritual, and that impulse is wrong and this thought is bad. And we look at it in a more neutral stance.

Participant: So you find perfection.

Margaret Lynch: It doesn't mean that there are not going be times when we're really wrestling with a moral decision in our second chakra and making a choice that has consequences. But as we come up from the sixth chakra, that's the gift that makes us human is being able to see with consciousness that even bad choices had a divinity to them.





Participant: I really struggled with this one. I had a lot of resistance to believe that the world wasn't how I think it is. I know obviously on one hand that I manifest my own reality, but I was really resistant to manifesting a different reality.

Margaret Lynch: Bravo for you because one of the hardest things for us to see and admit to is when we have consciousness about our resistance. We all experience "I don't want to let this go. I don't want life to be that different. I don't want to let go of this wound or this way of looking at the world, because it's comfortable and I have a lot built around it." It's very difficult and it takes a lot of courage to even feel what you're feeling, which is "I have resistance to letting this go."

A lot of people wear the spiritual mask when they are very, very much in denial that they have resistance, that they have a lower self, that they have sort of a battle with the world or a pushback on some of this work. They want to be all spiritual, enlightened, open to change. I've come up against this. I'll be tapping for things, and I could feel everything in my body going, "Screw that. No way. I am not letting my picture that I have of the way things should be go," and it was a surprise to me.

I want you to honor this incredible strength that you have. This is one of your gifts, which is when you dig your heels in, when you put your foot down about something you have a tremendous amount of strength, of tenacity, of perseverance around it. When you get behind something, whether it's a view of the world that might be limited or whether it's a vision of what you want to create, you're able to hold that vision in a very tenacious and strong way. This your gift, and at this particular moment you're feeling the strength of the resistance and how it's fighting against a shift.

I want you to think, “Wow, I have this unbelievable gift of vision, that when I see something I might want to choose, I shift that vision even one or two degrees. And when you shift it, it will become that powerful for you.

Participant: Right.

Margaret Lynch: Someone can come up and say to you, "The world is not like that," and you'd say, "Yes, it is." That's a strength, and so what you want to do with that strength is not to battle it, but to voice it. Behind the strength of that refusal, you want to get specific about what you are refusing and what doesn't feel right to you.

Tap just like you were letting that voice speak, "Like no way, I don't want this. This is not right for me. This is stupid. If I go there, I might be vulnerable. I might be seen, I might not be safe." Whatever it is, you want to voice it really loud, not fight it.



Because when you voice it, that's often where the next round of a-ha moments comes up and sometimes some emotion and you'll say, "I see where this is connected."



you have a lot of evidence that you don't manifest your reality—it's hard; it's work.

I love to use some of the tools of people like Bob Proctor, John Assaraf, and Natalie Ledwell of Mind Movies. Using these tools really puts me back in that state of "Yes, this is possible." I like to have as many moments of this as I can every day.

Can I stay there 24 hours a day? No, I am too human for that. I am not an ascended master, nor do I plan to become one in the very near or far future. I like being human and my human friends way too much.

## **MEDITATION WITH JOAN**

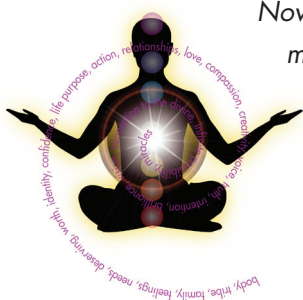
*So let's begin and sit in a comfortable position and take some deep breaths. So inhale through your nose, hold the breath and then release through your mouth. Take another deep breath in through your nose, holding the breath, and release through your mouth. And one more inhale and release. And relax.*

*Infinite spirit God of love and light, I ask that you bring your golden healing light all around us and close the circle in protection and love beneath our feet. And we call upon the God of our understanding, all of our guardian angels, master saints and prophets, all kind and benevolent sources of help in this universe to draw close to us now, as we share this energy blessing to include all those who will listen to this recording in future time.*

*I invite you now to see this beautiful golden healing white light surround you, see it swirl all around you and form a brilliant ball of light above your head. Now, see this ball of light enter your body through your crown chakra and see it flow gently downwards through your body, safely and gently, to rest at the base of your spine, blending with the beautiful red light of your first chakra. Now, bring your awareness into your body, grounding. Know that no matter what has happened in your life up until this present moment, it is over now and you are truly safe.*

*Let go of all your fears and anxiety and rest in the loving arms of your soul. You are welcome here. You are divinely supported. Allow your trust to be restored once again. You are okay in this moment just the way you are.*

*And say these words with me. I deeply and profoundly love and accept myself. Allow this truth to permeate your whole body. See the miracle of who you are, feel your aliveness, of trust and faith in yourself raise up and move with this golden ball of white light. Upwards, moving upwards, coming to rest at your second chakra, blending with the orange light.*



*Now allow yourself to deeply feel your feelings, your needs, your desires, and know that you matter, you make a difference here in this world. Step into the miracle of who you are. Now, see this energy of honoring you rise up through you to create and be all that you are in the world and all you are meant to be. You are a treasure. And say with me these words: I deeply and profoundly love and accept myself.*

*And once again allow this beautiful golden healing light to move upwards and merge with the yellow light at your third chakra, and rest here for awhile, going within, and find that special place within you that is peaceful and free. You are a miracle of love. Let your light shine. You are a piece of the Divine. There is only one of you in the whole world.*

*In this quiet sanctuary of peace, connect with yourself and make a choice today to be who you are in the world, from this moment on. Feel your inner peace and say these words with me: I deeply and profoundly love and accept myself.*

*As we bring this powerful energy upward, with the golden healing white light, allow it to move upwards and rest in your heart chakra. See your heart chakra open and bathe in the arms of your soul of love, making a space for forgiveness and compassion, allowing that forgiveness to flow out and flow back into our hearts. See love flow out and flow back and say these words with me. I deeply and profoundly love and accept myself.*

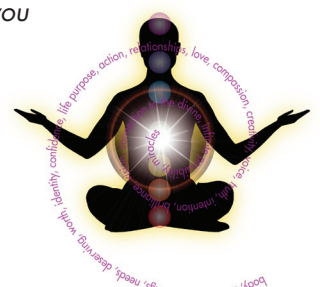
*Now, bringing this energy upwards with the golden healing light, allow it to move upwards and rest at your throat chakra, blending with the blue light. Let us say yes, it is okay for you to speak the truth of who you are to the world. Feel the power of your voice. Let this energy move up and out, honoring yourself, recognizing your own divinity. Feel your confidence grow as you straighten your spine and say these words with me. I deeply and profoundly love and accept myself.*

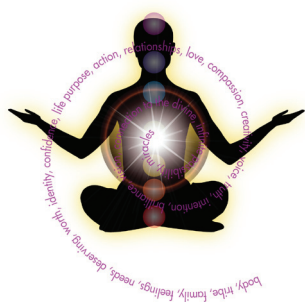
*Bringing this energy upwards with the ball of golden healing light and blending with the indigo light at the third eye chakra in the center of your forehead. Now see this ball of golden healing white light release a tiny droplet of light into your third eye chakra, awakening your consciousness, opening up your chakra, allowing yourself the space to see yourself and the miracle of who you are aligned with the Divine, seeing clearly where you belong in the world, from you. The world needs you now. Let us say these words together. I deeply and profoundly love and accept myself.*

*Now allow this droplet of awareness that has awakened your consciousness and refreshed and enlivened you to ripple out around you, through your aura field, touching the collective consciousness of all people on our planet, out beyond the galaxies to all beings everywhere. We are all one. We are all connected. Let us join together in this moment and send out a silent blessing.*

*Now bring your awareness back again. Return again to your sixth chakra, knowing that you are a unique miracle. And as you look out from this special place, see how you touch others and the impact you have in the world, where you truly belong, knowing that this droplet of consciousness will forever be with you, this droplet from the Divine, and allow the ball of energy of white light to move up and out through your crown chakra, enfolding you in arms of love, protecting you and guiding you, inspiring you and helping you every step of your journey forevermore. Blessed be.*

*And take a deep breath and bring your awareness slowly and gently back into the room. We give thanks.*





# Level Seven

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## THE SEVENTH CHAKRA



The seventh chakra—or crown chakra—is at the top of our head. For the tapping world, it's where all the acupuncture points come together, so it's considered a powerful point for acupuncture and acupressure. It represents our connection to the Divine, to infinite possibility and to infinite resources.

Rhys Thomas says that when the seventh chakra is open, it brings conscious awareness of the infinite system of abundance. We can use our imagination to tap into the mystery of infinite abundance and to understand the meaning of what infinite means, which is hard to completely grasp as humans. It allows us to bring meaning to infinite possibility, to the Divine, to this huge expanse of resources. This understanding, our imagination, and our inspiration is the gift of the seventh chakra. When we have a closed seventh chakra, there's going to be belief in limitation and pessimism. We will also be seeing, speaking, and living the truth of limitation.

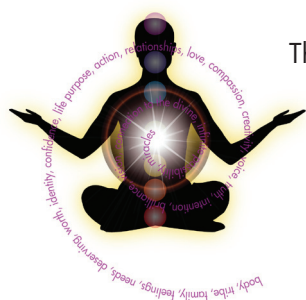
In our seventh chakra, imagination, consciousness, and genius live hand in hand in the brilliance of that aspect of our minds, which opens us to infinite possibility of resources and infinite possibility in our thoughts. Rhys suggests imagining your brilliance as the sunlight dancing on the ocean's endless horizon. There you will see your seventh chakra.

In our seventh chakra, we have the connection the Divine and the connection to infinite possibility and some people separate those two. And in fact, these two aspects do have different ways in which we process them, emotionally and in our thoughts. So we can be a very non-religious or non-spiritual person but really believe in law of attraction. We believe that the universe has this infinite possibility, whether or not you think of that as the God of your understanding.

When we talk about miracles, at the seventh chakra, which always involve a co-creation with the Divine, it's where we want to see how our relationship is with the Divine because it is totally related to how you see infinite possibility. Whether or not you will perceive, have faith in infinite possibility. In *How to Know God*, Deepak Chopra says that God at the seventh level is holistic. It encompasses everything, and we fulfill life through unity with the Divine, through wholeness, where everything becomes one.

The negative vows at the seventh chakra are going to be around limitation, believing that our connection to God, to the Divine, to spirit and to infinite possibility are actually limited. And so it's like saying, "Okay, yes, the Divine or the God of my understanding has an infinite amount of resources, but that support is actually limited in my life personally. So I only get a small piece of those resources."

It can also sound like the Divine or God is just not part of me. It's not part of my life. And so we start to hear back from the very first class about our programming, our first chakra beliefs about whether or not God is a punishing God, a loving God, a compassionate God,



The seventh chakra is also where the manifestation channel begins. Because it's our connection to the Divine and to infinite possibility, it's our connection to moments of unbelievable insight, of astounding creative ideas, of flashes of brilliance, and flashes of consciousness. It's when a tiny drop of infinite possibility, of divine, miraculous inspiration, insight, and consciousness drops down from the infinite divine into our seventh chakra,



When we are tapping, we are using the healing or clearing channel which rises up to clear the issues arise from our lower self. When we say “Even though I have this pain and anger and struggle, I love and accept myself,” it’s a clearing up from the lower self—a clearing of the first, second, and third chakras up to the heart. By saying “I love and accept myself and I’m open to a new way of perceiving my world,” it clears up and out.

Next it enters our sixth. Then our brilliant mind starts to play with that idea or that inspiration and say, "I think I can actually see how this would work, how I would work this, how it would create me in my life and affect other people."

The inspiration continues its journey into the fourth chakra, and this is where we really put our heart into the idea. We've all heard the expression "He didn't have his heart in it. He had a great idea, but his heart wasn't in it. He created an amazing business, but his heart wasn't in it." Here, we embrace how much we want to share this amazing idea with the world.

Then we come down into our second chakra, which is now open to receiving, to asking and receiving for the delicious, the wonderful, the absolute pleasurable reward of taking that action. Here we are thinking, "I really deserve to enjoy the fruits of my benefits and the feeling of wonderful power that I get to have from this idea that I've taken all this action on with my brilliance."

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we may want, or basic goals we may want to create, are only coming from our limited view which is always based on the past, on what we've seen so far. For me, recognizing that the seventh chakra is the gateway into the manifestation channel really underscores the importance of seeing my connection to the Divine, to infinite possibility—the importance of keeping my seventh chakra clear. To ask myself, “What is my belief in the infinite resources that are available to me personally in my life purpose?”

To the contrary, anyone who has a profile of a Creative Idealist, a person with a lot of great ideas, is someone that has a really open seventh chakra. However these amazing ideas do not come all the way down into their energy system or they never actually can choose one. They can never actually get their heart in one. They can never actually take real action on one of those ideas or inspirations, and that's where the manifestation channel can often get blocked, even when you have a very open seventh chakra.

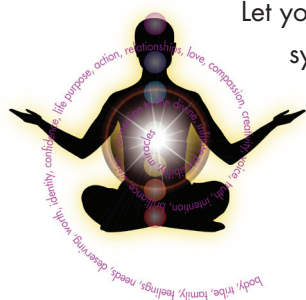
And when it comes to manifesting miracles, it's really just about the openness to allowing. In the Abraham Hicks work, they state that the key to manifesting is often about allowing—allowing the law of attraction, the universe, the Divine to co-create, and to deliver to us everything we need to make our dreams, our desires, and our goals come true. At the seventh chakra, when it comes to miracles, we need to be in a state of surrender to the Divine and allow to flow down into us, and as Rhys says, to allow divinity to work through our qualities, chakras, and manifestations.

To determine whether or not our seventh chakra is open, and to measure how well we allow the Divine to come down and through us, we're going to do an exercise.

### SEVENTH CHAKRA EXERCISE

I want you to take a nice deep breath and close your eyes. Allow your unconscious mind, your imagination, to paint a picture of you as you are today as an adult. It's a really interesting little process, because we're not going through logic. We're not going through our analytical mind. Look at a mirror image of you, and I want you to tune into something in your life that you really want, something that you would say I would love a miracle in—whether it's my career, and which also is connected to money—or whether it's just in my money, or whether it's in my health, my family, my relationships.

See yourself there, and you're tuning into this thing that you may want to unfold in your life. See what it would be like if you just allow or ask your unconscious mind, your subconscious, which always engages the second we close our eyes and imagine, to show you surrounded by infinite possibility as if it were just flecks of light, of unmanifest intention, that you are there and that you're actually seeing the matrix for the first time. You're seeing that you're standing in this fabric of infinite possibility, of unmanifest flecks of light.



Let your mind show you how much you have access to. What is wired into you, your belief system, your unconscious mind, your emotions, your experiences? What does that add up to, that you allow yourself or believe that you have access to in that infinite, divine field? What resources would line up and create this miracle in your life?

See if that's a small swath. Is it 30 percent? Is it 40 percent? Is it about half? And just

trust that your mind is going to show you what's important for you and see if you can really get a feeling about what that is. How much do you have access to? Note that down, because we're going to revisit that at the end.

Now, I want you to go back in time, back towards the first chakra at a young child. Keep your eyes closed, I want you to imagine now that you grow younger and younger and younger, just like the pages of the calendar are flipping backward year after year.

Your hands and feet are growing smaller and smaller in the picture, and you're now seeing yourself as a very young child. For some people, they'll see themselves as two years old. For some people, they'll see three or four. For some people, they may see a child that is as young as a newborn.

I want you to see that child and just imagine all the details— see what the child, that younger version of you, is wearing. Notice if the child feels safe. Does the child feel lovable? Does the younger version of you, that little child, know that he or she is lovable? Do they feel their connection with the Divine?

Now, as the adult, look to see whether or not that child is surrounded by divine light. This can be very, very emotional for some people, and we're going to do some tapping for the child. If anyone studied the matrix reimprinting type of tapping, it will be similar to that. I call it the inner child tapping.

Participant Feedback:

Participant: I didn't feel unlovable. I actually felt that God abandoned me here on Earth.

Margaret Lynch: How old is the child that you're seeing?

Participant: She's about 16 or 18 months.

Margaret Lynch: Is your profile Emotional Intelligence Specialist?

Participant: Charismatic Leader is my primary and Creative Idealist is my secondary.

Margaret Lynch: Through your Charismatic Leader, which always has a big built in Emotional Intelligence Specialist that deep, deep emotional connection will often—when there's pain—feel like abandonment. That's a recurring issue in the Emotional Intelligence Specialist. What's the feeling of God abandoned me on this Earth?

Participant: The feeling is profound sadness. It's hopeless almost.

Margaret Lynch: Each of us comes in really wired to be incredibly connected to the Divine, which is very seventh chakra and deeply and palpable in our emotions. A Creative Idealist/Thinker will feel that connection in very cerebral place, rather theoretical. Whereas a Charismatic Leader/Enforcer will feel it



at a very deep level, a truly palpable feeling in their emotions.

When we come in wired, as you are, to feel that level of connection and believing you are not connected—having a belief there that says “I’m not connected,” — is going to be incredibly painful and that is what you’re feeling. The sadness is the pain of the gap between being wired to feel your connection with the Divine and what it’s like to believe that connection is not there. This is going to be very, very painful. The sadness holds a message in it for you. The message is this is how painful it is for you to be separate, to carry this limiting belief that says “I was abandoned, I’m alone.” Okay?

And it’s unique. There will be people who will totally relate to what you’re saying, but it’s a small percentage of people. It’s a very big calling for you in your connection with the Divine and to heal this. So thank you for speaking that for all the people who relate.

Another participant shared:

Participant: I was really surprised, because in the past whenever I did this, I always felt unsafe and abandoned. But this time, I went to about 16-18 months of age, and it was probably before the proverbial you know what hit the fan. I was talking to God, God was talking to me, God was all around me. I was a happy, happy, happy child, totally connected, and I have never experienced that.

Margaret Lynch: Nice. When we’ve cleared some stuff, we suddenly have access to remembering our true self.

Participant: I did cry. I thought she was so naïve because soon she’s going to feel abandoned.

Margaret Lynch: That’s the protective mind coming in and saying, “Whoa, whoa, whoa. That’s naïve. A whole bunch of pain is on the way. I can’t feel this connection anymore.” At least you’re seeing it, and you’re feeling the resistance of it come up, which is your mind saying, “It’s not safe for me to go there because it brings disappointment.”

But it’s great that you can have access to it. When we do the tapping, I want you to move the child older to when the shit hit the fan.

Another participant commented:

Participant: I saw myself as a few days old, and feeling unsafe. I did see light and beams of light surrounded me, but I didn’t feel protected by them or soothed in any way.

Margaret Lynch: This is again a way of seeing that the Divine is there, and there are resources available, but they’re limited. They cannot actually get to me to support me personally.



## TAPPING EXERCISE

We're going to do some tapping for a lot of these different words that people might be feeling around this inner child and see if we can lighten up. We'll tap on some negative words and specifically for the child. We'll switch back and forth, tapping for the child and also for us seeing the child.

### *Tapping through the points.*

"There I am, so young and vulnerable, not feeling safe, not feeling totally loved, not feeling the Divine. There wasn't enough light. I can see it around me, but it was limited. The Divine wasn't protecting me. God wasn't keeping me safe.

"I started out feeling that connection and then I lost it somehow. It was pulled away. The Divine abandoned me in a very personal way. I see it all in this little child. The child is feeling scared, unlovable, confused, abandoned. Why have I been abandoned? This isn't how it's supposed to be.

"I'm supposed to be surrounded in love and safety and feeling the Divine, but it's pulled away, limited, outside of me, not supporting me. All the sadness. I was so young, but somehow in my core, some piece of my consciousness was learning sadness, loss, abandonment, limitation, all the way back then.

"The Divine was supposed to be all around me. God was supposed to take care of me. Resources were supposed to be infinitely abundant, but they weren't. It's not how it was supposed to happen. It's not how I wanted it.

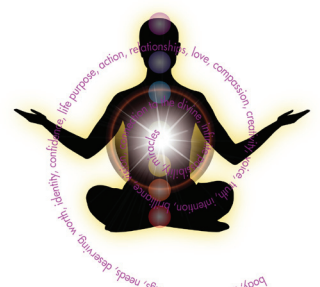
"Clearly, things are limited. Resources are limited or God chooses to limit the resources in my life, limit the connection, limit the love, limit the miracles. I was so little, but I was already feeling limitation. Even before I had the words, I felt it.

"There's not enough divine light around me. There's not enough love around me. There are not enough resources. It does not appear I am being personally seen and loved. It does not appear that I'm being supported, and that little child felt it. Unsafe, unlovable, disconnected from the Divine."

Take a nice deep breath.

We're blending some of the first chakra again with the seventh chakra, because this is where the foundation started. We've done one round of very negative statements. Some of them will be more negative than really felt right for you. For others, you may need to go deeper into the sadness and the unsafety, depending on how traumatic your childhood was.

I want you to look at the picture again and see how it's shifted. What we're looking for is a lightening of this picture, where the child feels calmer, more lovable. The child will shift very, very quickly just by us voicing and clearing up and out the negatives that were stuck in this picture. And the picture, remember, is painted by your subconscious mind, and



it's showing you all the things it's been carrying around as incredibly important. So as we tap these away, the picture will change, and that shows that something deep in your inner child has shifted.

Be there now with that child, and if it's still very intense, you can do another round of tapping. I want you to be there like an adult stepping into that room with the child and saying to the child, "You are safe. I am here now. You are absolutely lovable. You are an absolute piece of the Divine. I see you and it's the truth."

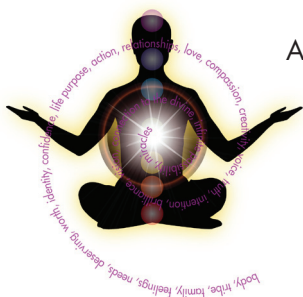
I want you to notice whether the child is believing you or not. Tell the child that you are speaking the truth, that they're this little, innocent child. Of course they are lovable, of course they're a piece of the Divine. See if the child is believing you and receiving these words.

Now that you've seen, heard, and understood this child so much more fully and with so much more compassion and often so much more emotion, I want you to tell the child again that they are so lovable and that you love them. I want you to imagine what it would be like if a pure stream of love could just flow out of your open fourth chakra into the heart of that child, so that they could feel that unconditional love that we as adults so easily pour into little babies, little children. See if the child will receive that love from you. Sometimes people find the child won't receive, and that's okay. You can do this process again and it will get better each time. Sometimes the child has a trauma needs to be cleared first, or a belief that's very strong that needs to clear first, and that's okay. I want you to see how the child looks now, after receiving that light from you, and notice how they glow and they sparkle.

Now see if there is divine light around that child. It can be light from relatives who've passed on; it can be light from angels; it can be light from ascended masters or guides; it can be light from the Divine or the God of your understanding. And if there is, let that light come into the child and notice what happens there.

Some people now notice that the child's light is bigger than their own, and if that's the case, the child is often very generous and willing to share that light back with you. Remember, this is your inner child, so all the love that you've poured into that child is going into the core of you. All the divine light that you've allowed to come to this child is pouring into the core of you, because that's where this child has lived.

A very young baby, between the age of birth to six months is at first chakra development, which is all about safety and survival. So if you've got a toddler, I just want you to let them shrink back to a baby, and if you've already got a baby, you're right there. Then let the baby grow up a little bit older, maybe to a year, year and a half. This is where their second chakra is developing, and the need for nurturing is apparent. And then allow your baby to grow to about age two, where the third chakra develops, and the two-year old is into the "me, me, me, my, my, my" development. This is where the child recognizes that they're separate from their parent.



And now let that child grow up to about six or seven years old, where the fourth chakra opens and the child recognizes that love and compassion is in relationships and sometimes is a give and take. Then let the child version of you grow up to 11, 12, or 13 where the fifth chakra starts to open and the child really learns how to express with the fifth chakra. They learn that they can speak like an adult; they can speak to adults, they

can loudly demand what they want and sometimes be told, “You better watch your mouth.” And now let the child grow up to teenager, maybe 14 to 16, where the sixth chakra opens up in the child, where they see how they fit in the world and in society. They start to think about and see what they might be some day.

Now let the young adult version of you appear, when the seventh chakra opens, which often is not until you leave your parents’ house, where you suddenly have this opening. There’s a whole world out there besides my family and the way they did things. Let that divine light continue to be there and be very strong there at that young adult version of you, which was the first time your seventh chakra really opened. Let that divine light now be like a funnel coming into the top of your head.

Now, the chakras go in 20 year cycles, so as you were about 20 years old—18, 19, or 20—you would have come back into a first chakra mode, where you probably moved and set up an apartment or a house or lived somewhere where you actually started rebuilding the structure of your life. Then you grew into a second chakra mode, where you got a job and started working and striving and seeing what it was like to have desire for something and power to get it. And then it moves on. When we have children, that’s often when our fourth chakra opens up because of the love that we experience for our children, and on and on and on.

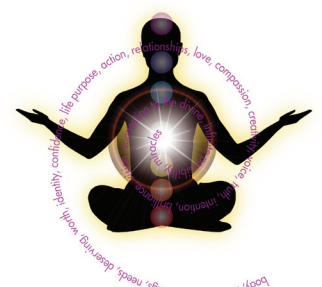
When we range between our 40s and 60s, we enter our seventh chakra development mode again. This is where you suddenly question your whole life again and your paradigm. That’s why people sign up for self-development classes. It’s why you chose to read this book.

So I want you to see yourself again back as an adult and recognize you are in a seventh chakra mode right now in your life. Your calling for consciousness, your calling to create something amazing in your life, to go beyond your paradigm is a seventh chakra opening. And from the seventh chakra opening, you’re coming into the phase of your life where you’re going to come back into a first chakra mode and start to rebuild your life based on this new level of consciousness and understanding and healing

Now compare yourself there as that adult and see again the first picture you imagined, which is you embedded in that infinite possibility of the Divine. See your seventh chakra like a big, sparkly, beautiful, swirling funnel, because you truly are in an open seventh chakra mode right now. I’m telling you, you are. You wouldn’t be attracted to this work if you weren’t. And I want you to see now how much of that infinite possibility do you have access to.

Notice how it’s swirling through your consciousness, the connection between this inner child and the conditions that you were born into and the limitations that you believed in, and how they were never true. They were painful, emotional, traumatic back then, but they actually weren’t true. There never was limitation.

When the seventh chakra is open, we look at the story of ourselves as a child, and we recognize there is divinity in every single thing that happened to me. We chose every bit of it before we came in and every bit of it triggered our life purpose, even the most painful parts. Even the most painful parts triggered our life purpose, triggered some part of growth or strength or learning for us.





How much do you have access to? What is your new belief about the nature of the infinite divine that you were cradled in, the unmanifest miracles swirling around you and how connected you are through the Divine to those miracles.

#### Participant Feedback:

Participant: The beginning of the process, when I held my baby self, I started to feel connection, knowing that I am with her, and I started feeling more at peace.

Margaret Lynch: This is why I have us go back into the child work; it's transformational work because we take such a leap. We don't fix everything in our life, but we take such a major leap when we heal that child.

Participant: Before that I heard the beams of light saying, "You're on your own, kid." But then when this process happened, that did not ring true anymore.

Margaret Lynch: Wonderful. So how much do you have access to? How much infinite possibility of the Divine do you have access to?

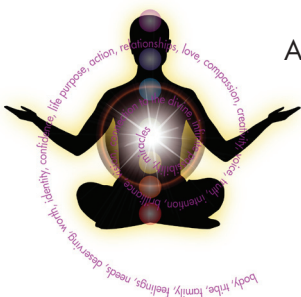
Participant: I could see my funnel now and all these lights were expanding and coming toward me. Well, I have access to everything!

Margaret Lynch: If we really were able to receive even one drop a month or every six months, it would be enough, because when we take one drop of that inspiration of Divine, of consciousness, of an idea, that one drop can change our entire life for fifty years. It's an amazing channel for asking for inspiration. Sometimes I say I need an inspiration, sometimes I say I need a resource to appear out of nowhere, and I'm allowing it to come through my energy field, through my seventh chakra. I often tell people I say those things and I will then wake up in the middle of the night with a BURNING idea in my head, "You know what I need to do??!!!" And I do it! I'll say, "I need a resource here," and literally the phone will ring with exactly what I need.

When you're one of the people who are wired through their seventh chakra, it's a really big part of their healing in their channel. If it's incredibly important to you, like we heard someone say it triggered so much sadness, then this is really a wonderful place for you to heal and to work. Wonderful.

Another participant commented:

Participant: You had said that sometimes the child wouldn't accept love. I felt like it was hard also for me, as an adult, to give back to the child.



Margaret Lynch: This is really great because you're just seeing your resistance there. And so it's either from your Knowledgeable Achiever or Rule Keeper. There might be some judgment there, but it's more likely if you've got that Charismatic Leader, enforcer quality that you have a very strong ability to use your will, to say no, not going there, not going to be vulnerable, not going to do this. So in that moment, that inability to open up wide and pour love out is going to be the exact metaphor of the way that you resist giving your heart and yourself in life.

Participant: I've been experiencing that a lot lately.

Margaret Lynch: This is a good a-ha moment for you. When we imagine a little baby like that, it really lets us see, that it's hard to send love into this innocent little baby. We feel the resistance there. So we want to go in there and look at the judgments we hold against that baby. Perhaps the words we hear are: "She should have known better," or, "She wasn't strong enough," or, "No, I'm not forgiving God for doing this to me." Then we can focus and tap on it really specifically.

A participant shared:

Participant: When you were going through the ages, as soon as you said the ages and the chakra related, it occurred to me that I need to go back through each one of those, because for almost every single one a little negative thing popped up that came up at that age. Then at the end I went back, I could nurture that first child with what she with what she didn't get. I tapped away whatever the negative was for each child at the different chakras and giving the child what was positive. I still see this child—the glitter, sparkly light just touching her skin but not going inside through all those ages.

Margaret Lynch: It's amazing that our minds will paint such a specific picture to give you information. Another great way to do it—which I have done many times is—is to go through and picture ourselves at all different ages, just like we do the inner child work, and then picture that younger version of you and say, "Oh, my God, I love you. You are beautiful. You are perfect." And the trickier way to do it is to go to when you were at your absolutely worst, doing the worst possible things, the stupidest things, the weakest things that you did, the most embarrassing things that you did, and say, "Even now I totally love you, every stupid, dumb thing that you are choosing right now is part of the Divine."

And that's not something we would ever think of from our Rule Keeper side, that says, "Well, I mean, I'll love me when I was doing well." It's really the "Even when you were in the midst of choosing this ridiculously stupid relationship or playing down to someone, or being weak or being stupid, I totally love you." And this is the unfolding of your seventh chakra as it opens to see the divinity in everything.

You are experiencing the unfolding of your growth, of your strength, of your life purpose, because this moment changed you. You can go back through that process and tap at each age, "Even though I 'blank', I love and accept





chakra I have lived through my belief that my connection to the Divine, to infinite possibility, is limited, I love and forgive myself for that. Of course I believed that. Even though it's been in my programming and it has carried through all my chakras, I'm open to healing and releasing this vow and recognizing the divinity in everything.

*And now tapping through the points:*

"I now open my seventh chakra and allow the Divine to work through me, through my qualities, through my chakras, through my life purpose, through everything I manifest. I open my seventh chakra to allow divinity, to allow the miracles of the unmanifest and tapping through the points. I saw the truth in my child today. That younger version of me had so much pain, so many young beliefs, believing that she was unlovable, feeling abandoned and disconnected, feeling unsafe in this world. I saw that. I honor that.

"But I have healed that little one today. My inner child now knows the bigger picture. She was always lovable. She was always surrounded by the light of the Divine. She was always embedded in the fabric that connects everything and everyone in unity and in wholeness. I've healed that little one today, transformed that little one with all of this love and knowledge and understanding, with this beautiful drop of consciousness from the Divine, and that transforms me from the inside out.

"The transformation of that child transforms me. There's no place where she ends and I begin. We are one. I can never go back to the old way, because I have seen the truth. I honor all the old vows I took because of this and how they worked up through my chakras, all the way to my seventh chakra, vowing to limit access to the Divine, vowing to believe in limitation. I'm healing that, forgiving it and letting it go.

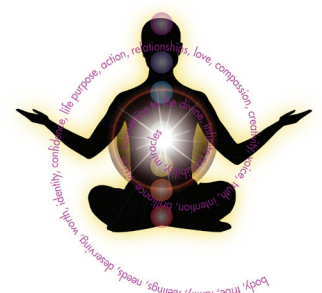
"I now open my seventh chakra and allow divine miracles, drops of inspiration and infinite possibility to come through my seventh chakra and manifest all the way through me. There has never been a limitation. There has never been anything that happened to me that wasn't chosen as part of my divine plan.

"I'm open to now seeing the divinity in everything. I allow the Divine to work miracles through me, to work through my qualities, my chakras, my manifestations. I allow the Divine, I allow divinity, I allow miracles to flow into my life. I honor my beautiful seventh chakra in all the ways. It reminds me with optimism that infinite possibility is available to me in every moment, in everything.

"I am embedded in a fabric of miracles, unmanifest miracles, all waiting for me, and all I have to do is allow, ask, choose, receive and touch. I love having a seventh chakra."

Okay, and take a nice deep breath.

When we tap like that, it's voicing consciousness. It's voicing with our fifth chakra, which really seals it into our mind-body connection cognitively as well as emotionally the



changes and the choices that we're making. So it's very powerful, especially since tapping requires people to repeat along instead of just hearing me speak. When we tap, the repeating allows you to also declare it with your fifth chakra.

When we're in this moment where we have access to unbelievable infinite possibilities, feeling inspired about now, it's great to write that down and put that in your fifth chakra commitment. Perhaps you are inspired about an aspect or in something in one of the images you saw, or your connection to source, to Divine, to infinite possibility—write it down and make it one of those little things that you say (affirmations). You can even do rounds of tapping to further speak it into being using your fifth chakra.

#### Participant Feedback:

Participant: I just wanted to say one more thing. What came up for me was about being optimistic—what I feel inspired right now about, being optimistic about my future and about my life. But the other thing that came up was that I have wanted all my life to be supported by an adult, and then I realized, oh, my goodness, I am supported by an adult. I mean, I am an adult. So now I see how I can go back to my child and let her know that I'm supporting her. So thank you.

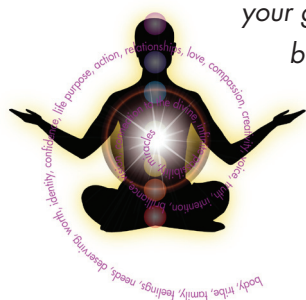
Margaret Lynch: That's a beautiful point that you just made, because while that inner child in you has that pain that has not been healed and solved by the adult version of you, in some way, it's always going to play out some victim in your life. There's always going to be a little bit of a victim energy that you can go to because it's there. There is a young child and the inner child in you can strongly and have plenty of evidence about why it can go to feeling like a victim.

And so healing that child and coming in as the adult takes a big leap forward out of the ability to sort of move that victim energy. We all carry the victim archetype, so it's never going to go away forever. It has gift for us, but the victim can really get in our way when there's just stuff that hasn't been healed.

### MEDITATION WITH JOAN

*I invite you to sit or recline in comfortable position and feel your feet on the Earth connecting to the Earth. Just be aware of your body. And as thoughts come and go in your mind, just let them go and return back to this meditation.*

*Breathe deeply and evenly and allow yourself to become more and more relaxed. Remember being restless or peaceful, it is all part of the process of letting go. Infinite spirit God of love and light, we ask that you bring your golden healing light all around us, encircling us with a blanket of energy. We call on all benevolent sources of help in our universe to be present; master saints, guardian angels, to draw close.*



*I invite you to allow this beautiful golden light of the Divine to enter your body through the soles of your feet and feel the warmth and comfort of this divine light flow upwards and*

*join with the brilliant red light of your base chakra. See it spinning clockwise, opening and know that you are a perfect child of God, the Divine, and you don't need anything to add to feel complete and comfortable within yourself.*

*I invite you to ask for the Divine to fill you with love, to infuse divine love into your being. The Divine will respond. This is our birthright. And feel that loving infusion throughout your whole being. Let it fill you, warm you to your core.*

*Open the door to hearing the voice of your inner spirit. Once you have found yourself, you will have found your home. You will have found your love. You will have found that the whole of existence is ready for you to dance, rejoice and sing.*

*Feel this divine light move upwards now, coming to rest at your sacral chakra, swirling clockwise, connecting with the brilliant orange light. The Divine is always ready to listen when we share openly and honestly with the Divine within us, feeling our fears, longings and aspirations, that is the greater our loving support and guidance will be.*

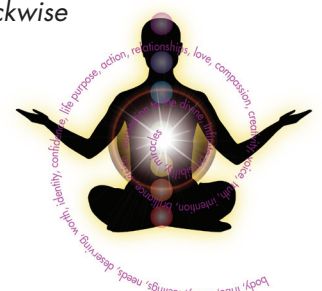
*Now allow this beautiful divine light to travel upwards within you, coming to rest at your solar plexus chakra, opening and joining with the brilliant yellow light. Take a moment to let yourself go deeper and feel the peace within you. Welcome home to yourself. In this sacred space, you see how unique you are in the world and feel your courage and faith as you truly begin to bring your unique gifts to the world, knowing you are divinely, miraculously supported in every step of the way.*

*See this divine light move upward, coming to rest in your heart, opening and traveling clockwise, blending with the brilliant green light of your heart, allowing love to travel throughout every cell in your body, reaching the deepest and darkest places, the forgotten places of grief and sadness. And see your whole being come alive with the wisdom of divine love, healing, releasing, purifying and cleansing your whole body, awakening your self-love and joy and peace.*

*And now allow this divine light to continue traveling upward, to come to rest at your throat chakra, swirling clockwise and opening, blending with the brilliant light of blue. Here is our center of choice between our hearts and our minds. Let us make a choice now in this precious moment to align with our highest potential and true calling, our life's purpose, and let us step into a new reality of acceptance. Breathe into your throat chakra and trust that God's will be done.*

*Feel this divine support within you and honor yourself now as you speak your truth to the world and see this divine light travel upward once again, coming to rest at your third eye chakra, moving clockwise with the brilliant indigo light in the center of your forehead. Within your mind is your spirit presence. This is your divine source.*

*The God within you is the most loving friend you will ever know. All your inner spirit wants to do is love and guide you. Our creator loves us tenderly. Acknowledge the reality*



*of divine presence within you. Looking out from this sacred place into the world, see how your special gifts are manifesting, supported in ways you could never have imagined. The light of you shines out to the world and the light of the world shines into you.*

*Now, allow this divine light to travel upward, coming to rest at your crown chakra, moving clockwise with brilliant purple light just inside the top of your head. Allow this light to cleanse and radiate your crown chakra. And I invite you now to step up and stand in this beautiful divinely supported space at your crown.*

*Hold your spine straight and relax. Look out beyond your body and see infinite possibility. See your vision expand greater than you have ever seen before. Feel your support from the divine love as you allow your perception to expand, allowing infinite possibility, knowing you are securely enfolded in divine light.*

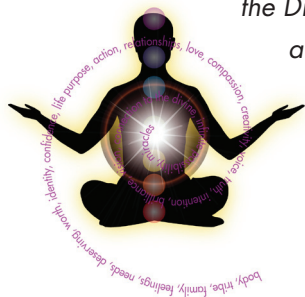
*Allow yourself to go beyond anything you have ever experienced, as you reach with outstretched hands, with trust and confidence unlimited, and allow yourself to see the vast expansion of the divine encompassing the whole and beyond. Yes, I am a miracle. Take a moment to silence in this stillness within you, to allow any images, pictures, feelings, intentions, inspiration to come through, whatever may be present for you, to experience in this sacred space of possibility, knowing that you are in the arms of the divine. As thoughts of judgment come up, see them be enveloped in the light and hear these words, "Be still and know that I am God."*

*And as we go forward, I would like to share some words by Lori McCray. "I am here, so I have chosen this existence. I have come here to plant peace, to order chaos, to harmonize dissension, to show the world the countenance of the creator. I have come here to love, to open myself completely, even when it hurts, even when I'm most bereft. I have come here to shine a light on loveliness, to stand before the tree, the bird, the setting sun and see my soul reflected. I have come to bow to beauty, to see the light in everything, to remember who I am."*

*We are all united when we open to consciousness of the whole. There was never anything that wasn't infinitely possible. See how the divine works through you, open to allowing divinity, open to allowing miracles.*

*And slowly now come back into your heart. Feel yourself sink down and connect with all your chakras again. And feel your body, your home of your spirit soul, honoring all of who you are at each of your chakras. And as we conclude our blessing, gently shift your awareness back to the present. The divine is always with you. This awareness is a cloak encircling you with warmth and security.*

*As you shift into present time, your spirit will continue to speak to you, even though you may move away from this awareness. Remember each moment you spend in stillness, you accumulate the experience of being with the Divine. Love, peace, joy and faith will grow within you. In time you will become consciously aware of this most loving presence within you and feelings of isolation, depression, fear, anxiety, and anger will begin to recede into the past.*



*If you were to practice this stillness more and more, you will never be separated from God's love and live in this state of peace and joy forever. Remember these words, "Be*



*still and know that I am God.” I bow to the spirit within you all. Blessed be.*

## **CONCLUSION BY MARGARET**

I recommend remembering that we are in a seventh chakra mode right now. That is why we have such a big desire and calling to clear our blocks, to manifest life in a new way as we come into the first chakra again. Some indication of this may be our parents passing away or selling our houses. This all creates a new first chakra mode where we have an unbelievable opportunity to create the new beliefs and structures that your life is going to be built on consciously, instead of just from your programming.

Each of us has an incredible amount of power right now in this consciousness to remember and create our life this way. Does it take repetition and habit? Yes. Our brains have been wired a million times over in our lives with the old way of doing things.

This is a great opportunity to use the positive use of our will to remember what you’ve learned while working through the processes in this book. Remember your a-ha moments and start to speak a different truth. Doing this will create an upward and a downward flow of the new way of being. It’s incredibly powerful what to speak with empowerment and inspiration in your fifth chakra.

Remember also that the chakras go in cycles. It is interesting to wait a couple of weeks or a month and then start again at the first chakra and see how different it is to move through this process again, even if you’re moving through it a little bit more quickly.

And again, I encourage you in the moments of optimism to write some words down for those future moments when you don’t have access to this seventh chakra. You can read what you wrote and remember the other truths about your optimism and how profound it is. It will always be there for you, even when you feel like you don’t have access to it for a couple hours or a day.



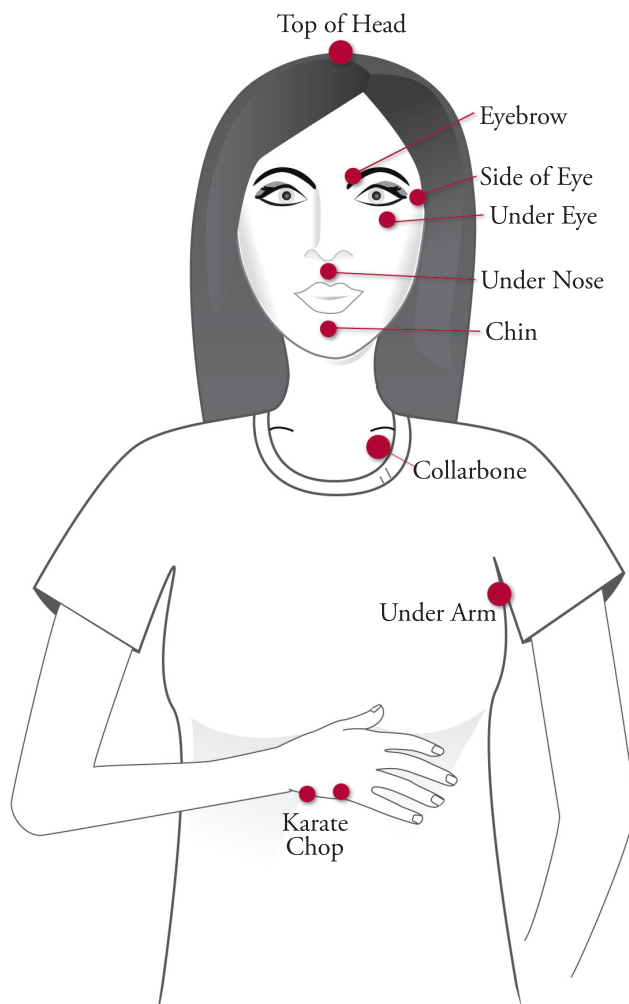
# Appendix:

## TAPPING POINTS

### ***Basic Instructions:***

Using 2 fingers of either hand, tap 7-8 times on each point. There are mirror image of points on both sides of the face and body, all can be used interchangeable or you can tap with two hands on both sets of points at once.

This is a forgiving process, DON'T WORRY...you can't do it wrong!



### **Optional Fingertip Points**

*Great for discreet tapping!*



# A ppendix: RHYS METHOD® LIFE PURPOSE PROFILES

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## WHAT IS THE RHYS METHOD® LIFE PURPOSE PROFILES SYSTEM?

The Rhys Method® Life Purpose Profiles are a core part of the exclusive Rhys Method® curriculum for becoming a certified Full-Spectrum Energy Medicine Practitioner at the Rhys Thomas Institute of Energy Medicine in Massachusetts. (Before January 2010, these profiles were only taught to students within the Institute.) The Rhys Thomas Institute is the premier licensed Energy Medicine School in New England.

Rhys Method® Energy Medicine is based on the energy medicine practitioner blending their life purpose with their modality to produce healing within the client rather than just a cure. In order to know your life purpose, you must first know yourself. The profiles are a powerful tool to know who you are—the most essential qualities of YOU, the real you, the you that has always and will always be. This is the you that brings your life joy and passion.

Once you know your profile, you will have found a powerful and direct way to awaken to your life purpose.

The Life Purpose Profiles have five easy-to-remember names for them. They are:

- **THE CREATIVE IDEALIST** – who represents the highest and most creative thinkers
- **THE EMOTIONAL INTELLIGENCE SPECIALIST** – who represents the feelers and are the most empathic and gentlest people
- **THE TEAM PLAYER** – who represents the caretakers and are those who love being supportive to others in everything they do
- **THE KNOWLEDGEABLE ACHIEVER** – who represents the organizers and achievers through knowledge and who see the big picture and who master and successfully complete tasks
- **THE CHARISMATIC LEADER** – who represents the leaders and are people who are willing to take the risks to lead others and fight for the causes worth fighting for or use their charisma to convince others to live more fully

For further information regarding the profiles please visit:

<http://www.rhysmethod.com/rhys-method-life-purpose-profiles/rhys-method-life-purpose-profiles-descriptions/>

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## ENERGY HEALING WITH Joan Cremin



### **ABOUT JOAN CREMIN AND SPIRIT GUIDED ENERGY HEALING**

*Joan Cremin was born in County Kerry, Ireland, with an awareness of the angels around her. She continued to experience that deep connection throughout her childhood and adult life.*

*Although she has studied Reiki and Polarity Therapy, she is best known for Spirit Guided Energy Healing, a term inspired through prayer as she developed her inborn gifts. Joan shares, "Every time I work with someone, I am in awe of the energy that comes through me, and the blessed information that is imparted to each and every soul."*

*Joan is a student of the Rhys Method® Profiles. She incorporates that information in the healing work she does with you.*

Book session at:

<http://margaretmlynch.com/energyhealing/>



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A portrait of a man with blonde hair and a goatee, wearing a white shirt, smiling slightly. The background is dark and out of focus.

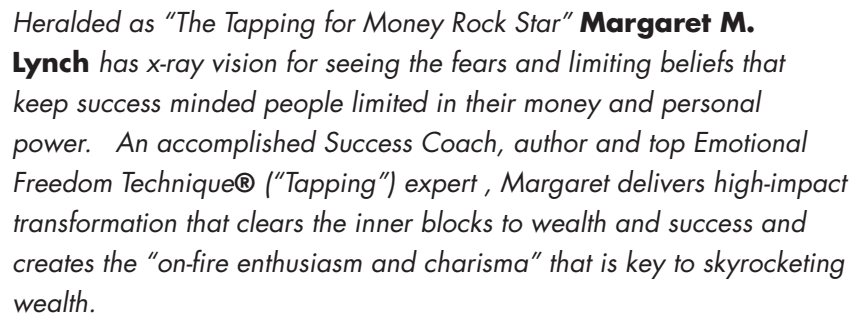
ing, crystal bowl sound healing, energy reading,

*2nd Degree Black Belt with 25 years in Martial*

reer as a tennis professional and was a national



ABOUT  
Margaret M. Lynch



Margaret is the author of the highly acclaimed book and tapping program "Secret of Intentional Wealth" and creator of the "Tapping for Money Boot Camps" and "Powerful, Passionate & Fabulous". Her brand new program "The 7 Levels of Wealth Manifestation" is a unique blend of tapping with the groundbreaking of teachings of the chakras from her partner Rhys Thomas.

For more information about Margaret's transformational products and programs and to take the free video ecourse "Tapping for Money through the Chakras" please visit [www.MargaretMLynch.com](http://www.MargaretMLynch.com).

