

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

POWERFUL, PASSIONATE AND *Fabulous*



THE ULTIMATE ENERGY PROGRAM TO FIRE UP YOUR *Passion*, YOUR
Charisma, AND THE *Power* TO MAGNETIZE EXACTLY WHAT YOU WANT!

WORKBOOK

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COURSE INTRODUCTION

Welcome to *Powerful, Passionate and Fabulous!* This is Margaret Lynch and I'm so excited you're here!

In this introduction to the course, I'm going to go through the goal of the program and how it works. I'll talk a little about charisma and define it and why such an unusual pathway is needed to have more charisma, more power and more passion in your life.

I'll walk you through the six modules of the program and describe how each works to evoke the various elements and characteristics of charisma within you. We'll use a very unusual and unique process in each module, which is needed because of the nature of how our passion and charisma work in our chakra system.

Then, I'm going to get into the details and define the second chakra and why there's so much second chakra work that you're about to encounter in this program.

I'll also give you insight on the best way to approach this work, including setting an intention before you start that will help you remain open to ALL this amazing program has to offer!

Why You're Here

Ultimately, you are here in this program because you have the sensation that *something's missing*.

Many of the thousands who have taken this program have found that they are experts who are really smart and really good at what they do, but there's still something that they're missing on the inside.

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There's this feeling that they've been hoping and wanting to achieve. A feeling of being arrived; of *having and being and feeling on the inside*. It involves the centeredness,

the value, the power, and the inner-knowing that you are doing and being exactly who you were meant to be and all of the reward is coming and lining up for who you are and what you are doing. You are validated.

On the outside, there are certain indicators that could point towards what's really happening in your inner world and with your level of personal power: the money hasn't been there; the value hasn't been there; the validation has not been there.

Even with a lifetime of achieving, and wanting something REALLY BIG, we desperately want to feel alive, charismatic and "in the moment," but it can seem as though WE ourselves are the very thing that is missing and it can cause the same problems over and over.

Do any of these ring true for you?

- Being really good at what you do and not making the income you wanted, expected or deserved.
- Fear around networking or giving talks, or networking and not making an impact, not being memorable.
- Giving a talk and not "wowing" or captivating the audience.
- "I'm giving my all in life, but things just feel medium, average, or mediocre."
- A lot of spinning around in your head...and spinning wheels during the day.
- Torturing yourself with self-doubt before everything...and being really tough on yourself no matter what happens.
- "It seems like I'm always trying to get somewhere, so the 'present moment' feels more like a chore than an experience."
- "I just can't seem to connect with customers in a powerful way, even though I know I can make a huge difference in their lives."
- "Fun? I like fun. I'll get that to that later when I'm done working."

If so, fear not--you're in the right place!

Goal of the Program

The goal of this program is to go to a very different place than other times in your life when you've studied something new, where you've learned some level of expertise and applied it.

This is really about the feeling of your inner power on the inside and shining that power on the outside in a way that makes a more powerful impact where you feel your power and everyone else does too. That is what we call passion and charisma.

This program is about shining fearlessly in your power; feeling it, loving it and making a more powerful impact so that you can enjoy your life *right now*—not in the future when you've learned more, or when you've achieved more or when you finally get somewhere, but now so you can start manifesting the things and the experiences that you truly want, instead of manifesting more opportunities to do more, to take more action, to achieve more, to learn more...BEFORE you get the reward you deserve.

I want you to feel like somebody who is truly standing in your power.

The inner passion that is experienced by other people as charisma changes everything—on the inside and on the outside.

What is Charisma – Really?

Before you can really step into the energy and power of your own charisma, it's important to understand what it is—and what it isn't.

Many people assume that their resume and their expertise is the needle mover for them...The influencer of people around them. They think that if they are really smart and appear to others as an expert, people will just “get it” and want to hire them.

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This is simply not the case.

One of the things I'm most passionate about on this subject of your expertise/intelligence/brains compared to charisma is that, with your intelligence, your smart mind and all of your learning, you can teach people, you can open minds, you can solve problems, and you can inspire people with possibility and strategy.

But with charisma and passion, you can transform people.

With charisma, you can open hearts and you can inspire the rising of energy *with your own energy*. You can inspire the rise of passion and courage in people. You can inspire the renewed faith to do the impossible against all odds--literally cause movement of energy with your energy.

That's what this program is about.

I want to define what charisma is because it's not something that can really be learned or figured out. All of these things that I'm describing are qualities or energies that have to arise in you.

This is where there are many myths about charisma and it's also why we need the uncommon pathway that you're going to experience in this program.

Our working definition of charisma:

- Charisma is your level of personal power, your powerful presence. It is an energy that appears through the following qualities: passion, magnetism, influence and persuasive abilities.
- It is among the most influential energies or qualities on the planet. It is the leadership quality that humans are programmed to revere, admire, and follow over physical qualities and even raw intelligence and experience.
- It will trump brilliance and mastery every time, but when you combine brilliance and mastery WITH charisma, you get people like Tony Robbins and Oprah.
- Charisma is THE game changer in income and earning potential. It costs you dearly when you don't have it. This accounts for vast differences in income

between people with similar intelligence and experience.

- It can help you inspire millions of people to action, change minds, open hearts, heal, inspire, and transform.

So you can see how allowing your charisma to flow and rise up within you is absolutely necessary to living a life ON FIRE that both you and others can feel.

Why Charisma is Elusive

Here's the thing: you can't learn how to be more charismatic.

You can't practice it. You can't master it. There's no study that can make you more charismatic and there's no way to figure it out or imitate it because your charisma is either rising up within you, or it's not. You're either wired up, or you're not.

Learning and thinking and figuring it out is the purpose of the mind and the mind does not *do* charisma and passion and energy. It's not its job.

As a matter of fact, most of what your thinking mind does--prepare you and try to protect you from danger by giving you lots of criticism and reminders of mistakes from the past--actually limits, destroys and shuts down passion and charisma and your energy.

Looking at the chakra system, your mind is part of your upper chakras and it's brilliant and amazing and we need it. But energy, passion and having a powerful presence, that is lower chakra energy. It's the palpable energy that you feel, not something you think about.

People can't *feel* you thinking; they can't feel how smart you are, they can only be inspired by it. But they can actually feel your presence when it's powerful and they can be moved by your passion and your charisma when you're allowing it to flow.

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The Inner Experience of Charisma

Let's paint a picture of what charisma feels like on the inside when you're allowing it to flow freely:

You feel totally alive, connected and sharply present...tingling with awareness and a full body feeling of self...a physical, full body feeling of your value, potential and the thronging energy of your inner power.

You're on fire with the freedom of having nothing to hide...you have a desire and impulse to connect/speak/be seen, so much that it's hard to not do it...and you do so with an experience of fearlessness and courage of showing how much you care.

Your heart center is felt and experienced as warm, open, inclusive, filled with love and a bubbling, rising enthusiasm...you experience a full body YES energy, a rising passion fully experienced in the present moment, making the present moment feel REAL, HERE, ARRIVED, celebrated, and at the same time, feeling pure anticipation of what you are about to create next.

You have a "Let's GO" energy that feels inexhaustible.

Does Everyone Have It?

There's a pervasive myth that misleads people in thinking that you cannot "be" more charismatic and captivating...that you are the way you are, or that charisma is either something you were born with or not.

That is wrong.

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The thing about charisma: YOU HAVE IT.

It's either being allowed to flow through your system, or it isn't and it's being blocked. Everyone has all seven chakras, the lower of which are the charismatic, energy

chakras. The question is, how much of that energy are you allowing to flow, OR how much are you shutting down?

This is where a very unique pathway is needed because I can't teach you how to be more powerful, more fabulous and more passionate.

I have to unleash it in you through an unusual pathway of the lower chakras.

Many people also tend to believe that charisma is just a quality some people have, and it's no more important than any other quality. They believe it's not as valuable compared to being an experienced, professional, and prepared expert.

Here's why I think they're wrong...

Without charisma, you are missing out on hundreds of thousands of dollars in income. You are missing out on making the real impact you could make. Think about the transformation you want to bring people; I know you really care about it. You could be captivating them in a way that would inspire them to move and take action and transform their lives!

You are missing out on feeling more YOU, more alive, and the absolute delicious joy of having your greatness seen and received and reflected back to you through the eyes of people who are truly wow'd by you and appreciate you.

You don't have to miss out on that.

You can shift into being the version of you that is more charismatic, captivating, and on fire...you just need the specific pathway to get there.

You have waited long enough in life thinking that someday, you will feel something bigger, be or do something bigger...and that you will finally be seen and be able to feel that.

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If you are worried that it will take a lifetime to grow in charisma and personal presence, I am here to show you that this is a transformation that can happen inside of you in a very short amount of time.

You don't have to miss out or continue to feel like you're somehow missing half your power.

Just imagine what would be possible if you...

- Have a whole new level of passion and charisma that people see, feel and are wow'd by
- Truly feel like "YOU" in the moment—Powerful, Alive, MAGNETIC
- Feel incredibly sexy (yes, in THAT way), valuable and in love with yourself and your life
- Effortlessly manifest from your "energy field"
- Feel the centered oneness that comes from being totally present in your body, with all your senses alive and awakened
- Expend LESS effort to be happy and experience countless more joy and fully embodied pleasure (without all that guilt)
- Feeling totally in alignment with your VALUE and life purpose because you can actually FEEL that energy in your body

That's why I'm going to show you how to harness the power and passion of the lower chakras. The raw, passionate, lustful, juicy stuff. The life force energy you need to amp up your spiritual purpose!

This introduction is to prepare you for that because it's going to be an unusual journey!



Chapter 1

PRESENCE AND POWER IN YOUR 1ST CHAKRA

What is the First Chakra?

In tapping, we often say, “I love and accept myself.” This phrase is important in all tapping processes and I often incorporate it into my daily life in other ways; just a rogue affirmation, if you will. In the context of this program, we’re going to start by applying this phrase to your first chakra. How much do you really love your first chakra? For the purpose of this program, your first chakra is referring to your body. Your body is your first chakra. It’s everything solid and it represents solidity in your life. When you came down as a spirit and you were born, you came into a body and you immediately had a first chakra, which our physical nature and being.

It’s also a body-level of consciousness of everything that’s solid in life. It’s only through our bodies that we actually know certain things. We can’t walk through walls, for example. Our body shows us that we are solid, that we are physical, and that we are real. It’s our foundation of power that upon which everything else in our energy system is built.

The first chakra also represents something else that is just as real as your body, the floors and the walls: your belief system. Be prepared: as you work through some of these processes, you will hear some of the belief systems from your family coming through. This work will often set up many of the judgments and rejections that we have around our bodies.

“My Body Let Me Down”

Close your eyes and take a nice, deep breath. I want you to tune into your body. Some people find it easier to actually visualize their body. You’re looking at a mirror image of you. There you are as you’re dressed today, and I just want you to consider your body.

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Let your mind sift through your past and I want you to come up with a time that your body has really let you down physically, really disappointed you. Maybe there was an illness or an issue with something in your body that created pain. Your body didn’t recover properly or you needed medical intervention. Or maybe there’s



something physical about your body that's made you feel all your life that it's let you down; your body is not the way you want it to be; it's not perfect in some way.

I want you to think about that and say it out loud, "My body has let me down." And just measure that on a scale of 1 to 10 on how true and how intense that feels. Also pay attention to any specific things about your body that come up when you think: my body let me down.

Now, if you don't have something that's really strong there, you can also think about a time in the past that maybe you were insulted about your body. Maybe someone insulted you about the physical nature of your body. Sometimes, it's a parent. I want you to tune into that as an alternative and just notice how intense that past insult is.

Often, when we go back to a past event where we were really insulted about our body, there's an element of feeling shocked there, or feeling blindsided by it. As if the rug got pulled out from under us. We didn't see that insult coming, so it was a shock. This is especially true if we were younger; it never occurred to us that there was something wrong with our body until that minute, and it's very painful.

Think about anything you may have been self-conscious about as a child, like being overweight or having something awkward about your body. For example, I had these skinny little stick legs and I was pigeon-toed, so my knees literally faced each other. So I had a funny way of walking and I just looked strange! In all my pictures, you'll see my little brothers and sisters and there's me with my two knees facing each other. I was knock-kneed and pigeon toed!

So there's my memory of something that's just not right about me. There's something wrong with me that's not supposed to be wrong, that other people don't have. I'm somehow weaker and more awkward than other people. My whole M.O. as a child was that I was klutzy, awkward and walked funny. I often find that people who've had serious diseases, illnesses or syndromes in their body, like cancer or any kind of gynecological issue or injuries or pains, have really created an anger or a lack of forgiveness in their body.



Tapping Round One

I want you to stay really tuned into whatever you're feeling about your body as we move into a round of tapping. Now, with this kind of tapping, we're already feeling it, so I would recommend going right through the tapping points without a set-up round. For me, I'll start with the eyebrow point and then move through to the side of the eye, under the eye, under the nose, the chin, the collarbone, under the arm, and finally the top of the head point. If you're really unfamiliar with tapping, there are tons of videos you can check out online, including my own. There really is no way to tap incorrectly, as long as you're hitting the acupressure points.

Tap along with the following phrases at your own pace and own speed. Feel free to modify or switch out the phrases completely if they don't suit your situation. Remember, there's no right or wrong thing to say as long as it applies to you.

Tapping through the points:

There's my body

There it is

It's always been my body and there's always been things wrong with it

I learned when I was young to reject parts of my body

I came through only knowing acceptance of my body

Didn't even occur to me, my body just was part of me

But I quickly learned, and it was a shock, that bodies can let you down

That there was something wrong with my body

And that's been proven to me over and over

Because my body has let me down

It's really let me down

It's caused me pain, suffering, embarrassment, humiliation

I've been insulted, laughed at, talked about

And I criticize my body too

There's something just not good enough, just not perfect, not even close

It's not the body I really want

Why would I want to be super conscious of my physical body?

I don't want to be in this body

I don't really like it

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*It's let me down
It's caused me suffering
I've been at war with this body
I have hated this body
I've tried to negotiate with this body
I've tried to fix it, others have tried to fix it and I just can't get there
So many things wrong with my body, and some of them feel unforgiveable
Unforgiveable
The truth is I reject my body
I reject my physical body
I want to love it, I want to love myself, but it's hard to love my physical body
Why would I want to be more conscious of it?
I totally reject my physical body and I am right about this*

Take a nice deep breath. You'll notice a lot of negative stuff and some very harsh words. These are not arbitrary phrases and I don't make them up. They're phrases I've heard from thousands of people time and again, and all of these words have gone through my own head and through all of our heads at some point or another. It's amazing when we say it out loud. It's kind of shocking how negative our true thoughts are.

Check back in with the phrase: my body has let me down. See where you are now and notice if the intensity has come down at all. Sometimes when we are staying dissociated from our body, we'll feel okay about it and then after a tapping round like that, we'll feel worse because we'll start to actually have tapped into what's really under there that we're staying dissociated from. There's often self-loathing or self-rejection that we don't even allow ourselves to become aware of but it certainly doesn't mean that it's not present.

Resisting Your First Chakra

This is important: when we reject ourselves at the most basic level, which is our body level, there's no way we can actually feel how energy moves and flows through our body and our energy field. We're essentially denying ourselves the ability to be fully present in our body.



Here is how one participant resisted their first chakra, their body to the point of paralysis:

“For me, guilt really triggers a lot of physical reactions when I think about the health of my body...

A friend asked me to go the Bahamas with her to relax and I was having a great time, we came in the afternoon, but that next morning I was totally paralyzed. I could not move. I couldn't get my body to move...But it's so confusing because I feel like there's a lot of fear that triggers a lot of emotional – a lot of things in my body, but as we're tapping, I went from an eight to a six because as I'm looking at it, even though I don't have the answer, I actually feel better even not having an answer as to why that happened and why that was so frightening for me and sometimes still is, 'cause I don't know what I did that made that happen.”

When we decide to shut down levels of consciousness, like our first and second chakra, the consciousness is still there. The body is still reacting and still moving energy. Our second chakra will still be interacting and reacting with the world and it's still our power center that has energy, emotions, rage and fear broiling there. We've just decided to not be conscious of it anymore, to not listen to those messages, to not let our body, our first chakra or any of our chakras give us guidance.

So when we start to open it up, to feel and experience our first chakra again, even going from an eight to a six in reducing the anger at your body or the lack of acceptance, means you're going up in acceptance. It's a massive increase in starting to hear the wisdom of your body and feel what's happening in you, what you're being drawn to, what your body is telling you for messages. The smallest step is a massive increase. It doesn't mean that we know all the answers at once, but it means: *Hey, I'm starting to listen.* Remember, we're like onions: we have layers and there is always more work to be done. As you do more work and peel away layers, you're giving yourself permission to go deeper, always learning more.

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This becomes especially important if you're a coach or some sort of leader or healer

yourself. Your energy system, your mission will always be calling you to surpass what would suffice for most people and take your work to the next level. If you're trying to help others love themselves at a 5 to an 8, you need to love yourself at a 20 and still be working at it!

Acknowledging Judgments

Even those who have a strong connection to their physical body can still be surprised about the true nature of how they carry the power of their first chakra. One participant, who has been a healer and body worker for over 30 years, was faced with reassessing how she actually knew her own body:

“When my knees started buckling and all the energy was drained from me as we were doing that tapping, I realized that I had never, ever, ever addressed what we tapped on... and I've had to be very conscious of my body, because I've had some diseases that I've cured naturally and that's why I was quite surprised at my reaction... For me now, it's more of a heart opening aspect in my development, because this love that I was withholding from myself and I had no idea.”

This demonstrates the importance of simply becoming aware of the negative stuff that goes on in our bodies every day and how hard we can be on ourselves without even realizing it. You have to be able and willing to work through it even as you're saying, “I hate my body!” and attempt to replace those beliefs with love and acceptance of your body. That means believing it more than just one time; you have to reassure and reinforce that belief every day. As a coach, or healer or leader, if you're able to do this work for yourself in an honest way, you will be able to hold that energy congruently for your clients, so when they come in and they do not love and accept their own body, you're not giving that belief any lip service. In learning to love and accept your first chakra, you're able to hold a much more powerful energy. So, when you work with someone who has first chakra issues, which applies to almost everyone, you can really hold that energy FOR them at a much higher lever.

It is extremely important to get a clear view of whatever judgments you have about your body.



This can be a process and sometimes it can take many rounds of tapping before they come to the surface. Once you begin to discover them, you will have to work out exactly what they mean. Your judgments are perfect insight into how you feel your body let you down, and then furthermore, what it means about you and what kind of person it's forced you to become.

The next participant suffered from a number of physical illnesses, including breast cancer:

"I'm weak and that – that's the biggest one...I got something that I couldn't cure myself or I didn't believe in myself to be able to cure it on my own...And I was really, really mad at myself for having it. I just felt like I'm imperfect... like, what is wrong with me?"

This person is wired to be what we call the charismatic leader and to live powerfully. The most unforgivable thing for a charismatic leader is to be afraid, weak, or not in control.

When we believe our body lets us down, it feels like we're being forced to be a victim or someone who can't take care of themselves and this is unforgivable to us. In actuality, your body is giving you a gift that looks like a curse.

I want you to make a valiant effort at trying to see clearly what that 'curse' is for you as we do some more tapping. Again, if you feel worse after tapping, it only means that you've really hit on something that you've tried desperately not to feel. The emotion that is coming up after being hit on, is energy. It's a flow of energy that has been locked down inside you by not feeling and letting yourself process and release your own negative self-talk.

Always remember that tapping is a clearing technique. As you're voicing things you feel, emotions are coming up and out through your voice, through your tears, through your ranting, through your anger and that releases and helps clear them.

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When you feel numb in your body, completely lacking emotion, you've dissociated. You've left your first chakra and said, "Not going there." You're



experiencing what it's like to dissociate, to leave your first chakra and go up and out and into your head. When you dissociate, you want to tap on this concept of: *"I refuse to feel this. I refuse to be in my body. It's not safe. I refuse to deal with these issues. I don't want to have a body. I would rather not have a body. I don't want to be in my body at all."* Tapping that way will actually help bring you back into your body.

Once you come back into your body, you're going to know pretty quickly why you don't want to be there: there's some emotion, pain, fear, or anxiety. It's typically sadness and anxiety that make us leave our body. So just keep tapping through it and knowing that as you tap on the acupuncture points, you are rewiring your nervous system around this. You're releasing the energy and you're changing the pattern of your nervous system around this whole issue. So it's really very powerful.

Tapping Round Two

Let's do some more tapping by incorporating the specific judgments about our bodies that have come up.

So, tapping through the points:

Maybe I feel a little better

Maybe I feel worse

This is awful

Tuning into my body is terrifying

I do not actually want to go there

It's reminding me that I don't feel safe at a core level

That I'm not in control at a core level

That I am vulnerable and weak at a very basic level

I don't want to feel that

This is terrible

It reminds me that I'm weak

That I'm vulnerable to the opinions and judgments of others

That I'm physically not capable of certain things,

Not as strong as I want to be



*Not as powerful as I want to be
Tuning into my body reminds me that I'm insecure
Totally insecure
And that I have a ball of shame that lives in me all the time
I am wired for fear, unsafety, and danger
And it's running in me all the time
I do not want to be in my body
I do not want to feel all this emotion, grief, pain, a lifetime of sadness
All focused on my body
If I let myself feel this, it could be a volcano, a river of tears, a river of sadness
An unending well of fear
I really don't want to feel all of this
It's okay
It's just energy and it's moving, it's releasing, it's flowing
I've tightened up against it my whole life
My physical muscles have tried to contain it
My mind has been managing this, holding down the lid
I'm moving that energy, sadness, grief, disappointment, fear
It feels good to move that energy
I totally honor myself right now in this work that I'm doing
Because I'm never going to be the same
I'm never going to be the same after this moment
I'm moving this energy
It doesn't feel great, but every cell of my body is rejoicing right now
As I cry a river of tears, every cell in my body is rejoicing with lightness
Every cell in my body is being washed by that river
The truth is I'm alive
This is my body
I like being alive
I'm glad I have a body
I'm honoring that today at a very basic level
I honor my body
All this energy moving, I'm so open to lightening this up, letting this go
Releasing, unblocking and unwinding this flow of energy that's been stuck
Just letting it flow up and out from my entire energy field
My nervous system and every cell of my body releasing*



Take a nice deep breath and I just want you to notice how you're feeling right now. Just notice how present you're feeling. There's still emotions flowing and you're still feeling it. I know there's a part of you that can still observe and say, "It's okay. I'm moving this energy."

When I was teaching the class in miracles, I asked Ryhs Thomas what the miracle at the second chakra is, and he said very simply: "An absolutely, bona fide, 100 percent miracle at the second chakra would be to actually feel a real feeling." And that's what you're doing right now.

You're feeling energy move, you're feeling your *real* feelings. Some of them aren't very good. You're voicing them, you're honoring them, you're letting them be and you're letting it flow. Notice how when you feel your real feelings, you can actually often feel a sensation of energy moving in your body, particularly in the lower chakra area. People often feel tingling in their feet, in their legs, in their knees and in their whole pelvic area.

Wounding and Vows

Often, traumatic events will force us to make a vow not to carry all of our power. We make vows like this to protect ourselves from physical and emotional harm, but these vows are more limiting, even harmful, than they are protective.

This participant experienced a very particular type of wounding around their body image:

"I was sexually abused when I was little, and I've always had it that my body was the cause of it. Like there was an attraction that people had to my spirit and to my body. So I've been totally suppressing that. I was still pushing – pushing my body away. Like, pushing it down...don't express too much... don't be out there too much."

Part of your power is your physicality and your sexuality. It's all part of the greater energy system at work within us. This participant "pushed away their body" which



can be read, pushed away their first chakra, as a coping mechanism to survive after that horrible trauma. She had to find a way to live and coexist with her body after the fact, but the problem with this method is that she also created a very powerful vow to not carry all of her power. This act feels right and safe at the time, but it actually can turn you against your body, hating your body and blaming your body.

This type of trauma is always going to be triggered in this first chakra work. It is very different from a broken arm or temporary injury; the wounding is around sexuality and body image and it is carried with you, running through you continuously until acknowledged and cleared.

I will always recommend that if this type of trauma is something you haven't quite dealt with yet, this is the perfect time to reach out and receive some support with this issue. Seek out a therapist or someone licensed with this particular type of trauma work, or even tapping with some of the fabulous practitioners out there. When something like this surfaces that you haven't quite dealt with, it's going to be intense and you really want to feel your way through and see if it's something that you can handle on your own.

This is so very, very powerful and when someone with this type of experience really commits to this work and clears these kind of issues, often the person that walks out of the practitioner's office is a completely new person. That's how hugely powerful it is for you to clear this old baggage. That old vow and that old programming were both helping you to survive under past circumstances, but to really *thrive*, you have to get to the other side of both.

Resistance to Vows

As I said before, this is very harsh work and it's not very pretty or pleasant. People will have all types of reactions; physical, emotional and all depending on their specific type of wounding and the vows they've taken to cope with their wounding. As we tap through using very triggering words and judgments, some people will feel extreme resistance and when we feel resistance, we're really onto something. This is a very important thing to notice.



Here is an example of very strong physical resistance:

“But there was also...a battle going on inside of me, and I didn’t want to feel and I wanted to just escape and run out screaming from the room and it got very, very uncomfortable, like I wanted to check out completely. Then just after this tapping round, I started to feel intense, intense pain in my right hip which is something I’ve never really experienced physically, and just my whole pelvis area just got really contracted and I started to feel very nauseous.”

If you feel just awful and want to run out of the room, run out of your body, just pause calmly and note your resistance: “Wow, I have a ton of resistance to doing this work.” When you come up against resistance, really think about what you are trying to stifle and swallow down. There is something behind your truth, behind your desire to push back and say no, that you are emotionally resisting and it can manifest in very physical ways.

Experiencing nausea is always about the act of swallowing down. For example, if I was asking you to make a change in a relationship with somebody who always oversteps your boundaries and I say to you, “You need to go to that person and hold your ground,” you would feel the same way. It means that you’re coming up against a vow.

Your resistance, your body’s physical reaction to coming up against a vow that you’ve taken can be extremely powerful and even scary! Think about it: you’ve had this wounding and your vow says never to go there, never let yourself experience the other side. Tapping helps us begin to see the other side of our vow for what it really is: total love for our body, sexuality and power. Tapping really voices our true energy and allows it to be cleared so that we might begin to see what our vow has been keeping us from this whole time.

Rhys often says that when you come against a vow, you’ll feel like you want to throw up, and I’ve experienced that many, many times. Maybe I’m trying to do something simple that people do all the time, like say to someone in my life, “No, that’s not going to work for me,” and that makes me feel like I’m going to die! That’s how I know that those simple words for me, to try to set a boundary with someone that



I've never set a boundary with before, that it's breaking a vow for me. Whatever is in your resistance, try with all your might to see through it and understand it for what it is. Your body is trying to tell you something and only when you truly listen, will you be able to get to the other side of your vow.

Emotional wounding can often be more destructive than physical pain. Feeling complete despair, depression and hopelessness, especially for an extended period of time, can lead to a complete loss of your energy to fight. It can feel as though there is absolutely nothing to work with, only despair. We decide we're not even willing to get angry anymore. Our life energy becomes unworthy of fighting for.

What's really happening in this instance, is that we're taking the natural drive within us, our life force survival energy, which is a first and second chakra energy, and we're refusing even that energy. The part of you that would fight for your life if you were attacked, literally come out and fight for your life, has become not really worth it. We'd rather just scrap our life as we know it and start over.

"I have never had any physical pain or anything like that...I've had a lot of addiction in my life and...several suicide attempts. There's this disgust towards myself and my body and all the pain that it carries around. I just wanted a different life...a different deck of cards. Like, I kept thinking I can't deal with this. Like, I cannot live this life in this body in this set of hurts and pains. And I continue to feel like I just can't own myself, you know? I just wish I could dispose of it altogether and start over."

So all of that energy to fight for your life just goes back into you. It becomes redirected at you as self-loathing. Many people can relate to this because it can happen on so many different levels, from small and fleeting all the way to suicidal. This life force energy is very commonly misdirected and can become disgust and self-loathing.

I want you to recognize that when you go to disgust and self-loathing, there's a vow in there that says: "I vow to always be broken, that I am unfixable and broken at such a deep level. I had my power removed from me at such a young age, that I will always be broken."



If this resonates with you, I want you to keep tapping, because there's a really strange thing called negative pleasure at work within you. We are meant to have energy powerfully flowing through our body. If you took the average child and held them down with their arms crossed over their chest, they would start to struggle instantly. You would see their face get red, their fight or flight would be triggered, and they'd fight back, building up fear and anger; that is our natural energetic state. That energy wants to flow through your body, and when you take action in your life, it flows in a positive way. When you can't because we've made a vow to always be broken, you still have that massive flow of energy that's got to run.

So it will instead run through addiction, through the cycle of drama of addiction, through a cycle of self-loathing and self-hatred and the story about how broken I am. When you're doing that, energy is actually running through your body. There's something that's pleasurable about that. It's called negative pleasure. There's still energy and pleasure running through your body, it's just a negative, harmful kind.

You have to be able to make the distinction of living it and being able to take a step back and observe yourself living it. Right now, you're living it. It's 100 percent happening to you as real in the moment. *I am broken. I have disgust in myself and my body.* I want you to be able to take one step back, because there's a part of your consciousness that is able to do that. Even if only a little bit at a time, you're able to observe that there's actually a piece of you, a part of you that looks like you, but it's not all of you, that has made a vow to be broken and it continuously runs this energy. It's like realizing that it exists within you and may dictate how you operate, but it's not YOU.

Moving Negative Energy

So how do we break through the feelings of despair and depression and hopelessness? We break through with anger. We break through using the energy of anger and rage. This is really important. This is where working with a practitioner can make a life-changing difference. It will help ensure that you do this in a healthy way. If you're able to bring up your anger and rage and move that energy, everything will change because that anger and rage is your *I want to live* energy, as opposed to *there's no point...I'm just going to keep torturing myself till I die. Anger and rage is the fire that*



says, I want to frickin' LIVE!

That energy has got to be moved so that it doesn't come out in ways that traumatize you or other people. Without dealing with it properly, anger can leak out where we don't want it to. When we move the anger and rage in a safe setting with tapping, it moves the energy and you get to see, often for the first time in your whole life, that we can move the energy of anger and rage and frustration without anybody getting hurt, including us.

We can work with and use anger to move energy so that you can get to the other side, which is always empowerment. Right now, you're experiencing battle. You go from anger to depression, battling back and forth, but nothing ever gets moved. You never get to the other side.

Before we move on, I want to take a moment of compassion. My heart goes out to you. I wish I could be there right now to give you a big hug! A big, energetic, heart-centered hug! I am sending you my most positive intentions and holding the energy for you to get to the other side of whatever vows you're battling. I promise you it will be worth it.

I also want to take this opportunity to remind you that, especially in a situation where you're feeling intense despair, working one on one with someone, even for one session, can make a huge difference because the healing will be specific to and focused entirely on you and your situation. If you've been through or are dealing with numerous traumas, it's real, it's horrific and it's painful; and you need to heal each experience within you.

With the next round of tapping, I want you to continue to come into your body and experience your body, maybe for the first time, in a very positive way. For the next week or so, I want you to commit to being really conscious to catching yourself and noticing how you are talking and feeling about your body on a daily basis.

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Take note of any pieces of evidence about how you feel about your body that pop up in your mind. Anything at all. For example, "What about that toenail fungus I have? I hate that too!" We'll just find ourselves adding on additional pieces of evidence. We'll look in the mirror and say, "My butt's getting big – too big. I can't stand that



about me either.”

I want you to be really aware of how many times you have a negative feeling or thought process about your body. When you do it, I want you to observe it, have a conscious awareness of it, and do some tapping on it, because that energy is running in you even more than you think or notice.

Tapping Round Three

So tapping again through the points:

All this intensity, wow!

My eyes are really opened right now to what I've been carrying in my body

What I've been blaming my body for

What I've been hating about myself

And it's not actually all of me

It's a piece of me

There is a part of me that runs this program

That runs this wounding

That runs this criticism of my body

It's like a record player

It's like a recording

It was created in the past

Other people put their voice on the recording

Situations added to it

I've never even really questioned this recording

This part of me that's like a recording

It's been running and I've assumed it was real

It was me

It was the truth

My eyes are opened now

I'm now observing that there's a part of me that actually made a vow

A vow around self-loathing, probably to protect myself

If I hate myself first

I'm less vulnerable



*A part of me that made a vow to never forgive myself
Because I'm always broken, unfixable, not perfect
I'm observing this now and I'm seeing how often it runs
It's running a lot
It's been running like the truth
And I'm now seeing that it might not be the truth
That I might have a space here to make a choice
To make a choice around this tape recorder
As I observe it, it weakens
As I observe it, I become conscious
And in the gift of consciousness
I can make a choice
The truth is, here in this moment
I have a beautiful red energy field
Beautiful red energy that flows up from the earth
I'm connected to this planet all the way to the core
It flows up and becomes my body, my first chakra
It's there
It's beautiful, it's powerful and in this present moment
I am not broken
I am completely safe
I am whole and I am alive
This beautiful red energy, my entire first chakra
Alive, vibrant, powerful
I honor my body
I have a lot of work to do here and I'm open to doing it
The truth is, I am a miracle
I am alive, I want to be alive and this is my body
I don't understand it, but it's perfect for me in this life
I'm open to feeling my body in a way I never have before
I'm open to feeling this swirling magnetic solid energy that makes up my body
Every cell in my body functioning miraculously
I'm open to feeling that
As I observe my negative tape recorder
I'm also going to observe my body
How it feels*



*The sensations, the energy, the messages
My body is always talking and I'm open to listening
I'm open to being alive and every cell in my body loves being alive
Every cell in my body is talking to me every day
And it's never the same thing twice
Because my body is new and fresh and alive in every moment*

Take a nice deep breath. It's always best if we can bring the intensity down before we go into more of a positive round like that. I want you to notice again how you're feeling. If you're still feeling very intense, do this round a couple more times until the intensity lessens.

The Power of Consciousness

I call that consciousness tapping, because we're really anchoring this moment of consciousness, and observing that that tape recorder isn't actually the truth. It was recorded years ago, it's got other people's voices on it and it's always saying the same damn thing.

It's never really come up with anything new, whereas your body, your first chakra, all of your chakras, have never told you the same thing twice. You've never felt the same thing twice. You may have thought the same thing a million, trillion times. You've never felt the same thing twice, and that comes from your first and second chakras.

Every cell in your body is renewing itself all the time and is speaking, is joyful, alive and on fire and would love to talk to you, if you can let yourself feel it and hear it. Your body would love to give you a full body yes and a full body no to help you make decisions. There's so many gifts in your life.

In addition to observing the tape recorder when it comes up, I want you to also observe your body, and I call this body consciousness tapping. Here's how I do it: I will sit, maybe I'll have my eyes closed, maybe I'm outside, maybe I'm inside. I like to be outside if I can. I'll just tap, maybe on one spot, just because that keeps me in a



little bit of a meditative state, a little more focused and becoming aware of my body. I'll do this for two minutes.

If the breeze blows against my skin, my body that feels that breeze. I'm suddenly 100 percent aware of the feeling of that breeze across my skin. If I'm wearing shoes, I'll notice the feeling of the shoes on my feet; the feeling of my body touching the chair; the feeling of my heartbeat. I'll do this even if it's only for a minute or two, just being conscious of my body. If you do this a few times, you'll actually start to feel energy moving in your body.

If I can get there, you can get there! If I can turn off my constant, shocking stream of negative self-talk about how I looked and my body and this and that and everything, you can do it too. Consciousness means that when it comes up, notice it, sit with it and tap about it. Sometimes I don't even need to tap. Sometimes consciousness is the healing in itself, just noticing and being aware of whatever it is. Over time, it is a miraculous change in how we can turn off that tape recorder and not only come to neutral, but actually create a new tape recorder that says positive, empowering things. I'm proud of you for hanging in there on this journey! Great work!





Chapter 2

RAW LIFE FORCE ENERGY OF YOUR
2ND CHAKRA
(WE'RE BRINGING SEXY BACK)

Intro to the 2nd Chakra and Recap of the 1st Chakra

Moving up to the second chakra, we're going to look at some aspects that really affect our power, because in the second chakra is where we really feel our power. It's also where we feel our sexuality, which is a huge piece of our power as human beings. Our life force of pure energy is partly sexual. Here, in the second chakra, is also where we develop our self-image.

At this level we are not just a solid body anymore like we are at the first. The second chakra is where we are sensually feeling, interacting, and kind of wrestling with the world and other people. It's actually where the world flows into us through our feelings, our sensations, and our energy. Based on the way we feel our way through, and wrestle with the world, we actually see and develop a self-image.

What is my value as I wrestle with who I am in the world? My feeling of power? My desires? My needs? My gifts and talents?

So the second chakra has a lot going on there. The negative feelings that are in the second chakra are always going to be related to vulnerability. As you feel out your self-image and intrinsic value, wrestling with the world and other people, this process sort of gives you a sense of how powerful you really are.

There are many sides to the second chakra, but there are two sides that I like to talk about in terms of law of attraction. The first is, how do we carry all aspects of our power? Next, the second chakra is also your receiving chakra. It's where you receive. So if your second chakra is closed, you're not a good receiver. This is where we feel our deepest needs – the things that we really, really want before we judge whether or not it's good or bad to want those things.

By feeling and honoring our deepest, most basic needs, what naturally happens, whether we use our voice or not, is that we are open to receiving that which is aligned with those deep needs. These needs include money, having our power, being seen and felt, the need for love, for affection, to be adored, to be held, to be pleased, and to have pleasure in our life.

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Carolyn Myss, one of the visionary teachers in the personal development and

transformational industries, teaches the chakras in a pretty amazing way. Many of her books are required reading in Rhys's school because of the way she teaches the chakras. She is very, very clear when she says that 99.9 percent of everybody on the planet, all of their issues stem from the first and second chakras.

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

The way I want to begin work with the second chakra is with the *Bringing Sexy Back* process. If you have done any work in my *7 Levels of Wealth Manifestation* program, you may have been exposed to this process before as a bonus level in that program. That is actually fabulous because when you've done the work once and you're able to come back to it again, it always creates a whole new level of experience, and change, and stepping up. Working on your second chakra is something that you could do for a year straight, every single week, and you would always experience more benefits.

Before we move on, I want to quickly address some questions and comments I've received that directly relate to this second chakra work and the work from the previous chapter in the first chakra. I often find that in answering a question for one person, I'm answering it for many others at the same time. This is exactly why I like to include participant comments in my publications; so often what we feel and experience in this work is shared by others and greater benefits and greater healing can come from sharing these experiences.

One participant had a very good question about empathy:

"How does this work affect empathy? Sometimes I don't know if I'm feeling my feelings, or someone else's feelings."

Empathy is a gift. If you feel a word in a very sensual, physical way, you are probably a second chakra dominant person. In Rhys's teachings on the profiles, it's what we call the emotional intelligence specialist. It's a second chakra dominant personality type. Rhys teaches that even if you do feel things really deeply, you must recognize



that you're never going to feel anything that's not happening in your own field. So when we think we're feeling someone else's feelings, it's always triggering something that resonates within us.

Think of yourself as a tuning fork. If someone comes in and they've got sadness and grief about something, you're going to tune into it, and start feeling your own sadness and grief. This is particularly true if those feelings are unresolved. So you really want to notice if your ability to relate to someone else's feelings is triggering something in you that needs to be cleared.

Sometimes, heavily emotional work can even be scary:

“Hearing the messages from my body, what's been apparent is that I have a lot of negative or violent thoughts. Fearing that someone could kill me at any minute if I'm out walking, or something bad could happen to me.”

This really speaks to the consciousness that you begin to develop when we start tuning into our bodies. We actually begin to catch—and hear—the many thoughts we have running through us at any given time. When we create the quiet space of tuning in, we become suddenly more aware.

We begin to see some of those tape recorder thoughts and we can then use tapping to turn them off. So what I would do with those kind of thoughts is really voice them loudly over and over, and over. Don't argue with them. Voice them like they are 100 percent true, and that's how they will actually reduce the fastest.

For example, if you're thinking: “Someone's going to jump out of the woods and kidnap me!” You should literally say it just like that. “It's the truth. It's the truth. It's going to happen. It's going to happen immediately. I just know it. It's the truth.” It will turn off that thought more quickly and effectively. It will quiet it, soothe it, let it go faster than trying to argue with it.

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Similarly, if after the work from the first chapter you're noticing how many more negative thoughts you have such as, “I hate my body,” or those kind of thoughts, you want to voice them exactly as you're hearing and feeling them in your head. After voicing it, take a nice deep breath. When it feels a little bit lighter, then make



a choice. “Okay, what do I really want to feel here? What’s the real truth for me here?” And let yourself do an affirmation, or a positive round of tapping from that place.

Don’t argue with it before you give yourself the peace, and the release, and the voicing of it, and the perspective. Once you’ve done some tapping, and it feels quieter, then ask yourself, “What do I really, really want here? Is there a need that I’m not meeting in my life? What do I really, really need here?”

Bringing Sexy Back

As we jump into the *Bringing Sexy Back* exercise, it’s going to build on and sound reminiscent of something we did previously. I want you to take a nice, deep breath. Close your eyes and see yourself standing there in front of that mirror again, and this time you’re wearing a bathing suit. Bathing suit time! No hiding in our clothes!

You’re wearing a bathing suit in front of that mirror, and you’re looking in the mirror at your body. This time I want you to say: “I’m sexy. I’m sexy!” And I want you to also test, “I’m powerful.” Measure on a scale of one to ten, how true do those feel? Also notice if you’re already tuning into some really specific things that are interfering with you feeling sexy.

I’ve done this process a lot and I know that it triggers a lot of very negative stuff, so we are going to jump right in and start tapping. Using different words that I’ve heard from many people over the years, we’ll start with the negative round.

Tapping Round One

Tuning deeply into yourself, begin tapping through the points:

There I am

I am so not sexy

Ohh noo

I am not sexy at all

I don’t deserve to feel sexy



*Look at me
Look at that body
I accept it a little more now, but it's not sexy
Sexy means something different
Perfect
And that's not me
I refuse to feel sexy
It's not right
It's not safe
Because of my body, I refuse to feel sexy
I can't, even if I wanted to
Society would agree with me
This is not a sexy body in front of me
I am so not sexy
Look at all the things wrong
I'm loveable, but with this body I can't be sexy
I can't carry that off
I'm not going to let myself feel that energy
Feel that flow of power
It's dangerous
It's inappropriate
It's a long gone part of my life, and I have really good reasons
I'm gross
Embarrassing
Not perfect
Ugly
Not sexy at all
If I were to try to act sexy, that would be a joke
I refuse to let myself feel the fun, energetic feeling of sexy
That's not for me
And it doesn't even feel safe to talk about*

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Okay, and take a nice deep breath. The second chakra is really where your life force survival energy flows up through your system. Your passion, your desire, your needs. Part of that, a big piece of that channel, is sexual energy. Life force survival energy is also sexual energy.



So we're not talking about worthiness, or "Am I good enough?" or self-esteem. We're talking a real, specific feeling when we think about ourselves as sexy. We have to understand that sexy is a word that goes beyond sexuality. For example, marketing can be sexy, a car can be sexy – there's a feeling and an energy about feeling sexy that goes way beyond, "I feel good about myself."

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

Power and Vulnerability

As I said before, the most common type of vow that we make at the second chakra is a vow to never be vulnerable, which, more specifically, can also be interpreted as the vow to never trust. So this will absolutely apply if you've had some massive trauma in your life.

"I can look at my body, and know that I'm sexy. And I've not really had a problem knowing it, but it feels incredibly dangerous to feel it, to use it, to you know, probably to acknowledge it. That I need to mute it to keep myself safe. I think a lot of this comes from – I've had three experiences in my life where people have basically tried to kill me in my physical life."

It may not be this extreme, but most everyone has some version of trust or vulnerability issues around their sexuality. Everyone will have some version of a story where they have experienced something in the past that says: "Right now, in the present moment, it's not safe for me to own my power. It's not safe for me to feel powerful, to let this energy which is my divine, God-given, life force energy flow through me. There have been experiences in the past where that was dangerous, and I don't trust it."

This is the dance of the second chakra: power and vulnerability are connected. This extends into your power to receive. To be able to receive reward in your life via law



of attraction, you have to be open to receive, which means you have to be open, and when we're open, we're a little vulnerable. "I don't want to be vulnerable," always feels like it's black or white. We're going to fall off a cliff, and that's it. We're vulnerable forever. If you find yourself really feeling this, I want you to tap more on it before moving forward.

Sometimes, vulnerability from wounding can be more literal and more physical, where we actually can't look in the mirror without being reminded:

"First, I saw myself very quickly in this one piece bathing suit, and I felt great. It was a ten. I felt very powerful, but then it switched quickly to this two piece, and I went right down to a two. And everything got dark. I got nauseous...because I have this burn scar – scar from this burn on my middle that covers my whole midriff."

In the case of any scarring or physical irregularity, you're very much wearing your wounded story. For a second, this person got to feel good, and then her mind said, "Don't forget about this. Oh, no, no, no. We're not powerful. We're still wounded." You can see and hear how quickly that part of you that says, "I am not powerful" comes into the picture. Even though we're talking about your physical body, and how you look, the intention of this whole process is really around the power that you carry. So your mind is proving to you that you still have a really big piece of evidence that shows how you're not powerful. That there is something physically, and visibly wrong with you.

When we find really dark stuff like this, it's actually gold, because to clear it through tapping almost guarantees a new person on the other side. It's a massive change.

That's why it's so important to uncover these layers. As painful as they are, and as much courage as it takes, we want to clear these layers out because they are getting in the way of you allowing the fire hose of power and energy that wants to flow through your body.

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The truth is, we can take baby steps in safe experiences with safe people to own our power, and to let ourselves be vulnerable. When we make a vow that says, "The world's not safe, and I don't trust, and I'm never going to be vulnerable," this is



what we will manifest unconsciously. We will manifest people and situations that reinforce that model. This is where we also make vows to battle, to get even, or to never be vulnerable by proving that the world is unsafe. So we'll manifest the battle that proves, "I can never own my power."

Remember, we didn't just decide to think like that. This came from real trauma, real experiences, and real pain. Your brilliant mind has real evidence that says, "This freaking happened to me!" You absolutely want to honor that, but I want you to really make that connection that those experiences and the vow to never be vulnerable says, "I have to be a victim. Because if I can never own my power, that means I'm still being victimized."

As soon as we start tapping into sexuality, there's a feeling of vulnerability. And as soon as we start tapping into owning our power, there's a feeling of vulnerability. Here's the antidote to vulnerability: starting to take baby steps that you can handle into trusting yourself. Baby steps into vulnerability. Don't go trying this out on strangers. Try being more vulnerable with someone who has proven that they care about you, that you know and trust and someone that's safe. We take that small step and we can begin to see how we can trust ourselves. If something goes wrong, we can actually say, "You know what? That's not okay for me. I'm going to retreat a little bit."

When we build up that trust, suddenly it's not about trusting the whole world. It's about trusting ourselves. "I am actually kind of kick-ass, and I'm pretty smart, and I see everything that's going on, and I can actually trust myself. I might get hurt, but I can also trust myself to use tools, use techniques, to reach out to people. That I'm going to recover, and I'm going to take steps, and put boundaries in place when I need to." We've often never done that.

We've gone from being victimized, and then maybe exploding, or maybe never speaking up. In order to take steps away from the fear of vulnerability, you have to build up a new trust in yourself that you can handle. Little steps into vulnerability. You know how to put a wall up, right? We call that hyper vigilance: "I've got to control everything." I want you to imagine what it would be like if you didn't have to control every little thing and every person you encounter, and you could just sort of be free to be you. Because there's probably many things that you're controlling



that you don't really need to be controlling, but you do it to keep yourself safe. So it's not about trusting anybody else. It's about starting to trust yourself. It's about feeling your way through that.

I want you to pick one, easy thing and say to yourself: "If I let that go, what's going to happen?" Tap like crazy on all the resistant thoughts and feelings, like: "Oh my God. I'm going to be vulnerable. I'm going to be vulnerable. I'm going to be vulnerable. I can't do it." Then, take a baby step and say, "Okay, so what's the worst that can happen? Can I handle it if it happens?" We often forget in these moments how capable we really are.

Putting up a wall if you need to is a skill you get to keep. You've probably practiced it a lot and are very good at it—too good at it. What you're learning now is a healthier way to practice the use of that wall. You don't need to rid yourself of that skill, but you do need to rid yourself of the idea that using that wall is all or nothing and without it, you're going to fall off a cliff.

Tapping Round Two

To help voice what's going on inside you right now, let's do some more tapping. So tapping through the points again:

I'm really feeling this

I'm really feeling the resistance to it

Even starting to feel more sexy is triggering some resistance

If I let myself feel sexy, I do believe bad things will happen

There will be pain, rejection, humiliation, or physical attack

I will be used

And I made a vow to never let that happen

To never be vulnerable like that

To never carry power like this

This attractive power

This goddess, attractive energy

Because it will attract something negative

Something painful

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*Something shameful
I'm really feeling this resistance
It's dark
It's yucky
It's stuck in my second chakra
This vow to never use my powerful, magnetic, attractive energy
My pulling, and receiving, and allowing power
My brilliant, expanding, energetic power that is my sexy feeling
It's not safe
It's really scary, and I've attached so many beliefs to this
So many judgments about my body
So many judgments about when you can be sexy
And when you can't
And society agrees with me
So many good reasons to not feel sexy
To not flow this energy
I won't do it
I won't do it
I refuse
I'm just going to honor that
I've put a lid on a volcano in my second chakra
The volcano of my life force energy
I've put a cork in it
It's still there, but the volcano is real
And I'm just going to honor that too
I'm open to healing all of these wounds at my second chakra
This entire part of my body that's been carrying these wounds and vows for me
I'm so open to healing it
Not sure yet what that will mean in my life
Maybe some baby steps, but I'm so open to healing it
I totally honor my second chakra
My sexuality
And my power*

Take a nice, deep breath.



Forgiveness

Doing this work will often show that you need to forgive yourself for something very specific about your sexuality from the past. Sometimes, we harbor a decision or a mindset that is so solidly congruent with our having done something that is unforgivable, that a mental and emotional block is created and it can directly impact our present-day sexuality.

“I got sexually active. I got pregnant. I terminated the pregnancy. I never told my parents. And then two years later my mother died, and so then there was this whole middle period of my life where I used sex in all the wrong ways, and it constantly led to regret, and it made me feel horrible about myself. And I didn’t have healthy, loving relationships in my life, and that went on for like 18 years. And then finally when I turned 37 I’d had enough, and I started energy healing. I learned about Reiki, I turned my whole life around, and my whole attitude and everything, and it’s like it’s awesome now. I met and married the best guy in the world. I have this great business where I’m helping all kinds of women, and we’ve been trying for three years to get pregnant, and I just can’t. And I know it’s all related to all that, and I can’t move it. And it’s just killing me.”

With wounding specifically around our sexuality, there’s a tremendous amount of self-loathing and anger that can become focused on this area of your body. You’ve got a story, incidents from your past that together comprise the many pieces of evidence that linger on in your belief system and until acknowledged and cleared, remain unforgiveable to you.

In the case of this participant who is now experiencing trouble becoming pregnant, my intuition tells me to go as far back as before her first terminated pregnancy. It has less to do with the actual pregnancy than with her sexuality and *how* she first become pregnant. There’s something lurking in her subconscious around the decisions she made when she first started to become sexually active. Perhaps it has something to do with her being reckless; whatever it is, there’s a judgment in there that she made about herself and it’s sticking because she considers it unforgiveable and it was preventing her from doing this work and furthermore, from becoming pregnant.



If you find yourself using the power of your will to say, “I can’t do this work right now. I’m not going to do this work right now,” you’ve got something you have yet to forgive yourself for that needs to be addressed.

I want you to pause right now and take a moment. If you’re feeling stuck, I want you to really focus and search within for any judgments you may be clinging to regarding your sexuality. You may even have forgiven certain pieces of that past judgment, but sometimes there’s a part that still says, “If I had just not made that decision,” and that can be the sticking point. If you just can’t seem to pinpoint what judgment you’re holding on to, it is extremely beneficial to work one on one with a practitioner who really knows how to get in there and help you to extract these long-buried beliefs.

One thing is for sure: if you don’t come to terms with all of your self-judgments from the past about your sexuality, you will exert a tremendous amount of effort to make sure that you don’t feel what we’re doing right now in this work. You will unconsciously work to ensure that you don’t reignite the spark that made you sexually active in the first place.

When we bring our sexy back, it’s kind of like going back to being a teenager, or whenever it was that you first became sexually active. Because it was freaking fun and you wanted to do it, right? It was experimenting. It was wild. It was fun. It was all the stuff people typically experience in their late teens and twenties. So in doing this work, you’re essentially telling yourself, “It’s okay for me to return to that,” and a part of you might say, “No it isn’t. I made a mistake that ruined my life,” in some way, shape, or form. This is really common. Many people will start to feel their sexy coming back and then, suddenly, this wall of judgment comes up. For example, “When I was 22, I was sexually loose, and I still judge myself for that.”

Here’s the thing: you’re not that teenager anymore so you get to keep and use your life experience and your perspective, but the point is to bring that feeling back into your energy system of what it was like to get all dressed up and go out to a party at eighteen; that excitement and the bold curiosity, and the wildness of hooking up with someone. Bringing your sexy back is a similar feeling. It doesn’t mean you turn into that person again, but you’ll resist that feeling if you’re still in judgment about that time in our life.



It's almost like saying, "It's okay for me to feel that again...like I'm hot and sexy and the world's my oyster!" You want to feel that energy, but you want to feel it as the person you are today, who is more mature and has perspective and life experience. You're going to use that energy as part of your life purpose and your mission.

When you refuse this energy of your second chakra and you're also in a sexual relationship with someone, the dynamic becomes even a little more complex. If you unconsciously refuse to be sexy and powerful because it's dangerous or unsafe, it can result in a non-existent sex life.

This reminds me of something funny that Rhys says: "The person with the lowest sex drive has more power in the relationship because they have something that they can withhold from the other person who really, really wants it."

The second chakra is always about sexuality and power, which can sometimes be read as control. Conversely, the person in the relationship with the most money will also have a big chunk of the control because the other also relies on that money. The person with the lower sex drive refuses to be that sexy man or woman that's attracting the other partner because they don't want to give that to them, or give in to them, or it somehow feels disempowering.

It can seem like it's something that is just happening within your relationship, but this is absolutely a shutting down of your natural energy, your natural sexuality, power, and life force energy. You're essentially saying, "I don't have a second chakra anymore." This means you won't own your power, and as a result, you will also have trouble receiving. We often start to go further and further down that path feeling like, "I never get my needs met. Why is no one noticing what my needs are and meeting them?" When we shut down our second chakra, we aren't really allowing for our partner to meet our needs because we aren't expressing them clearly, or at all.

46 Pleasure

When you refuse to own the power of your sexuality, you're refusing your ability to attract and the pleasure that it allows you to experience. When we're talking about



bringing our sexy back, we're talking about the goddess energy, or the god energy, which are forces of pull and attraction and that is the way we manifest things: by pulling and attracting them to ourselves. When we stand there in our personal power and we're charismatic, alive, and on fire, people are attracted to us.

If you separate the feelings of being sexy and being powerful, you will not make the connection to the pleasure aspect of this equation, much like this participant did:

"I was young then, and I was cute, and I can remember using my attractiveness there to get attention, but somehow it was separated. It was separated from the sexy. I knew it was sexy that I was using, but I didn't feel the sexy with it. I felt the power with it. Somehow I separated them out. I could either be powerful, or I could be sexy, but it didn't go together."

Your sexuality will become something you only use as a tool for power, not for your own personal pleasure or ability to receive.

This is similar to what I just mentioned about relationships: sexuality between two partners will somehow become a power play: "I'm not going to give you what you're looking for. I'm going to hold that back, and that gives me some power in the relationship. Or in my life." Money, sexuality, and power are intimately connected and we're always using them as bargaining chips in our life.

If you don't allow yourself enough pleasure in your life, your second chakra will find it a different way. You'll get it through compulsive behaviors, such as eating, drinking or gambling, for example. We are animals that are wired for pleasure, and the second chakra is a very powerful place that most of us are living from all the time even though we think we're living from our upper chakras. Most of our drives are coming from here. Most of our power struggles are from here.

Doing this work will allow you to step into a whole new experience, an unknown feeling of what it's like to own your sexual power in an authentic way; not just in a way to manipulate people. To own your sexuality in an authentic way is to say, "I'm attracting you because I can, because I want to, and because I want to feel the pleasure of you adoring me."



I want to take a minute to touch upon a very common stereotype that often pops up when talking about women, their sexuality and how that dynamic often works within society. *Women who are beautiful and sexy never have to pay for anything.* This is absolutely a stereotype, and you can disagree with it all you want, but it is the way that our society operates: money, power, and sexuality are all connected. This does not mean that it's right to flaunt your sexuality to manipulate others, but this stereotype speaks directly to the forces at work that we're dealing with here and it will trigger a lot of shame for you if you vow to never to own and use your own sexuality, even if it's for your highest good. You might disagree with the concept of that stereotype in your mind, but your second chakra gets it. In our society, sexuality and beauty is part of currency, power, and control.

Now, if we take the sex aspect out of it, I can use the analogy of me standing on stage speaking. It's very similar: I want to seduce, charm, and attract all of these people so that they totally adore me. I want them to be my perfect customers, my perfect clients. I'm using my inner goddess, my feeling of the fabulously, sexy rock star that I am!

I might not be dressing sexy, or acting sexy, but it's the same energy. It's like, "Come fall in love with me, and I will bring you to transformation." Every piece of that feels good and fun, and playful for me. So even if you're in a point in your life where you don't even have a sexual partner, this is the same energy of your attractive power.

Now, I want you to come back to the picture of yourself in the mirror in your bathing suit, and just see how it feels. See if you're getting an increase in the feeling of, "I'm sexy." See if you're lightening some of the vulnerability, and some of those real, intense negatives about your body.

Often this process will show you something really specific that you're tuning into about your body that means, "I can't be sexy because of this." Keep working on that. We're going to bring the energy up by doing a positive round of tapping. If it's helpful, you can change clothes from your bathing suit into an outfit that easily makes you feel fabulous, hot, and sexy...that makes you feel like you love your bad self!



Tapping Round Three

Tapping through the points:

There I am

I totally honor that I'm more than medium

That I'm pretty fabulous

That I am sexy in my way

And that the truth is feeling sexy is a feeling that rises up inside of you

Lots of different people with lots of different body shapes feel sexy out there

Some of them are role models

So I'm just going to let myself feel totally sexy

Just for me right now

Fabulous, red carpet, sexy

I love that feeling

It's fun, it's silly, it's playful

It's kind of awesome

Powerful

Attracting

Sexy

I'm open to feeling that massive flow of energy

Owning my inner goddess

Or my inner god

Just for a minute letting myself feel it

The pure, sensual sensation of feeling so bad in my skin

Loving my bad self

Sexy, awesome, fabulous, standing on the red carpet

Oh yeah

That's me

Take a nice, deep breath. If there was still a lot of negativity and vulnerability coming up, then that round may not have landed as well for you yet, but that's okay. You now have these scripts and you can keep coming back to them and tapping through. I really want you to let yourself feel that and when you do, realize that nothing else has changed in the outside world. Your body hasn't physically changed in the last few minutes, but suddenly you're able bring up this feeling of being right



there on the red carpet. Fabulous and sexy.

I want you to look at yourself now and imagine that you can really see your energy field around you. How does your energy look right now?

When you're feeling fabulous and sexy, and standing there on the red carpet, I want you to think about the level of worthiness you feel right now. How worthy do you feel? How worthy do you feel of asking for your needs to be met? The feeling of worthiness begins to change, and increase, when we're feeling fabulous and sexy. We're a lot more willing to say, "Hey, I'd love a foot rub right now," or "You know what I would love for you to do for me?" From a place of worthiness, you're willing to ask for your needs to be met. This is part of the way we are wired: when we feel our power, which is composed of our sexuality, our body, our feelings, and our sensations, when we feel that, we feel our intrinsic worthiness.

The Vow to Get Even

One of the most common second chakra vows is a vow to get even. One of the ways we get even with somebody who wounded us around our power is by making a vow to always look wounded because every time we feel our negative self-talk, our loathing, every time we look at a wound and say "This wasn't right. It never should have happened to me, and my life is still limited because of it," we're literally holding them accountable again.

"There's no sense of worthiness at all because, like you said, the scars were the damage that kept coming up out of my mother's mouth my whole life... My mother was constantly, you know, saying something negative about me – how I walked, all that other kind of stuff."

In refusing to feel worthiness, this participant is basically saying, "You screwed me, Mom. Do you see it yet? Do you get it yet?"

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The resistance to feeling worthy that the participant feels is like saying, "If I were to feel so fabulous, and powerful, and sexy in my life, and walk around in a bikini, would I be letting her off the hook?" Because that would suddenly make it appear



as though none of that wounding ever happened to her. Carrying herself in that power, she would look like a woman of extreme self-confidence and worth, and no one would ever know that the wound even existed. This insinuates that her mother could appear in ghost form and say, “See! I didn’t ruin you! I never wounded you!”

This is really where the rubber hits the road in the second chakra. It often comes down to: who would you be letting off the hook if you don’t look wounded anymore? Who are you still punishing and holding accountable?

It’s like we’re getting even with someone by making sure we carry around that evidence. If we transform into someone who no longer has the evidence, how are we going to make our court case? We’re going to show up in court, and the judge is going to say, “You don’t look wounded to me. You don’t need disability.”

Any time you feel a refusal to let something go, just keep tapping. This can all be difficult to grasp when working through it. The way we work internally is not usually logical and it’s very unconscious. As we get deeper into the work, I always like to remind people of this. However, no matter how deep the wounding, there are always tell-tale signs and it’s just a matter of honing in and picking up on them. The way that I often see this myself is when a wound is triggered in somebody that tells them, “I can’t feel good about myself,” the first words out of their mouth are similar to this: “Because my mother always told me...” or something along those lines.

So there’s always some connection to be seen there. You’re still in court making your case. And again, this is real. It came from real pain, real trauma. It really did happen to you. It’s not just a decision that you made. You want to honor it that way, but it’s going to take more of your conscious effort, and even the positive use of your willpower to break that pattern, and to say, “No, damn it. I am sexy and powerful. And totally worthy!”

So let’s keep moving forward. I want to challenge you a little further now. I want you to picture yourself standing there being fabulous, and you’re thinking, “Wow. I have a brilliant, sparkling, energy all around me. I can really feel that energy flow.” Picture yourself feeling good and feeling sexy in your skin. Now, I want you to bring someone into the picture because I want you to really see what happens around your sexuality and your power when you do that.



If you have a sexual partner, bring them into the picture. They're looking at you, and they're agreeing that you are the sexiest thing on the planet right now. What is happening inside you? For some of you, it might feel great. For others, something big changed.

"I felt doing that exercise that I resisted and pulled back when I brought the – actually my husband in...But I was just really surprised. I'm like, you know, 'He's agreeing with me, and so why do you feel that resistance?' I feel like it's more of a power issue."

You might start to pull it back in, feeling that conflict between power and vulnerability: "What are they going to ask from me next? What are they going to want from me? What are they going to take from me?" So I just want you to be aware of how you can have your big, beautiful energy one moment, and then make a split-second decision to pull it all back down when it comes to relationships with other people.

I've found this to be particularly true for women, but one of the biggest buzz kills for sexual desire and intimacy is resentment.

Especially when we have children, there's a million opportunities to have an imbalance in the household work and responsibilities. One partner's always more of a multi-tasker than the other. One can barely take care of the kids, while the house is completely trashed. Whereas the other partner takes care of the kids, makes dinner and does three loads of laundry. You know that kind of a story, right?

So when we start to have resentment at a partner that we're in a long-term relationship with, there's really nothing that will turn off the sexual desire faster. We have to really look at what's inside that resentment. What are you punishing them for? It's kind of like, "You've taken things from me. This is the only way I can get back at you." But unfortunately, in doing this, we're wronging ourselves at the same time.

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Interestingly, I've had a lot of people, during a weight loss process, become really aware that they don't want to be more attractive to their husband because that is just



going to open a can of worms that they do not want to go into. They're in a good relationship, but there's a pattern that has developed of trying to avoid this kind of intimacy: "It takes too much. I have to give too much," or, "There hasn't been enough reciprocity."

Tapping Round Four

So we're going to do some more tapping around this. I know that some people are going to be triggered more intensely than others. Maybe you have a fear of being overwhelmed by these feelings or a fear of being taken advantage of. Please just be gentle and patient with yourself.

Tapping through the points:

Whoa, this doesn't feel good

I was feeling sexy, and fabulous

And now I'm pulling that back in

Pushing it down

Hiding some of that

I don't want that to flow

I don't even want to feel it

I'm going to come right back to medium

To one note, one color – boring

Smart, practical, effective

But not sexy

I'm pulling it all back in

I don't really want to give right now

I don't want to be taken advantage of

What if they take too much?

Want too much?

What if I can't say no?

What if they take my power?

What if they use me?

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

I'm pulling it back in

I don't feel safe with them here



*I don't feel safe being seen like this
Powerful and sexy
I don't want to feel all this with them in the room
With them here, I'm vulnerable
I don't want to be vulnerable
I don't want a deeper level of intimacy
It's scary, it's not safe, and it comes down to a power struggle
It feels like a power struggle
And I've got to put up a wall to be safe
Where did all my sexy go?
I'm just going to honor and observe this
How differently my energy operates
How quickly I get triggered out of my power
Out of my sexuality
And the belief that I have that I will lose my choice
Lose my power
If I let myself feel sexy
I'm just going to honor this, and all of me
I honor my power
The energy field that surrounds me
The volcano of energy that's always blasting through me
That is my sexual energy
My life force energy
My passion
My desire
My sexuality
My power in doing things in this world
My power in attracting what I want
My power in receiving reward
And pleasure
And money
And attention
And affection
And adoration
This is the power at my second chakra
Expanding*



*And attracting
And receiving
And I totally honor it
When they came into the room
I pulled it all back in
Maybe I have some work to do in this relationship
But today I've seen how it limits my relationship
And it limits me
And my pleasure
And the reward, attention, and affection that I get to receive
I'm just going to honor all of this today
And I'm totally open to healing it for my highest good
My highest good
Just for me, my highest good
I do this for me, and my highest good
It may affect other people, but this is for me*

Take a nice, deep breath. Look at the picture again. With this kind of tapping, seeing what we see in the picture and then tapping about it, will change the picture. When the picture looks different, and you look calmer, more open, more compassionate, and more engaged with the other person, it'll actually change what happens when you're in the presence of that person. So I just want you to look at the picture again, and notice what's changed.

Second Chakra Wrap-up

Remain conscious of the way you previously shut down some of your power. As you look at your picture again, realize that you've got this little coping mechanism inside you. But what is it that you really want? What is it that you really want to feel? What do you want to receive in that relationship, in intimacy with that person?

What is it that's really causing you to put up this wall? Notice that the wall works both ways: it blocks out others, but it also blocks you from asking for what you need and therefore, receiving it. Remember when we first started and I said that the second chakra is where we really engage the law of attraction? It's literally where



we ask, and where we receive. (Not like in the fifth chakra where we ask with our voice – that’s a secondary process.)

When you feel your deepest needs, and feel what you really want, you’re already asking and it is through that asking that you’re able to receive. It’s like putting your arms out, opening them up, versus having your arms crossed, and saying, “I don’t want anything.”

It’s a lot to bring together. The second chakra has so much going on: it’s your power, and the way you reach out with that power in the world, and it’s also that goddess, or attractive power that you have. It’s the ability to get what you want because you’ve attracted it to yourself, and there’s power in that as well. In that attraction, you’re asking, and you’re receiving. Whether you’re up on a stage trying to attract clients to work with you, or trying to attract sexual partners, you’re engaging that same *bringing sexy back* energy.

In my own, personal experience, I express my second chakra needs and desires through my overall mission in life, which can be broken up into a couple different aspects. In my work, I engage my life force energy to attract people to me, and to charm and seduce everyone in that audience to work with me in some way. As I give that, and engage my power in the way that I do, I subsequently attract money and the feeling of the power that comes with money. That power consists of joy and freedom to go where I want, buy what I want, and do what I want. The more people that love me and what I do, means more people engaging energy with me and that results in the growth of my success. This is what I do for a living.

So there’s one side of it, and on the other side, despite the fact that I have an AMAZING mission and that I love transforming people and it drives me and gives me so much joy and pleasure, I also have a mission that’s simply called *Margaret Lynch*. At my second chakra, my deepest needs are to be loved, and to get pleasure and affection in many forms, from all sorts of people in my life.

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I never pretend that I just have a spiritual mission. I also have the Margaret Lynch part of the mission, and Margaret Lynch likes relaxing, getting massages, and alone time with Rhys. Those are second chakra requests. When I allow myself to feel that, I don’t even have to open my mouth. It starts attracting and pulling to me. So two



balanced aspects of the second chakra are that you're expanding power and energy, and there's also your attractive, receiving, and asking energy. All of those energies are wound up with this feeling about how sexy and awesome we are. The sexy rock star on the red carpet! That's a totally different feeling than saying, "I have really good self-esteem." It's a totally different level.

Tune into your picture again. Really focus on taking these notes for yourself because this is your A-HAA moment: what is it that you really, really want that you're not asking for that would show up when you own your sexy quality? When you stand with that energy in your life, you can walk into any room, even a business meeting, feeling like, "Yeah, that's right. I'm sexy!" It's a totally fabulous energy. It's charisma. It's self-love in the most beautiful way, and it's attractive.

When we feel awesome about ourselves, it's attractive in a sense that far exceeds your physical body. People want to talk to you, know who you are. This is a piece of your rock star quality power and it's why people look at rock stars, whether or not they're attractive at all, and say they're sexy.

Feel *YOUR* Sexy

I'm sure that this chapter has shown you more work that you need to do. So you've already got some homework there, but I want you to do one more thing: make a commitment to yourself. Commit to taking a baby step in seeing and feeling yourself as powerful and sexy. I don't care if you're alone in your house! Just stand in that moment and let yourself and your body feel your power and your sexiness.

When you're in that space, notice what it feels like to let the whole world sort of touch and caress your senses, because when we feel sexy, powerful and valuable, everything that we look at in the world feels more alive and intense. A flower will look even more beautiful. It's similar to when you first fall in love. You're on this high. You feel unbelievable about yourself, and everything looks more beautiful, and everything tastes more beautiful. Everything feels more sensually fabulous.

I want you to be really conscious about doing this little exercise where you sit in your skin for a minute, and you let yourself feel this powerful, sexy energy that you



were born with, and in that moment see what it's like to let the world flow through you. A breeze. The smell of flowers. The feeling of a massage, which is a perfect way to feel what it's like to receive physical pleasure in your body in a really safe way. I love getting massages and I personally feel that they can enhance the law of attraction because you're in your body and you're saying yes to receiving physical pleasure and relaxation, as opposed to being in your mind and thinking about all that you have to get done.

When you book a massage, you use your energy, which is your money, and you're saying to the universe, "This is what I like." What the universe always hears is, "And I want more of that." A massage is just a perfect example because it's physical, it's pleasurable and it's good for you.

If you're at the airport, rent a massage chair. Ask someone that cares about you – like that poor partner that you pull away from – if they'll rub your feet, or rub your shoulders, or somehow touch you in a way that feels good to you. Or ask one of your children. Sometimes, I'll pay my nieces or nephews a few dollars to rub my feet! Whatever it is, make a commitment to yourself to feel good, sexy and pleased. You deserve it!





Chapter 3

HEALING THE SHADOW OF YOUR
GODDESS POWER –
2ND & 3RD CHAKRA

The work that we're going to do in this chapter is going to sound a little strange: we are going to look at what's called the shadow of the hedonist. It is not uncommon that after doing the *Bringing Sexy Back* exercise, some people are still really struggling to feel, "I'm sexy, I'm fabulous, and I'm a rock star." Others feel incredibly good. Either way, they'll all say to me, "How can I go to the next step with this? How can I either get past the block, or how can I take this to an even higher place?"

The way that we do it is by looking at the shadow of the extreme. This really follows Debbie Ford's work. Her book, *The Dark Side of the Light Chasers*, talks about the shadow sides of our selves. She wrote a second book called *The Shadow Effect*, in which both Deepak Chopra and Marianne Williamson contributed by writing their own sections. In doing this work in the past, some people will borrow her book from the library to accompany my guidance, as there is a helpful DVD that comes along with the book.

Chopra and Williamson really wanted to lend their reinforcement that doing shadow work, which often seems strange, scary and illogical, is actually the pathway to not only carrying more power in your life, but being able to have inner peace; the kind of inner peace that means you can't get knocked off your center very easily. You've got this energy, this power, this passion in your life, and you can bring that up and integrate it with what we already typically have, which is a lot of smarts, a lot of learning, a lot of know-how. We want to bring the energy up into more passion and more charisma. I always like to offer those books as additional reading for people who want more insight about the gifts of why we look at a shadow and why we do work around it. So let's get to work!

Shadow of the Hedonist

Whenever we look at somebody that we have an easy time judging and rejecting, like we're going to do in this next process, we're going to project a shadow out. We're going to use this exercise to find the gift in the dark side, in that shadow, and in doing this, we're looking at what's called the hedonist. The gift on the other side of this work is to blast through a wall that currently prevents you from feeling more free, more alive, and from asking for and receiving more pleasure, more attention, and more reward in your life. The reward can take many forms including money,

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pleasure, relaxation, fun, attention, adoration, or anything that you find pleasurable. In addition to the other rewards is the pleasure of just *feeling powerful*. Feeling powerful feels awesome. We're talking about the most beautiful sense of non-dominating power.

So in the last chapter, you really worked on feeling sexy like a rock star. Now, I want you to shift your focus to think of somebody else in your life or in the media, maybe a celebrity, who is easy for you to judge because they're very narcissistic, very hedonist, they're all sex appeal, seduction and *gimme, gimme, gimme*. Someone you can easily picture saying, "Look at me, I'm so great, I'm so fabulous, love me, love me, love me."

For this process, some people have come up with examples like Paris Hilton or Anna Nicole Smith, God rest her soul, or porn stars. A good example is a celebrity that started out as a porn star because people often associate these figures in the media with extreme narcissism and revulsion. Anybody that falls in that category for you. Maybe it's somebody who works next to you in your office that really triggers you. Sometimes people say, "Well, they don't trigger me, but I totally do judge them. I don't give them the time of day, I don't like them." Whoever is it, male or female, he or she has to possess qualities of character that disgust you, particularly around their sexuality, being needy and wanting pleasure; someone who seduces the world to get exactly what they want. Your natural reaction to this person should be that they're so over the top, totally wrong, and totally immoral.

Picture that person in your mind's eye, like you're painting a picture of them, like they're in the room with you. They're really doing their thing. They're in one of these moments where they're really laying it on thick. Voice your judgments about that person. Give yourself permission to be as nasty and vicious as you feel like. What do you *really* want to say to them?

"What really frosts me are the people who have a lot of money, and they use that as an excuse to get away with things. They can steal, they can lie, they can do all this stuff, give it to me for free. Use their looks, I guess, in a lot of ways their body. Everything is open to them, there are no consequences, and don't get me started about the blondes. I'm talking about the stereotypes. The stereotype of blondes have more fun, the blondes get more attention, that kind of thing that just frosts my nerves."



If you picture the same blond stereotype as this participant, I want you to get even more specific with your judgments. What would you say about these blondes? Don't just think about the standard saying that blondes have more fun, blondes get more attention. I want you to picture a specific blonde saying, "Give me more attention," doing things that get her that attention and acting like there are no consequences. "Ooh, I just want to have fun. Hey guys!" I want you to really picture someone doing that, while feeling and acknowledging any resistance and judgment that comes up. It seems like this participant's most specific judgment is entitlement; rich blonds think they're entitled because their money gives them this power, and they'll use anything they have, including their looks and bodies, to get more attention and power.

Get as detailed as possible. I want you to pinpoint the exact attributes of this person that drive you insane and why. Everyone perceives something in this exercise that is specific to themselves and the more in depth you can get with your judgments, the higher the payoff will be on the other side of this exercise.

"If I could say anything to her, I'd say, 'You bitch! How dare you? You'd betray your own child for your own selfish desires?'"

This participant knows somebody who they think would betray their own child. This is a great example; it's very specific and is bound to yield a very interesting gift or discovery for the participant.

It's very important that you tune into the right type of person in this exercise. Often, people will focus on a slightly different variation of this person and it will affect or take away from the outcome of this whole process. Let me give you an example:

"I'm picturing the CEO of the company that I worked at a couple of years ago, contract recruiting. This guy's a total narcissist with Napoleon tendencies who thinks that he's amazingly self-evolved when he's like the emperor with no clothes on. No one will tell him he's naked. He's incredibly cruel, he beats people's spirits down. He thinks that he's the most intelligent person in the room, in any room that he's in. He's just nasty. He doesn't take a paycheck, but instead he runs all of his expenses through his business and while he's buying new BMWs and treating himself to the good life and the



best lunches and the best trips, and is always tanned, he's firing people who make \$10.00 because they're working too much overtime."

This participant focuses on what we call the enforcer shadow. It's the dark side of the leader, if we look at Rhys's profile work. So if you're seeing somebody like this, that's cruel, definitely narcissistic, but they've got more of this enforcer quality than a hedonist quality, I want you to take note because that means the biggest shadow for you is somebody who puts him or herself first. Notice that distinction, but also try to tune into another shadow of somebody who is more of a seductress. For the success of this exercise, you want your person of focus to be a highly sexualized, narcissistic, hedonistic, manipulative seducer. Someone who carries their sexuality in a very overt way and uses it, and their body, to do bad things.

Your mind is always going to paint you a picture of the shadow that's biggest for you because that's the type of person that you judge the hardest. The essence of shadow work says that the quality you see in other people, that you judge the hardest, that you push the hardest against, that makes you say, "I would never in a million freaking years be like that," is the quality in yourself that you refuse to ever own. So we push it way down into our shadow and say, "I am nothing like that." The problem in doing that is we can't actually rid ourselves of these qualities because they are innate and have both a dark side and a light side. We really throw out the baby with the bathwater when we refuse to ever be like someone who's a narcissist, which further means that we can never acquire the *gift* of the narcissist in our life, as strange as that may sound to you right now.

Really look at this person and voice your judgments about them as we go into this first round of tapping.

Tapping Round One

So just tapping through the points:

There they are
Ooh, they really frost me
Really annoy me



*Look at them
So narcissistic
Self-absorbed
Flirting
Wanting attention
It's all about you, isn't it?
So entitled
How dare you?
I totally judge them
And I totally should
I am right about this
Lots of people would agree with me
They really disgust me
All flirting and seducing
All fun and party
All drugs and drinking, party party party
All sex
Sex and sexuality
All seduction
No morals
Using their body
Using their sexuality
Using their power to get what they want
Ugh
I totally judge you
I condemn you for being so selfish
So unconscious
So clueless about other people
So amoral
I would never be like that
I will never be anything like you
You're everything I can't stand
And I'm right about that
I judge you, I judge you, I judge you
And I feel good about judging you
I condemn you*



*There's nothing in me that looks anything like you
I totally reject and judge you
And your narcissistic, seductive ways
Your selfish, all about you ways
Your entitled ways
It's obnoxious, and I am so right about this
Truthfully, I'm a much better person*

Take a nice deep breath. Didn't that feel fabulous? We voice things very honestly when we're tapping with Margaret Lynch! So, I want you to look at the person again. Picture them in your mind's eye and see how they look now. What's different about them? Something will be different. Now, if you're feeling the judgment and the push even more strongly, that's okay. You want to just keep doing the tapping, keep refusing, and keep judging them. The tapping is designed to bring down the intensity of those emotions so we can see them as a little bit more human. We voice the judgment and then we get the gift.

Sometimes, we will experience resistance to voicing our judgments because it's not an easy thing to do in an honest way and can be even more difficult when we are dealing with someone very close to us:

"Mine's my sister, and I have been watching her in her addiction. She's very seductive with people. So when we were tapping through, it was interesting that what came up for me is halfway through, it switched to a friend of hers that I just can't stand either, who's very mean to me. She's rude. So I know on an intellectual level, I know that my sister's going through a lot right now, and I do understand that she's going through her process, and whatever that's like, the higher-self part of me. But the lower-self part of me still can't stand her."

Guilt can also interfere with this exercise, much like this participant experienced. She felt guilty for voicing those things about her sister, so the next available person popped right up in her consciousness: her sister's friend. You really want to make a conscious and honest effort to not feel guilty about voicing your true feelings and always remember that tapping creates the safest environment for you to move that energy.



Don't Hold Back!

Be prepared. The negativity you may use in letting yourself voice these things can sound very bad, but in voicing it is really how you become free of that negativity. This whole process is really about you, not the person you're focusing on and that makes it all the more powerful. You won't see anything that you don't also have inside of you. When we see a shadow in somebody else that we really want to push against, judge and be nothing like, we are pushing against a piece of ourselves, and we can never be whole because of it. As a matter of fact, we often have to go overboard in proving that we're nothing like that, and that misuses and misdirects a huge chunk of energy.

This is where a lot of people will go and read some of Debbie Ford's work because it can be a very strange thing to talk about without any context or background. If you were to get *The Shadow Effect*, read the whole section in the beginning where Deepak Chopra explains this work clearly and in depth. Shadow work is so powerful that it can really change your whole personal power dynamic. So keep working it!

The feelings and thoughts that arise when looking at your hedonistic shadow can be overwhelmingly strong. You're essentially in battle with this person. Some people will even discover that they were once *like* this person and were led to believe they were bad because of it, vowing to never be like that again. This can be helpful when starting to see them in a bit more of a compassionate light. If you're not quite there yet and are still feeling very angry and resentful, don't worry! We're going to do another round of tapping to help get you there!

Tapping Round Two

Tapping through the points:

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*There they are, and I still judge them
People like that really are a negative force in this world
It's hurt me in my life, and it's hurt a lot of people
People like that should be condemned*



*They should be fixed in some way
 They're over the top, attention-seeking
 Sometimes they destroy marriages and families
 I do judge them
 I'm angry at them
 When I see someone like that
 Or I remember this person
 I get so angry because not only are they totally immoral
 But they're getting things
 They're getting attention, and that's just wrong
 They're getting loved by people, and that is just wrong
 They're living a life of pleasure and spoils of the rich, and that is wrong
 They're getting other people's partners
 It's so wrong
 I'm outraged
 I don't want anything to do with this quality
 I don't want anything to do with them
 Maybe I was even like that once, and it really hurt people
 Maybe it even hurt me
 I refuse to see the light in this
 There's no white side
 I refuse to see the gift in this
 They have no gift for me
 I refuse to let this go
 I'm going to hate this forever
 I'm going to be a shining example of not this
 And I'm going to make sure that I'm never like that
 If somebody accuses me of being like that
 Even a little bit
 Selfish or narcissistic or wanting attention or flirty
 That will really make me angry
 If someone suggests that I want things for me, me, me
 Pleasure and fun and attention and sex
 That will really make me angry
 That will really push my buttons
 I don't ever want to be like that*



Take a nice deep breath. I want you to look at the person again and just see how you feel now, looking at them. See if we've turned down some of that push, some of that refusal.

Gift of the Narcissist

Now, I know that they're doing very negative, immoral things, and I'm not at all suggesting that you should act that way or do similar things, BUT here is a very important question for you: what does a person like that get to *experience*? What do they get to *have*?

Be very honest here. I want you to write down at least three or four things. What do they get to experience on the light side? What do they have the joy of receiving or experiencing in their life? These are the gifts your shadow is trying to share with you; although they may go about obtaining these things in the wrong way that is bound to bring about consequences later on, the same reason you resent them so much, your judgments of them hold invaluable insight into your own, personal power.

"And now I see that, after this last tapping...I feel that there's a lot of freedom in being like this, an ability to have fun and enjoy life rather than be so guarded and uptight that nothing's flowing through."

This participant begins to see the gifts of her hedonist shadow: the freedom from being emotionally guarded and 'uptight.' When I questioned her further about what that meant for this person, what does she get to experience because of it, this is what the participant had to say:

"Well, she experiences power. Also, as we started to tap through this last round, she started to morph into a lot of different people, a lot of different people that I have secretly carried this resentment against. Including parts of myself, like when I was younger, as well. So I would imagine that there's a lot of power in being able to ask for exactly what you need."



The participant does a wonderful job being completely honest with herself and that helps her to draw conclusions much more quickly and effectively. I want you to think about this: what's the quality of that power the participant mentions, that her hedonist shadow gets to experience? It's not the same as a corporate CEO making a decision with millions of dollars. It's kind of a *juicy* power, isn't it? It's a fun, sexy, seductive bubbly power of seducing and getting attention. Again, when a person acts on those desires from their lower self, in a negative way, there are probably consequences in their life. But ask yourself: in that moment, what does she get to feel *that you never let yourself feel?* And therein lays the gift of shadow work.

I want you to start to see that there's a part of you who's just like your hedonistic shadow who wants to be free, sexy and to feel this seductive power, and get what you want by ignoring all things practical. Almost recklessly seeking pleasure. It's futile to pretend you don't have a very selfish side; we all do. So I want you to, in your mind's eye, align yourself with your shadow and seek the part of you that looks just like him or her. It might trigger some more judgment, and that's okay. Just see what happens.

Power

It can sometimes be difficult to come to terms with the raw power that your hedonist shadow exhibits. Because they're using that power in a negative way, from their lower self, trying to imagine what it might look like to harness that same power in a healthier, positive way, can be challenging.

"They disappeared, turned their back to me. They're not laughing any more, and the qualities that I saw is power, pleasure, they get a lot of attention, they get what they want. But I still have a problem with the power because I still feel that it's a power that you get from using other people."

The image that this participant sees is congruent with her lingering judgments about her shadow: when you're doing this kind of tapping, and suddenly, who you're visualizing turns their back to you in your mind's eye, that's just showing you that you still have a lot of judgment there.



This is really important to recognize because you're being shown that it's still not okay for you to own and use that power, in this case, because the participant thinks that it would have to mean using other people in the process. Look closely at what's happened to you in the past. Has somebody used you as a source of power and success? If so, this can be a big shadow and a real sticking point, like you're unconsciously saying: "I have a real specific rule around power, and I refuse to agree to drain power away from others."

However, in certain circumstances, wouldn't that be a gift, if you could let yourself lean on somebody and let their power help prop and support your own?

Rhys and I do that on a weekly basis. It's an agreement we have. I'm not secretly draining his power. It's an agreement of our give-and-take in a partnership relationship. It can also happen sometimes with my friends where it's almost like energetically saying, "Can I lean on you and use your power? Give me some of your power to prop me up." We do that all the time.

If you're pushing hard against what your shadow is doing, refusing to make the distinction that there are different ways to use (or abuse) power, you're actually battling against your own deeply held belief that you will never use someone else's power, let alone ask for it, want it, or *be* that powerful. You're very specifically denying yourself from feeling powerful.

Morality

When done properly and honestly, this process will really put a laser focus on the thing that you're not allowing yourself to have. When you're looking at the shadow, you're looking at your second chakra and at the second chakra, morality does not exist yet. It's animal down there. It's all about sex and power and eat or be eaten. So it doesn't mean that we shouldn't have our morality, it means we've got to consciously integrate our morality into the power and energy of our second chakra needs.

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The trouble is in finding that balance in morality. Too often, having morality means we have to call everything in the second chakra shameful, even the desire to have attention, adoration and power, and that leads us to making vows to refuse that



energy altogether. If I refused to own the part of me that desires power and attention, I would have no real interest in getting up on stage! There's nothing wrong with the teaching aspect of being on stage, but if I'm being honest, there are about 20 other reasons I want to get up there, including feeling like an adored rock star!

People will sometimes find ways to receive and enjoy attention and adoration, but they make rules around it. These rules will often state that the means of attracting that attention can't be shameful and can only be because I'm smart and I achieved something. They'll let themselves enjoy the attention there, in that small space, but refuse to enjoy the other side of it, which is just pure pleasure, not because they did something to deserve it, and that's where the judgment comes in. People will often think that it's shameful to do that, to want that, to be that.

"I feel a real separation – love to be the center of attention, love to get up on stage – in the work that I do with my clients, doing workshops and stuff, I absolutely eat that up. But for me, I'm very specific, I'm realizing now that I love to be adored and get attention for things that I'm saying and things that I'm helping my clients to get through...but the sexuality piece of it is where I get mucked up."

These unconscious rules that you've made around your sexuality and power may not surface while you're doing something like speaking on a stage, but instead surface in your one-on-one relationships. What you're willing to be, ask for and receive pleasure for in your personal life might be hindered even while your stage life thrives. Our unconscious rules become easier to see when we look at a shadow; it becomes a clear-cut and easy task for us to judge and push that person away, while also providing insight as to why we're doing it. This shadow work is great for that reason: it provides every participant with very specific information relevant to their situation. Essentially, the answers are already within you and the shadow helps you to pull them into the light.

If you're experiencing any jealousy, as people often do in this work, this is a great and very helpful sign. Jealousy shows you directly that there is something that you really want but are not allowing yourself to go after. We do not become jealous of random things for no reason. When you're jealous of something, it's a quality you were wired to have. It's a pleasure that you were wired to want. If you are feeling this way at



all, keep tapping on it because it's trying to laser-focus on something that's lurking just below the surface of your conscious mind. Your judgment and programming prevent you from accepting that pleasure and keep you feeling jealous instead.

Tapping Round Three

As we do another round of tapping, I want you to see if you can start to receive the gift from this person, this shadow. I want you to imagine that as you're looking at this person, they turn right into you. It's a mirror image of you, but maybe it looks a little different from you because it's the part of you that's exactly like them. It's not very evolved, and it doesn't have your higher-self sensibilities, practicalities and judgments.

This part of you is your hedonist, your narcissist. All about you. Totally selfish, totally self-absorbed. We all have one; it's one of our inner archetypes. Maybe it's only a twelfth of you, or a sixth of you, but I want you to clearly see this part of you. The judgment might again be triggered and come right back up, but that's okay. This is why we're tapping!

So tapping through the points:

*I don't want to see this part of me
I feel all my judgment back again
I don't want to see this
There's no way I really have this part
If I do, I condemn it
Condemn it completely
It's amoral
It's over-sexualized
It's needy, attention-seeking
A narcissist, doesn't even care that much about other people
It's a part of me that's selfish
How dare you be so selfish?
How dare you put yourself first?
I totally reject you*

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*Totally judge you and your entitlement
Your attention-seeking
Your desire for feeling power
It's disgusting
Over the top, and not very spiritual
Inappropriate, totally inappropriate
Disgusting
That part of me would embarrass me
Out of control
Doesn't worry about consequences
Just a total narcissist
A hedonist
I don't want anything to do with this part
If this part came up
If I let this part out of the locked box I keep it in
My life would probably be ruined
I don't trust it, and I shouldn't
I've met it before in me and that's why I locked it in a box
It's really hard to see this part of me
I really don't want to have a lower self
I'd rather just be saintly and spiritual, a good person, appropriate
I really don't want to have this lower self*

Take a nice deep breath. I want you to look at this part of you again, just like we did with the shadow. I already had you write down some of the gifts that your shadow got to experience. Now, I want you to look at this archetype in you. *What does he or she really want?*

The tapping we just did is designed to take that judgment way down so you are able to see them a little more compassionately. When the judgment comes down, it's easier to see what your inner hedonist really wants.

Depending on the shadow that we look at, we'll receive different gifts. If we work with a shadow that's really sexual, as we're trying to do here, the gifts we receive will be of a sexual nature; or if we look at a shadow around power, so on and so forth. That means keeping that laser-focus on the one aspect you're working with is really



important. If you're feeling a little stuck and not quite making the progress you anticipated, don't get discouraged! It often takes many rounds to get there because you've built a lifetime rejecting whatever's in that shadow; rejecting it in other people, and rejecting it in yourself.

Through the context of this work, we're looking at the hedonist shadow that is overtly sexual, probably ten times more so than you are; keep looking at it, holding that laser-focus, and looking for the gifts around your sexuality that that shadow has to offer. If you're feeling stuck, chances are there is more lurking in the shadow that you've yet to uncover.

Everyone's situation is a little different, so it's really important that you use your intuition and be honest with yourself when doing this work, especially if you're doing it on your own without the guidance of a practitioner.

The Queen Archetype

For some people, you may find that you already own your shadow's qualities but are doing things from that shadow, from the dark side. Your challenge must be to uncover the motivator behind your working from the dark side and then learn how to transfer that same sexually powerful energy to your light side.

Many people have qualities of the charismatic leader, but when they lead from their shadow, we call this the seductive charismatic leader. This can sometimes happen if you recognize and act upon the desires of your second chakra, but you didn't go all the way for the outcome you really wanted; you went for what you thought you could get, based on how deserving you feel you are. For example, you may settle for the easy relationship, instead of going for the one you really wanted with a person who totally respects and wants you.

"So I know that I have a part of me, I will do anything to get what I want at certain times. I've been the other woman, I've done some pretty bad things to get what I want. I feel like I don't have enough shame about that part of me... I've gotten this adoration, but it's always been really warped and not really the kind of love that I wanted. I see that I really want love and just to be seen."



If this sounds at all like you, your gift from the shadow will be a little different. You already know you have a seductive quality and have used it to get things before, but you need to do it from a different place; you want to step up from the tramp, to the queen. It's like going from wanting attention at a halfway decent night club to stepping up on a Broadway stage.

So in the third chakra is where we say: *this is my identity*. To look at taking that huge step up from tramp to queen, means having to sort of reassess your identity in the third chakra and this can bring about some heavy resistance. When you become the queen, you must carry a lot more power and responsibility than you previously did as a seductress playing a small game.

If you want more specific information about the queen archetype, you can Google Carolyn Myss. This particular archetype relates specifically to power. The queen is entitled, but it's an entitlement that she's born into. She's regal. She's the opposite of trappy. She's got this sovereignty about her and this responsibility about her.

This leads perfectly into what we're going to work on next, which is to create an archetype for yourself that will help you begin stepping into whatever quality you receive as your gift. Whether it's more powerful or more sexual in nature, you're aiming to step more fully into this seductive quality in a bigger, more powerful way to be the woman who gets what she *really* wants, as opposed to getting what she wants just for the weekend.

Because essentially, being the other woman or getting what you want just for the weekend says, "I'm worthy to a *point*, and so I go just for that because I know I can get it." You know you've got some power to get it, but there's still a little bit of victim in there for you. To truly step into the role of queen, you have to step pretty far away from being a victim.

In terms of attracting a partner for a relationship, when you finally own that you are the queen, then you will find the team player that is dying to treat someone like a queen. He or she will come into the relationship with you, and the two of you will both agree that you love each other and are there for each other in a reciprocal relationship, but you both know that you're the queen. Instead of attracting



somebody who battles with you, you'll get somebody who's all about that.

A lot of women who play that other woman role, in the moment, the guy that they're cheating with, who's married to somebody else, treats them like a queen when they're together. In actuality, a queen would never settle for somebody else's scraps because they want the whole deal in a relationship. People in these situations will often say to me, "But Margaret, when we're together he treats me like gold!" I ask them to take a step up from that picture: "In the bigger picture of your life, how much gold are you really looking for? Because right now, you're getting gold on a Saturday night every other weekend." So it's all about asking yourself, "How much power do I really want to carry?" The power of the shadow seductress, or the power of a queen?

Archetype Exercise

We're going to do another, really important exercise. I want you to take a nice deep breath and close your eyes. Picture yourself again. This is the part of you that we just did the tapping on; the part of you that's just like the negative shadow. You've just written down some of the things that this part of you really wants, really needs, and really wants to experience and you should be looking at it a little more compassionately.

As you're assessing those wants and needs, you're really looking at qualities of the second chakra, and when you don't let yourself have those things that this part of you wants, it will get them through the shadow. That's where the eating comes in. That's where the shopping comes in. That's where the three glasses of wine comes in. If you don't feed this part, let it get what it wants because you've got all these rules about never wanting that and never asking and never being or owning this side of you, it will find a way to get it through the shadow.

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For example, people who insist that they are the most selfless people in the world, doing everything for everybody, are also the people who overeat, over-shop or over-gift. Maybe they gamble, or somehow continuously play the victim; there will always be some, different way of getting the attention and the pleasure, even if it's negative or on the dark side. They may wonder why they have such a hard time



controlling this means for attention; why they can't just turn off their over-eating or whatever it is, and that's one of the heavy prices they'll pay when their needs for attention and pleasure come out in these negative activities and behaviors that just keep confounding them.

If you feel, like many people do, that this is something that you've been doing to yourself, I want you to really pause here and let what I just said sink in. Use that consciousness and awareness of *WHY* you've actually been acting on these negative impulses, to bring another whole level of compassion and understanding to your own situation; often those behaviors are the things we also judge ourselves for, which creates a vicious cycle of judgment and unhealthy behavior.

Okay, now I want you to come back to that picture of yourself. Watch it closely because you're about to change. You're about to shift into an archetype, into an image. Maybe an archetype from mythology, a god or a goddess. Maybe a movie star that you totally idolize. It could be some type of an animal or a superhero, but I want you to let your mind just paint a picture. The first person that pops in of an archetype that, unlike the shadow, carries him or herself beautifully and there is no question in this archetype's mind that they put themselves first. They get what they want, they feel sexy and love pleasure, and they feel entitled to getting it, but they carry it in a beautiful, powerful and respectful way. Maybe for you, it's less about the hedonist and the sexuality and a little more about the power. Just take note of the archetype that comes up for you.

Carolyn Myss teaches that we have 12 archetypes within us and you're getting to see one of them now. The objective of this process is to focus on the hedonist, so typically what we're looking for here is an archetype that manifests beauty and seduction. However, whatever archetype that pops up is going to be full of very specific qualities for *you*. Just keep envisioning them there.

Some examples that I often hear include Princess Grace, a gorgeous and completely amazing person. She was well-spoken, did much philanthropic work and is absolutely definitive of a princess. Some people will see Angelina Jolie, or somebody with a similar archetypal quality. Some see Athena or Aphrodite, the goddess of love. What do *you* see?



I want you to really look at that archetype and imagine that the version of you that you were looking at, has turned into this archetype and now you are feeling their energy; the energy of what it's like to be totally channeling this archetype. I just want you to feel that for a minute. I want you to really describe the archetype. What are the three or four big qualities that stand out about this archetype?

It is possible that you will get more than one, or some combination of archetypes. This just means you have to look a little deeper at what each one means specifically to you. Here is a good example of someone who envisioned three different archetypes:

"I'm talking about Queen Elizabeth I, and I figure that meant power, just using power in a very responsible manner, and also sensuality...Cleopatra, so that kind of powerful ruling energy...but then also a really lower kind of rolling around in the mud kind of thing. Animalistic and distasteful to the queen part of myself."

It's easy to see why she envisioned the Queen and Cleopatra. Nobody is confused by that queen energy, which feels good and right for obvious reasons. A queen is a queen all day long, gets everything her way and is fabulous to her subjects at the same time. But what's in that other presence that the participant mentions, the animalistic, distasteful, rolling around in the mud? It's representing another piece of that queen energy and its depth. In the safety of her bedroom and with her partner, maybe the queen wants to play the slave girl? Because that might be hot, fun, different and crazy!

This is the participant's true sexuality taking form as she's attempting to reconcile those basic desires and needs with being a queen at the same time. If you're experiencing something similar, where you are seeing more than one archetype, maybe having a little more trouble with one in particular, spend some time looking at it. If you're still seeing the needs and desires that it is representing in a negative or unsure way, the archetype might seem to be more a shadow to you still. Pick it apart and tap on it until you see more clearly the gift it wants you to experience.

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With this participant, she needs to honor that part of her that's more animalistic and realize that it's okay for her to let that amoral, crazy, sexual, hedonist archetype out of its cage in certain settings. Maybe once a month, on a Saturday night with



her partner, let it loose and see what you experience because of it. At the very least, I'm sure her partner would appreciate it!

You might initially wonder, "What's that going to give me except a fun time on a Saturday night?" In short, I see it bringing more joy, passion and energy to your life when you're able to experience your inner most needs in a safe, open and fun environment.

Beware of your resistance and how it might influence the appearance of your archetype(s). Sometimes, something will appear to us that is just too straightforward, as if your subconscious is just trying to placate you and the outcome of this exercise without giving you any real insight, maybe turning you away from the truth.

"It's funny because I had started getting a very strong headache, and now it's gone...I always get animals. And this time it was a white swan."

The swan is very elegant, beautiful, and very pure. White is like the soul light. The headache that this participant mentions is simply her subconscious resisting this archetype exercise. The swan is most likely the result of her resistance and avoidance of what's really in her lower self.

There's a dirtier one in there. The swan is just too crystal clear, white and perfect. There's beauty but not much power or hedonistic sensuality, which is what you're really looking for to strengthen the second chakra.

If this happens to you, be patient and try again. Maybe use a little more conscious effort to find an archetype that is more female and human, from which you'll be able to draw conclusions more readily.

Denied Light

While you're looking at your archetype, and before we go any further, I want you to write down the first 3 or 4 qualities that this being or person represents to you. This is very important to do before you read what I'm about to say, as it could potentially influence what you write. So get a small list going. What do you see as the most



prominent qualities of this archetype?

Once you write those things down, I want you to stop and consider something: what you are looking at in your archetype is your denied light. The shadow you considered earlier in the chapter is your denied dark side while this archetype is *your denied light*. You look at both and think, “Oh, I’m nothing like that.”

Whatever qualities you wrote down for your archetype, those are actually your light qualities. Look at them again and think about this: you are actually describing yourself. This is *the you* that your conscious mind often denies, refuses to accept. This is the light side that I am going to ask you to step into.

“I really love Angelina Jolie and when I thought of looking at the quality, I love the fact that...Angelina Jolie will kick your ass, and also that she has a very sweet and confident side of her and also very compassionate and has a heart, and I like all of those qualities about her.”

Kick-ass, confident, and compassionate. This participant sees her archetype, Angelina Jolie, as possessing softness as well as strength and toughness. So those qualities, being balanced and harmoniously represented in her archetype, actually belong to the participant. She values those qualities in others, but needs to recognize and own them for herself; they’re present within her, she just hasn’t stepped into them fully...yet.

When you really want to step into the energy of your archetype, you can literally just take a second, picture that archetype and say, “I need you to step into my body right now. I need that Cleopatra, that Angelina Jolie. I’m going to visualize you and I need you to step right into my body. I need to feel that energy come right up. I need to borrow it from you,” or however you want to word it.

The thing about archetypes, they’re woven into our entire human history of story, and they affect our mind in a very specific way. You don’t have to say, “Ooh, right now I need to feel confident and compassion and kick ass and vulnerable.” When the mind understands an archetype, a billion attributes at once, *the mind gets it; our whole energy system gets it*. So when you identify an archetype for you, focus on that archetype when you need to and say, “I need to have this quality step right up.”



Whether you're owning your inner slave girl because it's Saturday night with your partner, you're about to step on stage, or you're about to walk through a crowded restaurant with your partner, like, "Hey, look at me! I'm owning my red carpet Angelina Jolie right now. That's right, that's right!" How fun would that be? It's a lot more fun than just shuffling through the restaurant. Stepping into the qualities of your archetype is going to make you have more fun in a more sensual, pleasure-oriented and powerful way in your life.

I want you to do that process. Imagine you could ask that archetype to come and step right into your body, just as I was saying before. What would that energy feel like? What does it feel like? What happened in you when I said, "The qualities that you wrote down are actually you and your denied light?" What would it b

Tapping Round Four

This round of positive tapping will help bring this archetype up and into us in a really powerful way.

So tapping through the points:

I totally honor this archetype

This gift from my higher self of seeing the vision of this archetype or three or four of them

It's a little confusing

But I'm just going to own it

Feeling more confidence

More power

More seductive

I'm seducing the whole world

Powerful and confident

Strong, yet able to be vulnerable

Sexual

Hedonistic

Hot

Power

Power hungry

Even if it's just for a couple hours on a Saturday



*Loving the adoration
Loving the feeling of entitlement
And doing it from my light, which means I'm conscious
I choose it
Sometimes I'm asking for all of my entitlements
And sometimes I'm serving
Because I honor the people I'm in relationships with
I honor the power of this archetype
The gift in it for me
Of owning my inner narcissist
My inner selfish side
My inner entitled side
My inner seductive side
My inner hedonist
My inner amoral side
Owning it with consciousness and with choice
When it's denied in my shadow
It plays out in the shadow
When I own it, when I honor it
It becomes light
It becomes something I can say
Laugh about
Ask for
Embody
In balance with all my other fabulous archetypes
With all my other fabulous qualities
I still get to be brilliantly intelligent
I still get to be saintly in some parts of my life
I still get to be an amazingly compassionate giver
I still get to be those things
But I also own the gifts of my hedonist
The beautiful gifts of this archetype
And all the things it's calling me to do in my life
Calling me to feel
Calling me to ask for
Calling me to have*



Power

Pleasure

Sexuality

Adoration

Being served

And never feeling guilty because I know I'm entitled

I honor this non-dominating kind of power

This beautiful honoring kind of entitlement

I totally honor all of me right now

Take a nice deep breath. I just want you to sit with it for a minute and see if you can really feel that energy moving in your body and just notice where it's moving, because often it's different from the way we typically operate. For example, if we typically operate from our heart while doing things for others, our energy and thinking is probably elsewhere. So as you let that process, take note of how and why this energy feels different.

Again, I recommend taking a look at *The Shadow Effect*, particularly Deepak Chopra's introduction to the shadow, of why it's so important to do shadow work and how it leads to wholeness, integration, and more power in your life. Either *The Shadow Effect* or *The Dark Side of the Light Chasers*, which is the book before that, really walks you through how to do shadow work, and I do believe that the tapping really amplifies the process, as I keep trying to explain to Debbie and Arielle Ford! Tapping makes the process go even faster and more easily because shadow work is something that 99 percent of people don't understand or wouldn't do. It's difficult and can be a stretch to see the gift in it, but it really is amazingly powerful.

If you can go back to the hedonistic shadow, the person that you started out with, he or she really shouldn't have the ability to trigger you so much anymore. It's amazing and another one of the built-in gifts of doing this work: people just won't trigger you like they used to. They can't frost you the same way because you look at them and say, "I've got one of those qualities." You don't have the need to push so hard against them anymore.



“Earlier, I saw the person I was seeing that really frosts my nerves actually come and stand before me, and I just looked at her and was like, okay. And she sat beside me and I thought, this isn’t so bad. I’m excited because I’m looking at – through all this, and listening to everybody, stripped away from me and my energy all this self-containment that doesn’t need to be there for me.”

Once you stop spending all your energy on defensively guarding yourself against the qualities of your shadow, saying: “I’m never going to be like that,” you open up room for the freedom to honor your true self and your true qualities. This also allows for the inner peace that prevents people from pushing your buttons so easily.

Before doing any shadow work, looking at all the things that you were pushing against in that person, if somebody had accused you of being like them, or being that way, it probably would have really upset you: “How dare they say that about me?” Now, it should make you chuckle more than triggering you or send you away steaming for three months straight!

Here is a good personal example that I always like to use. There was a time that I would go to extreme lengths to prove that I wasn’t selfish. When I was married, all my ex would have to do was push that button. If I did one little thing for myself that week, he could just insinuate that I was selfish and I would launch into a thousand more selfless behaviors to prove that I wasn’t.

It’s so fun and freeing in my life now to be able to say if someone calls me selfish, “It’s so true. I am the most self-absorbed person on the planet. I totally own it. I honor it.” Of course I’m selfish, I’m human. And sometimes I can be pretty selfless, and I can be pretty giving. But I’m never going to pretend that at my core I’m not selfish, unevolved and animalistic at some level. That is in me. And it is in you.

Within the context of a relationship, or in seeking one, by owning the energy of your archetype, maybe it’s Marilyn Monroe, you get to attract a guy who is dying to treat a woman like she’s his Marilyn Monroe. You are looking for a relationship where the other person respects and values you, sees how brilliant you are, but when the bedroom doors close, they also see a sex bomb when they look at you! You’re striving for that healthy balance. We all want and need both of those aspects in our relationships.



Otherwise, the relationship will be very third chakra oriented, all about mutual respect for your roles and being on the same level, but not a lot of fire and passion. Or the other way around, maybe similar to your shadow: all sex and no respect.

When everything is balanced, the bedroom doors close and suddenly it's Anthony and Cleopatra or a gigolo and powerful Wall Street attorney woman! You get to have all the fun, and still be a strong, respectable and sometimes selfless person.

Moreover, the gift of owning your sexual power, energy and passion extends far beyond the bedroom. It extends into your whole life, your overall energy and how you carry yourself. People will feel it when you walk into a room. We've all seen it in movies and we all know somebody who is so uptight that you think to yourself, "They need to get..." fill in the blank! We can all recognize when somebody's uptight, holding a schoolmarm or librarian energy. We also feel it when somebody is alive with every pore of their body. This is one of the gifts that we receive when we own our positive, seductive side.

Remember, you might have this fear pop up that makes you think, "If I turn into this hedonist, my life's going to spin out of control." Always keep in the forefront of your mind that in owning those hedonistic qualities, you still have your life experience, your perspective, your heart and your conscience. Trust yourself and know that, in the moment of doing something hedonistic that you really want, if it's something harmful to yourself or to someone else, you're going to be able to see that and successfully make the right choice.

Often, when we embraced the hedonist in our teens or twenties, we had no concept of responsibility and no perspective. We didn't care about consequences the way that we would now.

"There was a part of my life in my twenties where I felt like that. I made a decision that I was going to be happy, no matter what, and whatever I felt like I wanted to do in that moment, I did it. And that was the happiest part of my life."

You're not going to turn into a narcissistic person by owning these qualities. The idea is that you get to feel that pleasure that the hedonist feels; you get to ask



for it, you get to honor it, and it becomes present in your life, in balance with the compassionate, do-for-others, responsible side of yourself. You're really just bringing back that teenage, wild-child quality in a way that allows you to fully enjoy life. You're not going to throw out your values, morals and responsibilities when you embrace your inner hedonist; you're going to intuitively find a way to keep all aspects of your life balanced.

This also brings me to the importance of choice in this work of learning to embrace your inner hedonist. You always have the *choice* of where, when, how and with whom you are exhibiting these qualities. Embracing your hedonist doesn't mean to go out, become a stripper and steal people's husbands! It means making responsible choices that allow you to feel that same pleasure on some level. Whether it's with a partner on that crazy Saturday night in the bedroom, or simply wearing a low cut shirt and strutting your stuff through a crowded room!

One participant brought up two particular archetypes that she envisioned, both of whom demonstrate the power of choice in very definitive ways:

"I got, at first, Cate Blanchett in *The Lord of the Rings*, and then I got Sofia Vergara – do you know who she is? She's fabulous. What I love about her is that she's so sensual and so sexy, and she has such a great sense of humor. That's one of the things that I'm really excited about embodying more of is the sense of humor because to me, that's really living so much out of joy, too, and to be sexy and have a sense of humor is amazing."

With Sofia Vergara, she continuously makes choices involving her sexuality in an empowering, and usually comical, way. For example, I just watched the episode where her husband is struggling with a presentation he gives to the new owner of a business, who is unimpressed and keeps saying, "Wow me!" Sofia's character steps in, claiming she can solve the problem and it later cuts to a scene where she's delivering the same presentation to the same man in a low-cut shirt, and he literally goes, "Wow!" She ambitiously makes the choice to step in and help her husband in a way that she knows will work, and there is nothing disempowering about her doing it. She embraces her sexuality and there's nothing about it that feels icky or disempowering, especially because of her sense of humor. She's a great role model for a modern, sexy, goddess woman.



Cate Blanchett from *The Lord of the Rings* is a very cool archetype to envision. She's also very applicable when we're talking about using choice and how that relates to sexuality and power. In one particular movie, Frodo asks her to carry the ring for him and she goes through an entire visualization process herself. She feels the desire to have unlimited power and become this terrible awful force, and how seductive the power of that ring is to the dark side. When she chooses not to take the ring, she knows she's passed the test. Very cool!

So, you always want to look closely at the qualities that you put down for your archetype. When writing them down, you might feel like, "Well, who *wouldn't* write this? Who *wouldn't* want these qualities?" Tune into one quality from one archetype; elaborate upon and write down specific attributes of that quality. The truth is, the attributes you write down are going to be very specific to *you* and the quality that your archetype wants you to own in a much bigger way.

When I first did this work, some of the ideas seemed kind of simple to me, but I just sat with them for a couple of weeks. I thought, "No, really. What does that quality mean to me? What would it look like, in my life, to start stepping into that quality more?" Don't be discouraged if you haven't quite put your pieces together yet. Give it time and thought. Envision yourself in different energies and be very aware of what triggers you in others.

This isn't easy work by any means, so honor yourself for doing it. Even when we see something clearly about ourselves, for the first time ever, it can be very daunting to bring it out of our shadow and own that quality.

"When you said this was us, the attributes we wrote down, I just started crying because – and I'm reading them over again and I'm saying yeah, this is me. After the tap, I felt like there's a part of me that's really always wanted to be the star. I always want to be the star everywhere I am. And for me to be able to own that and say that, admit that, that's like a huge thing for me."

It feels embarrassing to own and embrace a quality that you may have spent so much time and energy trying not to verbalize and trying not to be. I find that making light of the situation and making a joke about it is immensely helpful.



I would find myself saying things like, “I kind of like to be the center of attention, guys. Can we put the focus back on me, now?” We would all laugh, but I was actually being more honest than when I would be thinking and thinking and thinking, while someone else is talking, “What’s the next thing I can say to get that attention?” Making light of it and saying it as a joke would take all the pressure off me, making it less serious and less embarrassing.

Eventually, I found that I was actually more genuine and more present in my relationships because I wasn’t wrestling with the judgment about it and not wanting to feel it, and then still doing it anyway somehow in my shadow, but making it look like I wasn’t trying to be the star. All of that machination and energy being wasted on trying not to do the thing I really wanted to do!

Now, it’s just kind an ongoing joke: “I pretty much want all the attention, so let me tell my story first, and then you little people can talk amongst yourselves!” My friends just crack up, and we have a laugh about it. They know me as incredibly caring, compassionate and always there for them, but they also know that I’m pretty honest about having this charismatic leader quality and I want to be the center of attention. They agree with that, because they think I’m a riot!

“I just realized that when I go out and I talk about myself a lot, I’ll come home and then I’ll feel – all this shame will come up, like, ‘I can’t believe I revealed so much about myself. I’m so self-centered. What’s everybody going to think of me now?’”

So there’s a perfect thing to talk about and joke about with your friends. You can say something like, “Now remember that I’m going to ramble on incessantly about myself, so just stop me at any time because the last thing I’m going to think about as I ramble is how you’re doing!” I say things like that to my friends because I used to feel the same way. I have these wonderful team player friends who would call me up and I would ramble incessantly about myself for an hour, and then say, “Bye!”

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As team players, they’re like, “Oh, tell me more.” Team player friends are all about you. But that doesn’t really feel that good to *me*, and so I call myself on it. I’ll go, “Before I ramble on incessantly because you know I won’t stop, what’s happening with you?” Because I really do want to be a better friend. So it becomes lighter; it



becomes something I can ask for, that I can do, that I can be conscious of, and that actually lets me have even more balance around it. Play around and joke about the quality you're trying to step into in a bigger way and see if that doesn't help to make it lighter and easier to do.





Chapter 4

HEALING THE CONCRETE HEART
WALL OF YOUR 4TH CHAKRA

As we move up in the chakras, we turn our focus to the heart, and more specifically, to the concrete wall around our hearts. This is an incredibly powerful place to work for a lot of different reasons.

Many people know that the heart incorporates love, forgiveness, and compassion. We all experience a tremendous amount of love for people in our lives, and are probably very compassionate with an amazing capacity to forgive others. However, I want to turn the focus to how we do that when it comes to ourselves; how we allow or withhold love, acceptance, and compassion for or from ourselves. How we do this holds an incredible impact on the law of attraction in our lives. All that we manifest and materialize in life is based on what's going on in our heart chakra.

I'll start with a bit of a review of the chakras we've covered so far, followed by an examination of the heart chakra, then we'll dive right into an exercise and some more fabulous tapping, of course, to guide you through this work!

Chakra Re-cap

Down in the first chakra, you recognize that you're solid, you have a body and that you're physically *here* on the planet. So from the moment that you're conceived, you go from being a spirit, infinite, unlimited and completely connected to everything that is divine, to a human body. When you're born, you realize, "Oh, my God, I have a body. I'm actually separate and solid. At this physical body level, I'm not physically connected to everyone and everything; I am alone, I am separate and I am also mortal. I could actually be killed, harmed or injured." Our body is that consciousness about our individuality. How separate and solid we are; we're part of this physical, solid world, which is the opposite end of the spectrum from being pure spirit.

Next, at the second chakra, we feel the world; it's how we feel and essentially interact with the world through our nervous system, our senses, through the physical body that we have at the first chakra, and all of the emotions associated with that. It's where we actually feel who we are inside of us; feel our deepest needs or aspirations; feel what we're drawn to; feel what we want to avoid, and what we're not interested in. Based on those feelings, we develop our self-image, which has to do with how



valuable and powerful we are, as we wrestle with the world and let it in to mingle with us.

At the third chakra is where we recognize that, based on our unique, physical body and the unbelievably distinctive second chakra that we all have, we are completely unique. This is where we really distinguish, “Oh my God, I am one of a kind! I am a one-of-a-kind, never-been-seen-before, never-will-be-seen-again miracle on this planet!”

As we come up to the fourth chakra, we fall in love with that quality. We recognize, “The amazing uniqueness that I have, I can’t wait to share it in relationships with others.” At our heart chakra is really where we come lovingly into relationships with other people.

Deepak Chopra also teaches that the fourth level of spirituality, which is the level of the heart chakra, is about wisdom. So the heart is sort of this really powerful integrating point in our body, between the lower three chakras and the upper chakras. It pulls together the love and the acceptance of that crazy, lower self, which is full of desires and self-sabotage, and your upper chakras, which are your higher faculties: your spirituality, your mission, your aspiration.

From the heart is where we kind of look at ourselves with wisdom and say, “I just have all these flaws – of course I do, I’m human – and I still love and accept myself, because in the big picture I’m unfolding perfectly.” This is where we really experience that phrase, “I love and accept myself. I love and accept who I am, not just the me that’s being perfect, but *all* of me, even my crazy flaws, and even when I make mistakes.”

So it’s from that place that we are willing to reach out and build relationships with other people because we love who we are and want to share it, and we also want to experience that amazing miracle that’s within everybody else. The key to the heart chakra is a real, deep level of loving and accepting the whole self.

So what blocks the heart chakra? It’s always your mind. The mind comes in, specifically the sixth chakra, and makes decisions about whether or not we are worthy of love, forgiveness and compassion. Why would the mind do that? Well,



we've learned and accumulated evidence throughout our lives that there are certain ways that we should be; certain levels of perfection, and rules about how we should do things and how things should work and shouldn't work; certain rules about what's a mistake and what's not; what we should have done, what we shouldn't have done and what we could have done better.

Based on that judgment process, that critical view of things, we can shut down the heart. Now when the heart's open, there's wisdom there. We see the big picture and the grand scheme of things, and when we do that, we are more able to bring acceptance and compassion into our perspectives. The mind is really the biggest obstacle in this process.

There is a concrete wall around your heart, around all of our hearts, which is literally a construct of your own mind. With that wall in place, you are engaging with the law of attraction a million times a day *in a very negative way* about yourself. You are manifesting and allowing abundance, love, joy, all the things you want to come to you in a very specific way because your mind has decided how deserving you are, and that's what you'll ultimately hold, see and feel at the heart. So how do we get at your concrete wall?

“It's Unforgivable”

I want you to really be able to make a connection here, so here's what I want you to do. Close your eyes and imagine that you could bring up a specific story about yourself, watching it just like it's a movie of the week special. This story should be about a thing that you did in the past that you still find completely unforgivable. Whatever you have not forgiven yourself for will cause you to look back and say, “No, I should have known better; I should have done better; it's unforgivable.” You can even look at your life today and maybe even still see evidence of how you're paying the price of that thing that you did, maybe in your money, maybe in your health, maybe in your self-esteem.

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I want you to tune into that unforgivable event and just see yourself there; notice how old you are. Maybe you were five, maybe you were a teenager, or maybe you were 30. See yourself there in that movie and make note on a scale of one to ten



how true and strongly the phrase, *'it's unforgiveable'* feels to you.

Sometimes it's something you did; sometimes it's something you didn't do. I just want you to get a check on that, and notice how you're feeling just thinking about it. I want you to estimate how many times a month this crosses your mind in some way, shape or form. Really think about it: how many times a month do you think that this brushes your consciousness?

I want to suggest to you that you're probably off by about fifty percent, because it's probably twice as much as that. Whatever this event is, the consequences of it, the mistakes you made, the *should have known better, should have done better*, brushes your consciousness at least twice that many times in a day, a week, or a month.

Every time this event or its evidence or its aftermath crops up in your life, (it may be in your money, your health, or your living situation), and any time it brushes your consciousness, there's a vibe that goes out from you directly to the universe that says, "I don't deserve."

It can also sound like this: "This debt that I have, these awful consequences in my life, this poor health and the effects of that old event," creates a vibe that says, "I kind of deserve what I'm getting. I'm still guilty." That vibe says to the law of attraction, "This is exactly right. What I'm manifesting and the results that I'm getting in my money, my health, and my relationships are pretty much exactly what I deserve."

I really want you to make that connection here and that's why it's so powerful and important to tap on this. I find that often people won't because when they look back at this event, they say to themselves, "Well, why would I tap on that? I'm right about it. I should have known better, I should have done better. I screwed myself. I screwed somebody else. I did something horrible. Why would I tap on that? I've already got that one figured out."

Tapping Round One

As you begin to tap, you're first going to voice your inner critic very loudly and that will help take down some of that skepticism you may be feeling about forgiving yourself.



So just tapping through the points:
There I am making a huge mistake
Doing something awful
Something so stupid
So destructive
I do not forgive myself for this
Why would I forgive myself for this?
It caused so much pain
So much loss
I can't let it go
I think about it so often
Sometimes I imagine all the things I could have done better
God, why didn't I do it right?
If I had just done it better
If I had just seen what was happening
If I had only been strong enough, smart enough
But I wasn't
It's unforgiveable
Unforgiveable
I refuse to let this go
This is too big
Too bad,
Too shocking
And it created too much loss and pain
Yes, there were other people involved but I blame me
I'm the one
I should have seen it coming
I should have known better
I should have been smarter
Stronger
More conscious
It's unforgivable and I am right about this
This is my story and I watch it over and over
And I wish I could change it
I wish I could go back in time and shake myself



"Wake up, what are you thinking?"

But I can't

But I can call myself guilty a million times over

I can sentence myself to punishment a million times over

I can remind myself of this big piece of evidence a million times over

I refuse to forgive myself

Okay, take a nice deep breath. Did you notice how harsh that sounded? The inner critic is ruthless and when we do this to ourselves, even when it just brushes our consciousness and we don't even notice we're going through this cycle, we are breaking our own hearts.

I want you to look again at the picture of yourself saying, "I should have done better; it's unforgiveable," and see how intense it is now.

Now, how much tapping you need to do will depend on the event and its intensity. But what we're looking for now is some feeling of compassion coming in about this old event, and do you know what that means? When you start to feel compassion, it means that your heart is opening up and beginning to let down that concrete wall.

And that's exactly why I refer to it as a *concrete* wall. This past event created a belief within you that is rooted as deeply in your belief system, and in your life, as if it were made of concrete. It feels so unchangeable, that you may not have even realized it exists until now, but as you uncover exactly what is lodged within that concrete wall, you will realize that there is hope in dismantling it.

"I didn't even think that it was even possible to forgive it. And I'm starting to actually see that there's actually a little bit of a possibility of forgiveness there...it (had) just set me up for the rest of my life and I've never seen that before until we talked, it's like – I thought it was like set in rocks."

Getting to your concrete wall can be tricky because it can operate completely below your consciousness. You might not even be aware of the unforgiven events lurking in your subconscious but they will operate through your energy system in the exact same way, nonetheless. When you are energetically holding onto something that's unforgiveable, you will manifest more punishment into your life until you let go and



forgive yourself for the event.

“It’s like all this threads through all my life, whenever I get into places where I can experience happiness or power or any of it, this always comes in.”

As you hold onto something that’s unforgiveable, you may notice patterns of justification that emerge when you experience difficulty in life. For example, if you experience a financial disaster and then debt because of it, even though you might say, “I can’t believe this is happening to me,” there is probably another tiny part of you saying, “I kind of deserve this because...remember what I did? I wish I had done things better or differently.” When you do that, it’s like declaring to the universe that you’re not deserving. You believe that, in order to receive, you need to fix something and earn the right to do so.

“I have to make up for it. Like in some way I have to be good or better or do better because, you know, God, I have to make up for things.”

You’re essentially telling the universe, “No, not yet.” It can be easy to think, “I should have known better.” It doesn’t seem like such an outrageous thing to think. But it absolutely is. I want you to become aware, right now, of how destructive even the smallest thought in this direction is; not only is it powerfully negative, but we rarely catch or notice ourselves doing it, which only adds to its destructive force in our lives. It literally destroys your vibe of deserving, like yelling to the universe, “I’m unforgiven! I don’t deserve good things yet! In fact, on some level, I deserve what’s happening to me *right now!*”

If after that first round of tapping you’re still feeling like forgiveness is not possible, keep tapping. Keep bringing that feeling down until you reach a place that better enables compassion and from there, move forward. Acknowledge any resistance you come up against and calmly honor it. Don’t become discouraged if you’re struggling a bit here; everyone’s different and will find their own pace with this work. Keep an open mind and know that there’s no cookie-cutter version of forgiveness that every single person will experience.

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For example, this next participant found that it wasn’t something she did or didn’t do, necessarily, but a way of thinking that was almost forced upon her by her parents:



“The biggest thing that comes up is not so much the thing that I’ve done, it’s what – it’s both my parents, because neither one of them ever said I deserved anything. I think it’s made me feel like there is something wrong with me, that no matter what I try to do, both my parents in one way or another would say like, ‘No, it’s not right to help you. No, it’s not right, you shouldn’t look for help,’ you know, all those kinds of things.”

In this case, I would say to focus on the younger version of herself, the little girl that she was when her parents first started talking this way. The unforgiveable act for her is, “I believed them and that has sabotaged me over and over.”

So I want you to look at the picture of yourself again, and even though you might be feeling a little more compassionate, I want you to think about the destruction that may have been caused or you may have felt *just from trying to get to this point*. Before we move further into compassion and forgiveness, I want you to consider this: what is the price you’ve paid for that unforgiveable mistake in the past? It is extremely important to get very clear about this, voicing it loudly. What did you lose or miss out on because of that mistake?

I have a frequently used expression that applies to so many people, especially in this work: “Always striving, never arriving.” Even if you’re ready and open to receiving more gifts in your life, if there’s even a tiny part of your mind that still clings to something unforgiven, your output will still say, “Not yet. I’m not quite deserving enough just yet.”

“What really is the biggest part of this is that I don’t deserve it yet; it’s the yet part. I’m a striver, I’m a builder and I’ve let everything else in my life take a backseat to striving for what I wanted, but it’s been a life of striving and not getting...So I’m always trying to be more deserving and it hasn’t happened yet.”

When the heart’s closed, there’s no wisdom and no big picture; there’s only the mind. The mind will operate based on your tribe, your family, your upbringing, and things like that. It’s looking at a more rigid view of this standard. In the profile system, we call this the *knowledgeable achiever* and in the dark side, it becomes the *rule keeper*. They uphold the rigid view of what success is and what achievement is,



and only when you get to that standard that you have set for yourself, will you be deserving. So we set this impossible standard thinking that deserving isn't intrinsic, it's earned. We keep believing that when we finally get there, this impossible point in the future, then we'll finally somehow have earned the right to be deserving.

Whereas when the heart is open, we will recognize, "Oh, my God, I deserve right now. Even before I lift another finger, I deserve." When that vibe is emitted from the heart, the way that you manifest reward in your life totally, and completely changes for the better.

Tapping Round Two

Thinking about all of this can really trigger feelings of being undeserving, so we're going to do some more tapping.

Tapping through the points:

There I am

I feel a little bit of compassion

But what about the price I've paid

The loss

The suffering because of that mistake

I lost everything that day

I lost me that day

I lost something that was important to me

I lost a piece of me

I've really paid the price for this

I'd love to forgive myself but I don't know if I can

I don't know if I should

Don't I have to hold myself accountable?

I can't just let myself off the hook

I've got to hold myself to much higher standards

So I need to hold onto this blame to make sure I learn my lesson

So much pain and loss

So much suffering

I'd love to be more compassionate but it's just too big

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It's too much

I'm too sad

I'm too angry at myself

And I totally judge myself

I was an idiot

I'd love to forgive myself but what about the price I've paid

And nobody understands

Nobody gets it

I need to hold onto this to make sure I learned my lesson

Okay, take a nice deep breath. The interesting thing about tapping as a clearing technique, is that we literally voice the dark stuff and it releases and it gets lighter. When we voice it, we become conscious of how harsh and ruthless it is to think those things, and in turn, they are released.

The Illogical Self

So I want you to look at the picture again and see yourself there; how do you look? How old were you? Given your life and what was happening and everything you knew up until then, is there any way you could have known better? Is there any way you could have really figured it out? Is there any way you could have really done any better than what you did, with everything you had going on at that time?

I want you to think about if a young person came up to you at that age that you are in that picture, and they started to tell you about this mistake they had made. Would you say to them, "Yes, you should never forgive yourself for that; never, never, never." Or would you say to them something more about the big picture, in the grand scheme of things, and about doing your best, and about growth? Would you say something to them about how every challenge has a blessing in it, a gift or something you learn that you take forward with you in life, and *that's* what matters? We do that for other people, don't we? But when it comes to ourselves, we're pretty ruthless.

Looking at that younger version of you: was he or she doing their best? The best they knew how at the time? Forgiveness is realizing there's nothing to forgive. I



was doing my best. I've always been doing my best, even when it looks like I'm doing my worst. At the time, in the big scheme of things, in the picture of my life, in challenges and growth, I was doing the best I knew how at the time.

So I just want you to see and feel that. If you still feel really resistant, if there's still a lot of, "No, what I did is too bad," that's okay. You want to keep tapping on that because when you find something that's so stuck in the extreme, it just means it requires a little more work to dislodge. I mean, there have been times that I've said to people, "What age are you picturing?" and they're like, "Five," saying things to their five year old self such as, "She should have known better, she should have known better, she should have known better." That's pretty harsh for a 5-year-old child, no matter how you look at it!

It really comes down to how illogical we are when it comes to ourselves. We wouldn't yell cruelties at a 5 year old child, right? So many people say or think those same awful things to themselves everyday on some level. These thoughts are so hard to break because they're not real feelings so much as a thought process that's become stuck; when the mind believes thinking this way is right, it's far more difficult to break than a feeling or an emotion.

If you're looking at the picture and you're still thinking, "No, I'm right; this is unforgivable," as strange as it may sound, what you really need to do is keep tapping on it and saying it over and over and over. *It's unforgiveable, I'm right about this; it's unforgiveable, I'm right about this.* It only means that, like a very strong muscle, your mind is trained to think a certain way and doesn't want to budge or stray from habit.

Only when you're ready, move onto this next round of tapping that focuses on bringing in more compassion.

Tapping Round Three

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Tapping through the points:

There I am

I'm just going to honor all the things that were going on in my life

It was actually a really hard time for me



*And there's no real way I could have known better
 There's no real way I could have figured it all out
 There's no way I had the energy
 The presence
 The consciousness yet to be stronger
 Better
 Wiser
 The truth is I was doing the best I knew how
 I was doing the best I knew how
 With everything going on in my life I was doing the best I knew how
 I've been blaming myself for this for a long time
 And I feel the sadness of that in my heart
 And I'm open to releasing that
 To healing that
 To moving that energy
 And letting that unforgiven vow just flow out of me
 I'm open to releasing this unforgiven
 This unforgivable
 This 'should have known better'
 And the 'I don't deserve' that comes with it
 Because from this vow
 I've manifested a whole bunch of justified punishment to fit my crime
 I've manifested a whole bunch of pain to match my undeserving
 And I'm so ready to let go of that life sentence
 The truth is I did learn from that event
 I did change
 I learned something there
 I grew
 It was painful
 But because that happened I've had growth in some way
 I'm just going to honor that too
 In the big picture I was doing the best I knew how
 And things unfolded exactly as they were meant to
 And the truth is I did learn a lesson
 Do I still need the punishment?
 I'm so open to letting this unforgiven go*



Take a nice deep breath. This can be particularly intense. This is the kind of tapping that people will often find themselves sobbing the whole way through, and that is perfectly okay! That means energy is being *moved*. It certainly does not mean that you have to be crying, but do not worry if you are.

This is really interesting stuff. It can actually seem like we have two different hearts. We can have this big, warm, loving heart for other people and then we'll have this little walled-off area of our heart where we say, "I don't forgive that about myself." This is really the fault of the mind. The mind clings to and controls that thought process around forgiveness and can become stuck without a focused effort to let it go, blocking the true wisdom of the heart. It's almost as if the heart holds the wisdom and the mind holds the key to the heart.

Remembering the Divine

Another powerful and helpful perspective is to look at that past event, the one we regret, that we wish we handled differently or wish never happened at all, and realize that in thinking this way, what we're really saying is: *I know better than the Divine*. It's almost as if we're calling out the Divine in having made a big mistake by saying, "That shouldn't have happened."

Reaching a goal in this type of personal development work does not happen spontaneously. It's something you have to work your way through, similar to grieving a death. The real goal here is to be able to look into the past and any event and see that, even there, there was divinity. As horrible as it may have been, there was something in that event that triggered your life purpose, that triggered growth in you, and that triggered a commitment in you.

Some people will even consciously make a commitment from that day forward, to use that event as a mission in life. Perhaps they made a vow to love and teach their children differently than how they were raised. Something in that event was exactly what they needed. We can't go back and undo that past, but in the heart's wisdom, we can see that divinity has always been unfolding. When we're able to do that, we're not just running from this rigid view of our mind; we're seeing the big picture



because our heart's open.

Power Blockages

When you can notice a reoccurring theme or pattern that pops up in these incidents of being unable to forgive, it's important to acknowledge and work through each one individually as they arise. This is essential because each event represents something unforgiveable and only when there is a conscious effort to let go of each individually, will you be able to be completely open to forgiveness, which sets the stage for welcoming in deserving.

"At first I was thinking about a time when I really allowed myself to be abused in a relationship, but it didn't really feel like that was it. And at this last round it started feeling like – I started thinking about my poor impulse control when I was a little kid. You know, that I was constantly getting in trouble because I lost my temper. And so I was just kind of wondering, what's the best way to work with this when there's not really like a single incident or, you know, if it's more like a behavior pattern or something?"

Both incidents that this participant mentions relate to her power. Working through chronologically, I would tell the participant to first tune into herself as the impulsive, misbehaving child, working here until she gets to the bottom of the feeling that's there. What was it about this part of her that's unforgiveable? As I said before, both scenarios she mentions are linked to her power. Looking at the impulsive child, she might feel, "I hurt people and I had a lot of consequences when I was powerful." This out of control wild child is really just using or exerting her power in ways that aren't convenient for the adults around. I would recommend here that she tap through and process whatever she's feeling about this child and this part of herself. What are the judgments in there and what *really* bothers her about this scenario?

In doing a few tapping rounds like that, she'll be able to see the child very differently and see the power that the child was carrying, even though it was in a negative way. As that child, she probably got in trouble and learned, "I've got to shut that impulsive part of me down; that crazy, wild, big energy part of me has to be shut down."



The second scenario is really a direct result of that power being shut down when she allows herself to be abused in the relationship. As a child, she was too powerful and that came with unpleasant consequences. She vowed never to be that again and the result is to be someone who holds no power.

When we try to shut down the dark side, we end up shutting down the light side too.

“It’s like the big energy that was positive, I felt shut down (there) too.”

So when we depress something, we depress all of it. Our power is no exception. When people take depression medications, it often depresses *everything*. Joy just as much as sadness. Nothing is felt as strongly and all intensity is sort of turned down.

It’s the same within your body. In repressing your power, you will inevitably have to repress that whole energy system of your power. On the other side of it, if you are holding a big energy and power, especially if we have that charismatic leader profile, often the unforgivable event is when you were fearful or when you let somebody walk all over you. If somebody’s a strong, knowledgeable achiever, then the unforgivable event is always going to be around not figuring something out and not knowing better.

So the thing that’s most unforgivable for us is always going to tell us the most about how we block our power. You kind of have a battle on both sides: “It’s unforgivable when I don’t have any power, but when I was young and I had this natural, kind of exploding energy, that was unforgivable too because nobody liked it.” It can kind of feel like despair and frustration because it will seem like you can’t go either place with it, but stick to these processes. Keep coming back to the tapping scripts and picturing yourself as you were when you made your unforgivable mistake. Really letting go and voicing loudly whatever you’re feeling toward that part of yourself will allow the picture to sort of morph for you, enabling you to better see where and when you made the vow to either hold too much or too little power.

106 Visualization Troubles

With all of these exercises that we go through, it’s not uncommon for people to have trouble visualizing.



“Throughout everything I’ve done with you I see that I have trouble visualizing, and it doesn’t stop me from having emotions come up in a big way so something’s working. But I’m also not landing, like in this case, a particular event, although some different ones have come up and they’ve evoked something big, so I’m just going with that. It’s just like blurry, there’s not anything – I can’t see. You talk about, ‘How do you look now when you look at yourself after this tapping round,’ but I can’t see myself. I can’t see anything.”

Some people just struggle with it more than others. If you find yourself having a hard time picturing scenarios in your mind or seeing yourself as we go through these very visual exercises, here are a few things to consider.

Now, emotion might still be coming up for you, but when you can’t see a visual picture in your mind’s eye enough to work with it, it can be a sign that there’s a pretty strong defense mechanism in place, which is essentially your mind saying to you, “This is how I operate and I’m not going to start trusting myself because I don’t and I’m right about that. I really don’t want to trust myself and I really don’t want to go there.”

So you can do two things. I would first recommend to do a round of tapping that sounds like this:

I can’t see it

I don’t want to see it

Why should I see it?

I really don’t want to see this

I really don’t want to go there

I really don’t want to change

I really don’t want to see this

Just keep tapping this way and you’ll really be amazed at how it has the opposite effect; it will really help disable that defense mechanism and bring more clarity to your image.



There's also something else you can try. If I'm working with somebody one-on-one, I'll say, "Okay, even though you can't see it, I just want you to guess. If you were to guess, what event do you think it would be?" They usually have an event there, and I'll say, "Okay, if you were to see yourself standing in that event, doing that big mistake, what would you guess you would feel about it?" Just in creating that space, that wiggle-room to guess, really helps take some of the pressure off and opens your mind just a bit more.

This might help you, not to see a specific, isolated event, but maybe you'll start to see a story or pattern emerge from your guessing. When that becomes the case, tune into that story and what you're feeling about it.

"I'm getting the emotions around it...it's like I know the story of it, like the story's been there since it happened and that's what I bring up is like a short-version of the story. What was happening in the tapping round is (I was) really upset, really embarrassed, you know, sad, like really like a criminal."

This person's particular defense mechanism says, "There's a part of me that's so dark and so bad and such a monster, such a criminal, so horrific that I don't want to see it. I don't want to go there." This is very often a huge charismatic leader trait because we know we have a big dark side.

I've worked with large groups of people on their biggest fears and I've seen a whole room come back with, "Fraud, fraud, fraud, fraud, fraud; they're going to find out that I'm a fraud!" It's extremely common. When we have this fear, we think that if people really saw that, saw me, they would see this horrific dark side in me, and they'll immediately know that whatever I'm pretending to be, this good, loving person, is a fraud.

"Out of the incidents of the past what was coming up for me a lot lately is I can't trust myself, you know, I can't trust that I'll accomplish, I can't trust that I'll do it right, I can't trust that I have what it takes, and what's shown up all throughout my life, or since whatever the initial incident was, is a lack of – like I don't deserve to be satisfied or fulfilled. I am always trying to make up for something, whatever it was, I'm always trying to make up of



it and I'm hoping nobody finds out, you know, that I'm a fraud, and it's all loud, very loud right now."

When we have that immense fear of being 'caught' or 'found out,' we will inevitably have a massive amount of defense built up around that. And that makes sense: defense is there for a reason, that's why we don't try to just rip it away and say, "You've got to face this." Instead, we can tap honestly and say, "I don't really want to see this. It doesn't feel safe for me." This enables you to say next, "But I'm open to letting some of those feelings go today. I think the feeling is shame. I'm open to letting some of that go." This may not relieve all of the burden at once, but it will definitely allow you to blow off some of that steam.

Especially if you're having trouble focusing and visualizing, it can be overwhelming when your biggest core issue of what is unforgivable to you comes up in a million different scenarios right away. It can feel like you're harboring this terrible darkness inside of you and even just having that is unforgivable.

So be gentle on yourself. Just know that, even with tapping, our mind and our willpower can kind of come in and say, "Not going to go there." That's happening for a reason and sometimes it's good to work with a practitioner who will help you come through it feeling like somebody's in it with you energetically and one-on-one. Working with an experienced practitioner is also helpful when dealing with a lot of lower-self work because they're familiar with it. Nothing that you say will be just a blip on the radar. They will be incredibly accepting of whatever comes up and out of your dark side, because we all know how difficult it can be to voice these things to yourself, let alone to another person who you fear will judge you. However, a practitioner who knows this type of work will not be phased if you say something like, "I have murderous tendencies about my wife." They understand that part of being human means having both a light side and a dark side to everything.

This is incredibly beneficial to charismatic leaders, specifically. We don't want to be seen and we're kind of hard to work with because we're very slippery and we'd rather figure things out on our own, sometimes tricking therapists. You want the aid of somebody who's one step ahead of you all the time; you want somebody who's going to call you on your stuff, speak to your light side, and not agree with you when you've convinced them that you're broken.



Additional Tapping Tips

With a modality like tapping, I come across many questions from people who just want to know if they're doing it 'right.' As I've said before, there really is no wrong way to tap! There are certainly ways that will make it more effective, however. Where I often say to voice things loudly while tapping, it tends to raise questions.

"If you're in a place where you can't verbally, like speak or speak really loud, does that have an impact on your being able to release or summon up the emotions?"

If ever you're feeling triggered or overwhelmed by something, it is always better to tap, even if you can't verbalize things in the way that you'd like. Always remember that it's the actual tapping points that are making the biggest change in your nervous and energy systems as you tap. That being said, I would still try to tap again later in a more favorable situation or location. Get in your car and drive somewhere private where you can really voice, even yell, what you need to move that energy.

When you're feeling something, when you're tuning into that feeling in your tapping, that's how it acts as a clearing technique; by tuning into it as you tap, you're actually disconnecting it from your nervous system and your energy body. Every situation and every person is different. If you feel like you wish you could scream and you can't because of your location or surroundings, you might want to get that scream in at a later point. If you don't feel the urge to scream, then you obviously don't have to. The voice is such a powerful element in healing. The fifth chakra (the throat chakra) is the healing channel, and so what we voice and let out with our fifth chakra is really influential. We use our voice to let out and let go of all the negative self-talk that we're already engaging in all the time, and use the voice to replace it with positives. The voice brings in the positives and anchors them into our systems.

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If you have to physically keep a lid on your voice due to your environment, you will do the same thing energetically with your emotions. I see this often when working with large groups. We'll be going through some intense process and people will hold back because they're in a live group and they feel unable to go fully into the deepest levels of what they're feeling. They cling to the idea of having to hold it all



together. If you feel like you've experienced this on any level at any time, go back to that point in the work when you were holding back and see if you can really bring the emotion up and out. Because when the emotion is there and at its peak, that's when you will really have the best results in clearing it.

This is exactly why I'm always having you tune back into the picture; when the picture looks different, you've made a change in your nervous system, your unconscious mind, and your energy system; your mind is painting you a picture of what you're carrying now in reference to this old event. This can be gauged by how much compassion you feel for the picture you see.

Do You Deserve?

Look back at your picture and see yourself in that old event where you made your unforgiveable mistake. You last tapped on the idea that, "I was doing my best with what I had at the time." Sit with that for just a minute and get back into that vibe.

I want you to notice how it feels now when you look at your younger self. How important is it to remember that you made this mistake, to keep that evidence alive? What's your perspective now on the usefulness of that in your life and of learning that lesson? What is the gift that you received from that old event? What exactly did you learn?

This is the true test: when you can look back at the event and feel compassion for yourself then, but also see that, because of the event, you're actually smarter and stronger. Because of that event, you can actually trust yourself more now than you did before. Keep thinking about it: all the things you learned, the pain that you suffered, and the perspective that you have now.

When we have this unforgiven thing just sitting in our energy system, we let it become the reason that we don't trust ourselves, that we don't deserve, that we don't think we're smart enough, and that we're afraid. We're afraid of making the same mistake because we did that one time.

With an open heart, we're able to access its wisdom. With the heart's wisdom, we



recognize that, because that event happened and we lived through it, we actually trust ourselves more, and that is one of the biggest gifts in forgiving oneself and embracing your heart's wisdom.

I'm actually smarter because of it. I'm more likely to see what's going on, to become aware, and to make a change, a tweak, or put up a boundary where I need to.

Now, I want you to look at the event in another way: what does it say about how deserving you are today? In the past, every time you've remembered it, rehashed it, or it's brushed your mind, you've thought, "Should have known better. Shouldn't have done it. Should have been better," And what this says to the universe is, "I really don't deserve still. I should still be being punished for this crime."

As you're looking at it now, do you still deserve the punishment? And if not, what do you deserve? What does someone like you, who's gone through that event, who overcame it, who dealt with it, who learned from it, who now has compassion and forgiveness for it, really deserve? Before you do another thing in the world, do you or do you not deserve?

I want you to really feel that all the way through. Allow the feeling of deserving to rise up through you.

As you go into this next round of tapping, I want you to imagine that you could just be there with that younger version of yourself, the person that made the mistake. Imagine that you could step into that picture with open arms, an open heart, wisdom and compassion. Picture this beautiful, green, heart energy surrounding the two of you. You can grab that younger version of yourself, give them a hug and tell them, "It's okay. It's okay. You were doing the best you knew how."

I want you to give them a piece of advice, just like you would to somebody that age who made the same mistake. I want you to say to them: "You need to forgive yourself for this. You need to let it go. You've learned the lessons, you've made the changes, you've already had the loss and the pain; you need to let it go and move forward, because you deserve forgiveness and compassion. You deserve understanding and I'm giving it to you now. You deserve love, you deserve joy, you deserve abundance, you deserve your heart's desire, not because of anything you do but because you just *deserve*."



Just be there with that younger version of yourself and give them permission to let it go. Imagine them letting it go and at the same time, as it releases from another level inside of you.

Now, I want you to imagine that you're in a room filled with people; these people represent everybody that's doing this work right now, and everybody in that room has just given this unbelievable gift of love, forgiveness and acceptance to themselves and honored their deserving. Notice the beautiful, green, heart energy of all those open hearts. The wisdom, the compassion, the forgiveness of the heart that loves you; a room full of them. Let that green, beautiful light just spread out in that room full of amazing people who have done something so courageous today. Let it flow into universal love; all those beautiful, open, heart chakras. Everyone in that room has done courageous healing. We are all connected right now and that's a lot of love. I want you to energetically look around the room at all the other people present; is there anybody that doesn't deserve? You might not know what they do, what they've accomplished, what they are or who they are. Is there anybody there who, at an intrinsic level, doesn't deserve to give and receive their heart's desire?

So it's just like Oprah; you're looking around the room and you're saying, "You deserve and you deserve and you deserve and you deserve and I deserve." Because when your heart is open with this compassion, not only do you see the perfection that you are, you can see and perceive the perfection in everyone else instead of filtering that through a lens of standards and acceptability.

I want you to perceive the divinity of everyone and of yourself; do you deserve? Does everybody in that room deserve?

Tapping Round Four

Tapping through the points:

*Even though I've been holding out on myself
This event, like a cement room in my heart
Where I'm unforgivable*



*Which means I deserve punishment
I forgive myself today
I was doing my best
I've always been doing my best
In my imperfection I am divine and human
Always growing, always making mistakes and always divine and deserving
I'm letting go of this cement block in my heart
That has kept me defended in some way
Blocked my ability to love me deeply
Which blocks my ability to love other people just as deeply
Which blocks my ability to let the universal love in
To feel how loved I am by the universe
Because I thought the universe judged me too
I'm open to letting go of that cement block
So I can feel with my heart open
All of the love pouring into me
And the love bursting out of me for myself
For the universe
For other people that I care about
For the Divine
I'm letting myself feel the warmth
The presence
The wisdom of my undefended heart
And I commit right now to see the love and divinity in myself
To see myself as so lovable
To look for pieces of me that are so loveable
And I commit to seeing it in other people
And when I see things I love in the world and in other people
In the entire universe
I open my arms with my open heart and I say, "Yes, I love that"
And as I love
I draw to me
I literally manifest more things to love
I commit right now to proactively looking for reasons to love myself
To proactively looking for things to love in this world
I commit to letting myself fall in love with everyday things in my life*



*Fall in love with my paycheck
Fall in love with what I just made for dinner
Fall in love with the beautiful blades of grass in my yard
Fall in love with other people
Their humor
Their craziness
Their brilliance
Their mistakes
I commit to letting myself fall more in love with life than I've ever been
And as I feel that
It is completely clear to me how much I deserve to feel that love
To express that love
To receive and let that love wash over me
And the entire universe and quantum field is listening
I deserve
I deserve
I deserve what my heart is wanting
And what my heart is wanting deserves me
I totally honor, love and accept myself*

Take a nice, deep breath. Great work!





Module 5

UNLEASHING 2ND CHAKRA
SEXUALITY ENERGY FOR CREATIVE
5TH CHAKRA POWER

(Special Note: Additional content throughout this chapter was provided by Lisa Campion, head teacher at the Rhys Thomas Institute of Energy Medicine)

As you may have noticed, we've spent a lot of time working with the second chakra. The hedonist shadow of your second chakra was really about bringing up your power, and now, we're going to focus on and delve more deeply into the dynamics of sexuality and power, primarily looking at how much of our power is repressed because it has a sexual channel to it.

Sexuality is one of those often neglected but very important topics. It's a huge force in our lives that we need to get really clear about, deal with and heal if we want to be powered up. Really owning your sexuality is a big part of being fabulously powerful.

Our life-force energy—which truly begins down in the first chakra with our raw will to live and our raw physical power and vitality—then moves up to the second chakra, where it just gets even juicier and richer! The second chakra life-force energy is an enormous source of our own vitality, our own passion, and our own mojo, if you will. If you were to braid together the energy threads of your raw, life-force energy, your sexuality, your creative power and your sensuality, you would get this rope, which is sort of what it looks like down there in the second chakra of our vitality. A huge problem is that so many people really, really repress this energy for a lot of different reasons. When you repress that energy, you end up with some big problems.

With a low life-force energy, you can experience a low libido or sex drive, feeling listless or tired, and sometimes people will describe themselves as simply lacking pleasure in their life, or not being able to hold creative energy. Other times, people will sort of feel dried-up and dusty. They just don't feel any sort of *juice* for living. It's really a shame because there's nothing wrong with that energy and we're continuously told that there IS something tremendously wrong with having that experience in life.

This work was personally very eye-opening for me because I, like many others, used to think of sexuality as a totally separate thing. I would think, "Oh, my sexuality is in this bucket over here that doesn't relate to anything else in my life. Maybe it affects my partner, or maybe I'm not in a relationship, but what does that have to do with anything else in my life?" So it was always something that was unrelated.



My mother always said, “Having good sex is essential to health.” It’s funny because I never really connected sex and health or believed that to be true. I would laugh and say, “Men would love us to believe that’s true, but how does it affect my health at all?” This can be an easy trap to fall into when you’re going for long periods of time without a sexual partner or have been with one partner for 25 years; that part of your mind that incorporates sexuality just kind of stops running. Sexuality is then something that happens only behind the bedroom door, having nothing to do with energy levels, health, mojo or creativity. This could not be further from reality!

An extremely important distinction to make is the difference between sexual energy and sexual activity. The ultimate goal here is for you to become full of this juicy, sexual energy that you can use and that you can channel to create anything you want in your life. You might choose to channel that into your monogamous relationship. You might choose to channel that into something highly creative or into your physical health. Sexual energy flowing unimpeded through your body does not necessarily mean that it’s going to translate into sexual activity.

I think this is why people are afraid to open up on this topic. They’re afraid that if they open up that channel, they’re going to become this uncontrolled, ravenous beast or nymphomaniac; but that’s not necessarily true and that’s not at all what I’m advocating. We’re essentially looking to have this free-flowing energy that can be put into anything you choose to do. It’s really important that whatever sexual activity you do, falls in line with your sexual integrity. If you’re in a committed, monogamous relationship, then that is what your sexual integrity should encompass. Or if you’re out dating and looking, how quickly you move and what happens on date number three or date number seven falls into your own, personal sexual integrity. It’s a very personal choice for people about what their rules are for their own sexual behavior. Opening up that energy current of sexuality does not mean that you’re going to act out or go against your morals.

Another very common fear for people is that if they let that sexual energy flow, they’re going to be targeted as a victim somehow. Many people have had an experience in which they’ve been targeted for their bright, charismatic, beautiful, flowing energy and they may harbor the fear of being attacked, being objectified, used or disempowered. It doesn’t have to go that way either. If you’re working with your boundary setting and your ability to say no, we always want to be really clear



that we're in control and in charge of how we're going to engage in that energy.

So this is the energy that we're dealing with, especially in terms of law of attraction and it can come across as charismatic, magnetic, and lively. It doesn't mean you're going to become a sex symbol over-night if you start doing this work. It doesn't need to translate that way.

A lot of our emotional wounding happens when we are young, which is often when we experiment with our sexuality; maybe we were just too wild and crazy. If you're doing this work now, it probably means you are not in that age bracket, but older, more mature and more experienced, which also means that you get to keep your entire base of experience, your integrity and the values and the morals that you have set for yourself as an adult man or woman. By talking about your sexuality, your fears and then letting your sexual energy flow, you're not going to suddenly regress or revert back to that wild eighteen year old that you once were. The true benefit comes from recognizing how you've repressed this sexual piece of your total energy because of long-held beliefs or something that happened when you were younger.

The objective here is to become *turned on by life*; turned on by being yourself; turned on by your goals; turned on by your projects; turned on about by being alive. Being alive is a giant turn on! Having a body and in it, that energy of being turned on by something, encompasses so much more than just a sexual connotation; it's attraction, excitement and incredible magnetism. That's the experience that you're hoping for when you're really allowing that unimpeded energy to flow.

I touched upon this in *Bringing Sexy Back*. Sexy is a feeling that is very different than saying, "I have self-esteem or I feel good about myself." When we have this feeling of being sexy, it's another whole level and it doesn't just mean sexual, it's a bigger vibe. It's like saying, "I'm happy and I'm content with life," versus, "I'm *turned on* by life." This is a much bigger step up in energy and passion.

There's some really interesting research around sexual appetite and productivity, too. If you look at the studies about this, they'll tell you that the most highly productive and creative people in the world have pretty strong sex drives. They are absolutely connected. Above all, repressing your sexuality is a huge block to your personal power.

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Repression of Sexuality

We're going to start by looking at, when you repress your sexuality, what is in that repression and where does it come from? What types of repression are there? Where do we block it?

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

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

Personally, I was raised Catholic. The condemnation of sexuality is the original sin that came from Eve and, according to Catholicism, there's no way I can rid myself of it. In my experience, it was pretty hammered into me from day one that I was a little sinner. One of the first things that I learned is that you have to do confession. Don't get me wrong, there are many beautiful things about the Catholic Church that I like, but even as a child I wondered why I needed to know some of these things, thinking, "How am I a sinner again? I haven't even done anything!" So there's definitely some programming there and it's not just the Catholic Church. I hate to beat up on them.

Practically every religion has its variation of that and so it isn't fair just to pick on the Catholics at all. But that's a good example of how this can be set into these sort of tribal beliefs. And what that does is it creates guilt, and guilt is the wound of the second chakra. Now, guilt is what happens when we're made to feel bad for meeting our own pleasure needs, and the second chakra is really geared towards, in



our sexuality, towards pleasure and pain.

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

Little children naturally know this. They just enjoy their bodies. You see little babies are playing with their toes. Their toes are the coolest thing in the world, and their genitals are too. Children have a very sort of rudimentary sexuality that's nowhere near like an adult sexuality, but it's just sort of this pleasure that they feel in having a body. Guilt is what happens when we are made to feel like that need for pleasure is really wrong and bad. Guilt is an incredibly repressive feeling. It just shuts down your sexuality in your second chakra like nothing else.

Sexual Trauma

So many people have some variation of trauma in their sexual life. It's sad to say, but probably more people than not have a variation of that in some way. Trauma is when we're sexually targeted in some way and this can happen in endless forms. But essentially, it means that we are exposed to inappropriate sexuality. It's important to distinguish that children cannot handle the adult version of sexuality which has a much more intense energy. Because sexuality has a lot to do with power and power dynamics, the sort of penetrative energy of adult sexuality just completely overwhelms a child's nervous system and creates tremendous damage in the whole being of that child, in their chakras and their energy field and nervous system.

It's really like a systemic overload. It can definitely be worked through and healed through. Plenty of people make it through childhood but are traumatized as adults. It's really important to address that and heal it so that you can reclaim your sexuality, which can be a long road for some people and difficult to do, that it's totally possible and absolutely worthwhile.



“Why is This Work Good for Me?”

I often get the question, “Well, if I have no one to be sexual with, why is this work good for me?” Even if you don’t have a partner in your life right now, or you’re in a relationship and it’s not very sexual lately—even if that isn’t going on in your life at this moment—to unleash some of that sexual energy that you have comes with a HUGE upside. This means letting that sexual energy flow, and not necessarily the sexual activity.

The upside is, when we let that energy flow up through the spine and it hits that second chakra, it’s designed to move up through the entire energy system. What you might feel is a rush of energy; that sort of turned on feeling we talked about; a surge of life-force energy; magnetic; charismatic. That energy could really be directed towards anything. It’s a feeling of being alive, feeling juicy, and having the energy to do whatever you want!

In the past, I’ve sent out a newsletter titled, “Be a Rock Star.” It focused on bringing up that excited, passionate, charismatic energy. Now, coincidentally rock stars are often known for their sexual promiscuity, so you can kind of see the connection in the shadow side.

This also brings up the fact that there are a lot of people in the public eye that we see who channel a heavy sexual energy in the negative shadow side. It’s in the same way that we can see really, really wealthy people doing bad things, being greedy and generally obnoxious! So there is a definite shadow side to this energy.

However, if you’re doing this work, you’re clearly someone who is committed to transformation, consciousness, and professional development. You are opening up to this kind of energy to integrate it into your life. You’re also aware that this energy is yours to use, but it doesn’t mean you’re going to turn into some kind of promiscuous, crazy rock star who is living from the lower self. It means you get this energy to use in your mission, in your life, in your money, in whatever it is that you are trying to magnetize, create, and attract in your life.

Now we’re going to get into some tapping. For this first round, I want you to close your eyes and tune into a dark, sexual fantasy that you have. Everyone has one.



Don't worry! You're going there within the safety of your own thoughts and mind. Nobody else knows what you're thinking. You're all alone. I can't see you. I can't even hear you. So go to that little fantasy that you know you have and just let yourself feel some of that guilt, shame, trauma, or fear that you have about it. I'm not talking about an event from the past. I'm talking about a sexual fantasy that you have because I'm going to talk after about the importance of that sexual fantasy. I want everyone to just really feel that shame and guilt. Tune into it as best you can and you can measure it, if you want, on a scale of 1 to 10. How highly do you rate those feelings associated with your sexual fantasy?

I'm going to use many triggering words—lots of shame, guilt, and disgust—to see if we can lighten up some of this darkness around the fact that we all have sexual fantasies that go through our mind.

Tapping Round 1

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

Oh my God
That's disgusting
I'm so ashamed
I'm afraid to picture it
No, no, no, no
I don't even want to admit I have this
It's shameful
It's dirty
It's gross
Maybe it's violent
It's a fantasy
And it pops in my head sometimes
And I kind of wish it wouldn't
I feel guilty
Embarrassed
Ashamed
And maybe even afraid

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I don't really want this fantasy
I don't even understand it
It's so far away from who I am
It's not even me
I would never want it to actually happen
I don't know why I think about it
But it kind of turns me on
And that is disgusting
I'm so ashamed
And I definitely learned that somewhere
I'm so ashamed of my sexuality
Of my fantasies
Of the thoughts that go through my head
They scare me
I like pretending that I don't have them
I don't want to look at them or talk about them
It's wrong
If I admit I have this
That makes me creepy
Dirty
Sinful
And I'm so ashamed of that
I'm so ashamed of the sexuality
I'm so ashamed of my sexual urges
I definitely have to repress them
I can't not repress them
Something bad would happen
And I'd feel humiliated
And justifiably shamed
I should feel guilty
It's disgusting



Take a nice, deep breath. When we find something in us that induces the feeling of shame, it's an overwhelmingly heavy, dark, and negative feeling. It's such self-hatred and self-rejection that when we find it, to actually tap on it and move the energy of that is incredibly powerful because it is so dark.

Of all of the emotions, I think shame is the most toxic because it is essentially hatred and rejection of yourself. With guilt, which is in the second chakra, we're told that what we did is bad; but shame says *who we are* is bad. We really internalize that and believe it and it is a very, very destructive emotion. So anything you can do to lighten up shame is really good.

Like it or not, we are sexual beings. Sexuality is innately part of us in every way. So we can't get away from it, and if we're taught that it's bad, then we'll feel shame about it.

Furthermore, when we repress it, it sort of sneaks out on its own anyway. Whenever we repress something or push it into our shadow, it really owns us from our subconscious. When we let our subconscious rule instead of making a conscious effort to own that part of ourselves, we can actually end up making an even bigger mess of our lives.

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

We see many examples of this in the media as well; people who have long histories of being extremely straight-laced and puritanical and, come to find out, they have some crazy sex closet in the back of their house and there are prostitutes running through their living room on a daily basis. We've seen that story play out a million times. That one person who is so puritanical but they've got this whole fetish or promiscuous side going on.

That's what typically happens when it just pops out in our shadow somewhere. The more rigid we try to be about it, the more it shows up. People have also said to me, "I had an affair and it was so unlike me. I never would do anything like that, and I can't believe that I'm still in it. It's still happening and I can't get out of it." So we can really start to live our life from that shadow place instead of owning our power in the light.



I want you to take a nice, deep breath. Before we do the next exercise with this fantasy, I want you to recheck and see how intense your reaction is when you picture that fantasy again. Now again, we're not reducing your reaction to it because we want it to come true or for you to go out and act on it, but I want you to just test on how intensely you need to push against it.

See if it's still really intense for you and that will indicate if you need to do some more tapping on that intensity before we move on to talk about the upside to having this fantasy. We really want to go into the next round with a bigger sense of calm, as that helps to instill the new thought process more effectively.

Like with any of this work, there is often a wide range of intensity and reactions as we move through the exercises and tapping rounds. Some people will become stuck on the idea of original sin, being unable to easily tap it away. Others will say that they love their fantasies and feel good about them. It really is very subjective and you want to focus on what process is best for you at this particular moment. Should you keep tapping on the intensity or move to the next round? You want to work on getting the whole picture of what you want, and not just one piece of it.

Because it is fairly common for the emotions to have gotten more intense, we're going to do another round of tapping on judgments about that fantasy.

Tapping Round Two

So tapping through the points again:

I totally judge this fantasy
And I judge myself for having it
My higher self says
No, no, no
Inappropriate
I should feel guilt
Don't I need to keep this?
Don't I need to have a governor?
Telling me what's right and wrong?



*This fantasy is wrong
 And gross
 And admitting it to myself
 Is humiliating enough
 I should feel shame
 And if anyone ever knew
 Oh my God
 They would see the evil in me
 The dark in me
 The twisted in me
 And they would turn their backs
 They would run the other way
 If I own this fantasy
 Even in the privacy of my mind
 There's just no way
 I can be okay with that
 If I own this fantasy
 That means
 I am evil
 I am twisted
 I can't live with it
 I can't say it's okay
 I refuse to own this fantasy side of me
 I refuse to own the sexual pleasure and fantasy
 That there is somehow pleasure for me in this fantasy
 Wrong, wrong, wrong
 Inappropriate
 Not who I want to be
 I refuse to own it*

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Take a nice deep breath. Sometimes when it gets more intense, we want to loudly refuse to let go of the guilt and the shame. Now I want you to answer this question: if even in the quietness of my mind I decide to own this fantasy, then what does that mean about me? If you decide to own this, then...fill in the blank. This is a great A-HAA moment to capture. What does it mean for you?



Often, our sexual fantasies are completely different than our realities. What I mean here is if we're really powerful in our life, the sexual fantasy is being tied up. If we're really submissive in our life, the sexual fantasy is seducing somebody else. It can be very different from any anything we'd want to actually happen. So what makes sexual fantasies so erotic and so exciting? What does it mean to really own that we have that? Does that mean we have to go to tell someone?

Well, you get brownie points if you do, but you surely don't have to! If you really want to become unrepressed, working with your sexual fantasies is one of the ways to do it. It's not the only way, but it's sort of a fun, easier, and an interesting way to do it. In general, what we fantasize about are the things we're not supposed to do. The things that are really taboo; the things that our tribe tells us are not okay. When those types of things are involved, that will be where you tighten up. That's where you restrict and that's where you repress.

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

So it's that edge that creates a lot of energy, a lot of sexual charge, and a lot of excitement and those fantasies are typically things that we wouldn't care to act out. It wouldn't be the same to act it out. But it can be beneficial to let those organic thoughts flow. There's no thought police here. There's nobody that's going to arrest you for the thoughts you're having. One of the ways you can really let that sexual energy flow through you without acting it out is to not repress what you're thinking.

A lot of the reason we might not even want to own that we have that fantasy is because it will come into our heads at particular times, like sometimes during sex when you're kind of unable to shut it off. It can be so different than how you normally think or so shocking that you would never want it to happen in real life. *Why do I even fantasize about it?* However, that's the exact reason it's your fantasy. It's naughty, it's bad, it's the opposite of you, and it's the way you would never



normally act that makes it so bad. It will encompass things that are taboo that you wouldn't normally do in regular life, and just recognizing that can be very helpful.

Our sexual appetites, if you just look at the raw form of them, are usually much bigger than what the rest of our chakras and the rest of our being is prepared to get behind. So sexual fantasy is sort of a way to discharge or to invite that energy into your life in a fairly harmless way.

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

If you can't share your fantasy with someone or your partner, for whatever reason, it's sort of the same thing as being attracted to somebody you feel you shouldn't be attracted to, or that it's inappropriate to be attracted to. A woman in the chakra school who is fairly repressed came up to me and said, "I'm having a really hard time with this because, as I open up my second chakra, I find I'm attracted to these people that are really inappropriate and that I shouldn't be attracted to." It was freaking her out. She had no idea what to do about that. So I taught her a method of clearing an attraction for an actual person through your energy field and the first thing you want to do is acknowledge that you feel that way.

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



I'll walk you more through that process in just a bit, but I want to get another round of tapping in to get you feeling better about the fantasy.

Okay, so I want you to tune back into your fantasy. Now, where do we want to take it from here? When we look at this fantasy, whether we know we could never share it with our partner, whether we don't have partner, or whether we could playfully talk about it—no matter what the scenario, how do we want to feel about that fantasy?

It's sort of about making peace with it and owning it. Also, feeling liberated because liberation is the opposite of repression. So, we're going to focus on feeling acceptance, liberation, a rush or a flow of energy through you, and feeling joy, even ecstasy that you can finally experience when you stop repressing.

Tapping Round Three

So tapping through the points:

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



*The taboo edge that's in my fantasy
Is there to create a charge
I have a lot of judgment about it
I'm open to just accepting it
As a trigger for a rush of energy
Awesome pleasurable energy
I kept a lid on it
I'm freeing it to run up through my system
This little fantasy
A two second thought
A three second picture in my mind
Creates such a charge in me
If I can let go of asking why
And judging it all the time
And my rules about this
I can let that charge free
It's my energy
I can let it turn me on
In my life
In my mission
Being alive
I'm open to freeing this energy
This charge of energy
That I get from the taboo
And letting it be an energy in my life
Maybe sexual
Maybe creative
But definitely attractive and magnetic
Definitely charismatic and mojo
I love that kind of energy
This is really new to me
But I'm just going to let it flow*

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Take a nice, deep breath.



Fantasy and Reality

A pretty common worry that people have when it comes to accepting or acknowledging their fantasies, is that it will somehow come true via the law of attraction, or visualization. I always use the slave girl example. *I don't actually want someone to capture me and treat me as a slave girl, so if I fantasize about that, what if it becomes reality?*

In actuality, the opposite is true. It's when we run that energy through our unconscious that we're much more likely to attract it—when it's under the pressure of the unconscious and the shadow. If it's energy that you're just playing with, you're not going to manifest it. You're not going to create it that way. You're much more likely to that from your subconscious.

When we are conscious and we look at that fantasy, we are able to see that just the taboo creates a charge in us. It's really about your body wanting to feel pleasure and feel good. The fantasy itself is really just an expression of that energy charge that allows you to feel good, or whatever emotion is in your fantasy: totally wanted, totally adored, more alive, more powerful, or more pleasure. Maybe even more intense pleasure.

So that's what you will really manifest more of, not the actual specifics in the story. You will manifest more of what you are consciously noticing that fantasy gives you.

The truth is, rape is probably one of the most popular fantasies on both sides of the fence—the rapist and being raped. This is because of the animal natures of our sexualities. There's an edge where sexuality can be this aggressive, power dynamic that can be very sexy when that's something that appeals to us. Again, it's much more likely to actually happen if the energy is un-owned and running through somebody's unconscious. When you consciously own that desire, you kind of redirect the charge out of it. It's much less likely that you will act on it when it's in the light than when it's floating around in somebody's subconscious.

This can be very difficult to talk about and that's why many people don't. We're talking about stuff that has a big charge for a lot of people. If you've been raped, it can be difficult and very charging to hear about people who have a rape fantasy.



At some level, there's some kind of a power struggle going on there; whether you're overpowering somebody else, or whether you're being overpowered.

This is where you really want to see the gift in this fantasy. There's a calling or a feeling in there, maybe a feeling of finally being vulnerable and helpless or finally being so powerful. You want to be able to look at that consciously and know it's a fantasy and that it runs some energy for you because there's something in there. There's some feeling that when you're in the most intimate, trusting, safe relationship with someone, that you want to explore your vulnerability in a deeper way. Or find a deeper way to explore your power and your dominance.

It's very similar to why we tap on the negative. You really call up, in an over-the-top way, the negative in order to clear it out. If the negatives exist, it's of zero use to you to deny that they do. It's the same with your fantasy: it's already there, whether you repress it or not. If you call it out and tap on it and clear the energy or own the energy that's there, it takes away the likelihood that you might be manifesting from an unconscious place.

The thing is, I'm not telling you to create a fantasy about a certain thing. This is your fantasy that already runs in you. When we exert a lot of energy trying not to think about the thing that runs in us, we have to repress it. These personal fantasies are already in there. You've already looked at it quite a few times in your head. That's why it's the first thing that popped into your mind when we did the tapping. So it's in there anyway and you want to clear the negative about it, to feel calmer about it so that it can be a lighter thing for you. So it's really about finding the core quality or the essence of the energy that you're *really* looking for by having that fantasy, and then that becomes the thing you seek to manifest on the light side.

Looking back at the two examples I briefly mentioned before, if you have to control everything in your life, it could come down to admitting that you might want to be dominated sexually and not be in control for that particular moment. On the other hand, if you don't play an empowering role in life, there might be part of you that wants to play out being more powerful and dominant. Those are the two extremes because they're two sides of the power at the second chakra.

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It becomes most beneficial when we can admit this to ourselves and say, "Okay,

there's a part of me that wants to play that out." Because there's actually a lot more at stake other than sexual gratification. Like I said before, it surpasses happiness and being content. It's about allowing yourself to be completely turned on by whatever TURNS you on, and that will ripple out into your life, your mission, and other people.

"This energy is charging through me now...I have more energy. I have more openness towards people. I have more openness about myself and that's very exciting 'cause it comes from seeing myself as very sexy."

As that positive energy of being turned on by life is finally properly directed, it starts to rise and move up through the other chakras and you experience it in an empowering way in all aspects of your life, not just sexuality.

"I had the most amazing day of just feeling...like I'm in love with myself... and I was so in that high. I was just so in love with life. I really felt vibrant and alive and happy. And I had a great lunch with a friend. And went and got my children, I was silly and just having a great time in my life and then I did feel like this total connection to myself, like just feeling that love with myself."

Physical Pain and Wounding Around Your Sexuality

Pain is a huge indicator that there is a block in your energy and a lot of times, people will feel hip pain or sciatic pain, which is located at the back of the second chakra. When that chakra is shut down or emotions of sexuality is repressed, it literally gets pressed flat and pushes energy out sideways into the hip joints.

"I've had spasms—really bad spasms hitting my body. I haven't had this in years. And they've been so intense, but as we were talking about all this, I just saw pain was like this girdle around me because it's all like in my butt and all around that whole area shooting down my legs."

So just take note and be aware of any pain or physical sensations that you experience, as they are often a direct indication of our energies.



If you're struggling a little bit, you might have some uncleared wounding that you still need to address. If you have wounding around your sexuality, this is going to be trickier for you to work through. You might have to go back, to the Bringing Sexy Back chapter, and really work through some of that wounding because it's very difficult to let our sexual energy flow when we made a vow never to do that because we might not be safe. So if this applies to you and you're feeling like you're not quite at this point yet, before you move on in the work, I recommend going back and dismantling that wounding piece by piece until you're feeling ready to start deepening your sexual energy.

So, if you are starting to feel better, like you're in a different place with this than when you first started this chapter, really feeling that sexual energy, I'm going to walk you through a visualization to take that sexual energy and move it up through our body and use it for different things, not just in the bedroom! Although, your partners might call and thank me later! This is what happens when we do second chakra weekend. They'll call and say, "I don't know what you did to my partner, but do it again!"

It's also something you can really hear when participants call in during workshops and classes. You can actually hear the excitement and passion in their voices. It's also an important distinction to make that passion and enthusiasm are very different. Passion is a lower chakra experience that has to do with our feelings and enthusiasm more of a mental, upper chakra experience. But you can feel and hear in their voices the passion they have for what they're talking about. That's the energy that I'm hoping that you will also find.

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

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Then, if you breathe it up into your second chakra, you'll really feel it mingling with the beginnings of sensuality and the currents of sexuality, and that will bring intense



pleasure. It can bring ecstasy. It can bring intense love and desire. Passion is just the best way I can put it. This intense passion for life. All those emotions come together into that braided rope of personal power that you can use for anything in life.

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

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

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

Now, I want you to imagine that you're looking at that same person through the eyes of your heart. Your heart is open, and you're viewing them through the eyes of your heart and you notice that they look different. They may have a different appearance. You may just feel differently about them. Sometimes when we look through the eyes of the heart at that person, our experience changes from a sort of lustiness or a sexual attraction, to more of a love or a reverence. Notice how it feels



to behold them, to honor them and to appreciate them from the heart space.

Then breathe up again. Breathe up your neck and into your head and blow that energy out of the top of your head, just like a fountain out of the top of your head. Take a few breaths breathing up through your feet all the way up through your pelvis, through your heart, through your head, and out the top of your head and this will really clear that energy.

As you connect with the upper chakras, look at that person again. Look at them through the crown of your head or through your third eye and you'll see them as a spiritual being. You may even see their soul or their spirit. Again, just appreciate them, behold them, and regard them from this place of deep spiritual knowing. That's how we transmute sexual energy.

Resistance

It's okay if you feel a little resistance to letting go of this sexual attraction. You might feel that part of you just doesn't want that. Maybe you've had an affair in the past, or something along those lines, and find it difficult to let go of the very strong attraction you have to this person. Try to think about it in a different way: you're not snuffing out the attraction you feel. It's more like taking the energy of that attraction and moving it up through the chakras; redirecting and reusing it elsewhere in your life.

Next, we're going to do a very similar process but using the fantasy that you came up with earlier. I'm going to show you how to take the charge from that fantasy and move that energy into other parts of your life, like your mission and your work.

Tune back into your fantasy. Begin to feel the charge that surrounds it. As you begin to play that movie in your mind, or you begin to feel the feelings that are associated with that, allow yourself to be stimulated, aroused, turned, on whatever happens to you when you think about that fantasy and notice exactly how you feel in your body. What are the body sensations? Do you feel a rush of energy? Do you feel tingling? Do you feel pulsing? Do you feel your heart beating faster? Notice if you feel it in a particular part of your body. Is it pelvic centered? Genital



centered? Is it more in your mind? Many people say that your mind is the biggest and strongest sex organ that you have!

Try to make the connection of where the energy is emanating inside your own body. When you make the conscious effort to remove your judgment and repression from your fantasy, you can feel that it is just raw, life force energy.

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

It's really effective to use your breath to move that energy. Try moving it around your body. If it's really concentrated in your genitals, try moving it up into your third chakra, which could really create action; or into your sixth chakra, which can really help you create a plan. Or, you may need to move it the other way. If it's really concentrated in your head, you may need to breathe down your body and bring it down into the lower chakras so you can create it. Use your breath to flow the energy to whatever part of your body feels as though it's lacking that passionate energy. Again, make that connection to whatever goal, vision, or dream you're trying to create. Notice how that feels. How does it feel to do that?

It can be such an eye-opening concept that you can take that sexual energy and move it and use it to be turned on about literally anything that you're doing or wanting to attract in your life. Think about how, when you're in a certain energetic vibe, you're in a powerfully magnetic place. You're letting that energy flow through whatever it is that you're picturing, desiring or wanting and that sends a direct message to the universe.

I picture being turned ON at my live event! I picture all of my excitement and my joy of inviting people to my live event. I'm so turned on about being at this event with this group of people that are going to arrive and show up, and everything we're going to create there together. I feel so passionate, it feels like I'm already there!



When it comes to the endless variety of reactions and feelings people have when working with their sexual fantasy specifically, I want you to at least have this one take-away: don't focus so much on the details of that fantasy, but the feeling, the energy and passion that it invokes within you. People will be afraid that embracing the fantasy means they will somehow ruin their life, or in the case of the rape fantasy, bring more rape into the world. Like I said before, if that's in your fantasy, you're looking for the emotional and energetic charge that it brings you; the fantasy is just a conduit for that feeling and the feeling is what you're going to attract with the law of attraction.

These are really powerful processes. Sometimes we need to sit with them for a minute. When you feel ready, one more round of tapping to bring together everything you've learned in this chapter.

Tapping Round 4

So just tapping through the points again:

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

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

Okay, take a nice deep breath.





Chapter 6

OPENING 6TH & 7TH CHAKRA
GUIDANCE AND GENIUS
THROUGH THE MAGICAL CHILD
ARCHETYPE

As we move up into working with the higher chakras, we're going to deal more with creativity and intuition. We're going to access these higher faculties that we have through what I like to call the "magical child." One of the archetypes that we all possess is an *inner child*; perhaps you have even heard of this, or done some inner child work. We're going to be doing a really interesting twist on that type of work. So let's get into it!

When you're operating from your analytical mind only, (the "inner manager," as I call it), you're all about tasks, execution and thinking logically and practically. Those are all fabulous faculties that you have, but there is another extremely important side to you that includes: your creativity, your intuition, your ability to believe, and to think almost naively, which is the way a child thinks. A child is in wonder about the world, has curiosity about what's going to happen next and holds the infinite possibility that dreams come true and that magic can happen. These are the features of your inner child that we're going to be channeling in this chapter.

The Child Paradigm

In order to work with the 6th and 7th chakras and the "magical child," we must briefly revisit the 1st chakra. So I want you to start thinking about the paradigm of a child and what you know about children. If a child does not feel safe, will he or she be a playful child? A creative child? Does that child even have time to think about playfulness, fun, wonder and joy? In reality, no, that child will not feel safe and playful because he or she is operating at the basic, survival level. Most of that child's body is running with anxiety, fear, maybe panic or terror about *just surviving*. Another instance to consider: say a child *has* been raised to feel safe, but he's trying to learn and play Little League baseball, but standing over him is his worst nightmare of a Little League coach, screaming at him every single time he's made a mistake, correcting him, yelling at him, telling him it's not right, it's not perfect, that it's just all wrong. How creative and playful can that child really be?

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So it's this image of the child that really lets us recognize these two particular forces that run inside of us: one is, do we feel safe at the most basic level and, secondly, what does our inner critic sound like? How strong is that inner, critical manager within us, who demands perfection and can be ruthlessly harsh to us?



Both of those things will cut-off your ability to be creative, and to really have moments of deep, congruent belief in infinite possibility; they cut-off our ability to be filled with wonder and awe. The presence of wonder and awe in our lives means that we're anticipating, expecting and *allowing* more of those same things, filled with wonder and awe, to show up in our life. The plan is to work with both of those aspects today, (feeling safe at the most basic level and the inner critic), so the effect of those things can be lightened to allow the magical child to come forward.

We're going to use a lot of imagination and metaphors as we work with the inner child. The reason we use these tools of imagination is because it's much more difficult for us to resist the work when we're using some sort of imagery, as opposed to speaking directly about or to the problem we're addressing. Creating and visualizing a particular image, in this case the magical child, will induce better results because it speaks to a deeper part of you: your subconscious.

You may have heard of *matrix reimprinting*, which is very similar to the classical inner child work that we learn during hypnosis training, for example. A lot of hypnotists learn inner child work but here, it's blended with tapping. So you will definitely see the parallel there.

Envisioning Your Inner Child

So here's where we start: I want you to take a nice, deep breath and close your eyes. I want you to imagine your mind painting a picture of you as a very young child, maybe around the age of 5 or 6, or maybe even 4. Just let your mind paint the picture of the age that it wants to show you. Imagine your mind showing this image to you just like a picture on a screen and that you can fill in more detail with imagination and scraps of memory. Maybe it feels like you're making it up, but fill in all the details, even see what you're wearing in that picture. I want you to see that little child there in their home, in the home that you grew up in, with the parents or caregivers are there in the background.

I want you to assess: does the child feel safe? What is their basic level of, 'I feel safe?' Just test that and measure it using the 1-10 scale. Do they feel safe at a 10? Do they feel safe at a 2? Depending on your childhood, there will always be a lot of



variation in those safety ratings. Some people will have trauma and abuse, and some people will have kind of a standard home life, and there will be just be a little bit of, “It wasn’t safe for me to be me.” So just measure that basic safety; how does the child feel about that? Is there a level of fear or anxiety? Is there a level of sadness?

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

So I want you to get a measurement on how safe it was to be you or if there was a level of criticism. Let it happen and unfold in the picture; maybe one or both parents were critical and watch that happen. Even if you did feel safe at first, what happens to the child when he or she is criticized?

We’re now going to do some tapping to try to take some of this emotion down. I’m going to use words that go from medium to extreme and it’s okay if the extreme words don’t resonate with you as much. We’re not going to instill anything by saying them. Tapping is a clearing technique and when we use over-the-top words, it can produce a deeper clearing effect. It will actually break any fear that you have. For instance, if you just have a little anxiety but you tap on panic, fear, life or death terror, it will actually clear that little bit of anxiety more quickly because it speaks to the unconscious mind in a more emotionally rich way.

We’re going to tap as though we’re voicing the child.

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Tapping Round One

So tapping through the points:



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

Take a nice deep breath. I want you to look at the child again and see how he or she looks now. Notice how intense the feeling was before and see if it's come down a little bit with the tapping.



Digging Deep

It can be difficult to pinpoint an exact scene from the past that may have led to the creation of a limiting belief. Even when imagining the inner child, memories can be blurry or it can be difficult to see the specific connection to what initially made one feel unsafe. However, a person will still resonate with how those past instances have unfolded to affect aspects of their adult life, much like this participant experienced:

“I grew up in a pretty average home with fairly supportive parents, so I was really trying to connect with that unsafe feeling as a child, but for me it came – it started coming more back to me as an adult, and what really struck me, which is where I got emotional, is when you were saying that it’s not safe to love or be in a relationship.”

Feeling unsafe as an adult really has a lot to do with sadness, which is about loss. She is unable to feel safe in love and relationships because she harbors a sadness for something she may have lost. If this resonates with you, keep tapping to honor that sadness. See if you can’t back-track and get to the bottom of what initially happened in your childhood to instill that thought pattern, belief or emotion. Also, look closely and examine: what exactly have you lost because of this belief?

“I’ve lost the ability to find a relationship, a loving partnership. I left my marriage, but I had an unhealthy relationship after that, and since then I just don’t seem to be able to allow love in again and that gets in the way of sending love and doing things with love.”

Being able to love is about trusting; not so much trusting somebody else, but trusting that you can handle having some vulnerability and setting boundaries when you need to. Having that vulnerability may even mean getting your heart broken and being about to handle it.

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Try to go more deeply when looking back at the image of your inner child. What do you see in there as far as relationships? Is there any feeling of unsafety or lack of trust around your primary relationships as a child? Maybe it’s not something someone did or said directly to you. Maybe it’s just a vague memory or feeling of being somehow unsafe:



“I remember being a young child around a toddler age and any time I was in a stroller, I felt unsafe. I felt like somebody might leave me, that I couldn’t see who was behind me, I couldn’t see who was pushing the stroller, and if the stroller stopped for a minute, I would turn around immediately to make sure somebody was still there because I felt unsafe.”

This is a great example because this participant doesn’t exactly recall any one event where she was left in a stroller, but just has that general feeling of being unsafe in the stroller at any given time. If you just have a generalized emotion like this, tune into that picture that your mind is picking up on and keep tapping on those feelings to lighten them. In this specific case, the image to tune into would be the little toddler in the stroller who, for some reason at that age, did not trust that her parents were running the show properly.

She felt she always had to be on guard. Maybe a sibling had pushed her in the stroller? I know that happened a lot with me. My sister thinks she pretty much raised me because we had eight children in our family. She always says, “I was the one pushing you in the stroller!”

Maybe for some reason the participant decided at that age, “I can’t really trust my parents on this one. They’re going to leave me somewhere,” and so she had to be hyper vigilant. Even at that young age, she realized, “I have got to be on this. I’ve got to watch. I’ve got to check. I’ve got to be hyper vigilant.” This will set her, or anyone, up to be a hyper vigilant adult, which means you’re always on guard. That child in the stroller is kind of where it all started.

Criticism

Being criticized as a child can have a very similar effect as feeling unsafe: both can make a child feel unwanted, unwelcome or unaccepted by his or her tribe.

When envisioning her inner child, this participant imagined herself as dirty and skinny while her mother held up an image of a child who looked very different:



“My mother had an image of what a perfect child would look like and she was kind of holding it up, like saying this is what you’re supposed to look like and not like you look...And so there was a lot of anxiety obviously not matching her desire of what I should look like so that I could be accepted.”

Even though she did not actually look like that skinny, dirty child she imagines and her mother never held up an image of that “perfect” child, the participant’s mind is revealing a piece of herself that is afraid to be that dirty, playful child for fear of criticism and rejection. To simplify, the wild child within her was never safe and that sentiment has carried on into adulthood.

Resistance

Sometimes, our bodies will put up a resistance to discovering what’s at the root of the feeling of being unsafe. Resistance is how our body *thinks* it’s protecting us from something. Resistance can also be a very physical experience, for example:

“I started hyperventilating in the middle of the tap when we were talking – it was about not being safe to show all of me and to be who I was, and I’m still feeling like really shaky over that. I’m feeling like kind of nervous about really getting to the bottom of it.”

What this participant experiences is what we call bioenergetics; it’s her body’s physical reaction to energy moving (or trying to move) within her. If you experience something similar to this, let your body shake. Let it move. Allow it to release that energy that’s literally stored in your nervous system.

This is a great example of why I go back to the first chakra at the end of this course, because we’ve already come through the lower chakras once and when we come back here the second time around, we’re able to process at a whole new level. The reason I have you look at the inner child is because, like I said in the beginning, most people will think, “That’s not really going to be my issue,” and then they get into the tapping and all of these deeply rooted issues are uncovered and let loose.

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"I can't remember very much of my childhood at all...I've been dealing with so many issues about feeling horrible about my creativity and just like...I [don't] have a right to be alive, so much of that has come up through this whole course."

When we have difficulty recalling from the past or remembering events and feelings from when we were children, it is often because there was at least a little bit of trauma there and we disassociated. When you disassociate, it means that your nervous system went into fight mode, not fight or *flight*, but an actual freeze response. This is a typical scenario where you might experience some of that body shaking or physical response when looking back and unearthing past events. Your memories might be very fuzzy or you may have been sort of numb a lot of the time, feeling distant from what was happening, which is a coping mechanism.

When we go back and begin to access some of that trauma, it can create that shaking, shuddering physical reaction within us and we might naturally try to tense against it, thinking, "Oh my god, I'm shaking. I've got to stop." Instead, try allowing that energy to move, asking, "What does my body want to do?" And let your body do it. There's an amazing neurosurgeon and author, Dr. Robert Scaer, who specializes in trauma, and he goes and speaks at EFT conferences because he's a huge believer in how tapping works in releasing a trauma response, releasing that freeze response that's literally frozen in your nervous system and in your tissue.

Normally, a child would be able to react to a trauma and release that response. For example, say a child almost got hit by a car but was saved just in time. That child would probably shake, cry and sob, maybe even kick and scream afterward having to be held and consoled by someone. This is a natural release of that fight or flight or freeze response.

So it's almost like as we access that trauma a little bit, you will start feeling that intensity. Maybe this is what you would have released as a child, but there was no one there for you while you cried and screamed? Maybe you held that in for fear of criticism? This ultimately means that this trauma is unprocessed; no one was there to hold you and tell you that it's okay, that you're safe and that you're loved.

Keeping that trauma buried in your nervous system without confronting it has been



serving to protect you, but without confronting it and letting it go, letting that long-held energy move, you cannot heal. If you find yourself coming up against any resistance to letting yourself discover what's at the root of your trauma, something your inner child is trying to tell you, tap on your words of resistance. Allow yourself to voice any fear that you're experiencing to finding out more. Use words like, "I don't even want to find out more. I'm afraid. I don't want to go there." This should actually help to neutralize those fears enough for you to go in and find what you need in order to heal that trauma.

Never be afraid to tap and refuse. *I don't want to feel this. I don't want to have this. I don't want to clear this. I just want to leave it be.* I want to you know that it's okay to do that; it's part of your healing and it's voicing what you're really feeling, which is resistance.

Okay, let's do some more tapping!

Tapping Round Two

Tapping through the points:

There I am as a child

I didn't feel very safe

I felt a lot of sadness

A lot of anxiety

Maybe even rage

Some part of me knew that it's not supposed to be this way

That I was losing every day

Losing my childhood

Losing being me

I lost being carefree and playful

I was too afraid

Too sad

Too shut down

Maybe even too angry

All that energy stuck in my body

I couldn't express any of it

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Still it's stuck in my nervous system
But I'm choosing now to start healing it
It was a long time ago and I actually survived
In the here and now I'm safe
My nervous system doesn't really know that
It gets triggered with intense energy
Both fear and anger trigger my nervous system and it started way back then
Sadness and loss trigger my nervous system and it started way back then
I honor this little child that I once was
I totally honor all the fear, sadness and anger he or she felt
It's okay
No one's really understood
But I understand now
All this old fear
Everything I lost
All the games I never got to play
All the things I never let myself believe in
All the carefree days I could've had
I honor the loss of them
The sadness
It happened to me
And I honor it
I honor and heal the past
And I'm letting my whole nervous system know that in this present moment
I'm okay
I'm all grown up and I'm safe
I'm safe right now in my body

Take a nice deep breath.

Engaging the Child

I want you to look at the child again and just notice how the picture may have shifted a little bit, and I want you to notice if the child is now aware that you are there, aware of you, seeing you there with her or him. I just want you to be there



with that child. I want to ask you: is there any reason in the world that if you had a child like that in your life, that you wouldn't be willing to give them a huge hug and tell them, "It's okay, I'm here for you, I'm going to keep you safe?" Could you do that for them, as if you were a wonderful auntie who came to visit for a few days? An auntie or an uncle that you wish you could have had in that situation?

So if that feels okay, I want you to go ahead and do that. I want you to be there with that child. I am going to lead you through some things you can say directly to the child. I want you to tap through the points, or tap on just one point as you say them, and they can be said in the quietness of your mind or you can voice them out loud. Sometimes I prefer to tap on only one point, such as the collar bone or the heart chakra point of the breast bone, which is right in the center of your breasts, in alignment with your nipples.

So if the child is not engaging with you as you're comforting them, it just means you have a little more tapping to do. You can still walk through the process with me now, but it'll be an even more intense and solid experience if you can get a little more tapping in so that your child's really engaging with you.

Tapping Round Three

Tapping on one point or through the points, I want you to say to the child:

I have something to tell you

It's really important and it's going to be the truth

Because I would never lie to you

The truth about you is that you are already perfect and lovable

Of course you are, you're just a child

Not because of anything you do

But because you were born that way

A miraculous piece of the divine

It's the truth

But your parents came into your life with their wounds and their pain

They couldn't give you what you wanted

Maybe they were harmful, but it never had anything to do with you

And you are an eternal soul

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*Which means you have always been safe
You are unending
You always will be safe and I'm going to be here now
I'm going to hug you, tell you it's okay
I'm going to keep you safe
I'm going to make it safe for you just with me here to be carefree
To be totally you
To feel safe
To play
To shine
Because I love you and I understand
I'm the only one who does*

If you found that was okay to say, take a nice deep breath.

For some people, saying these things to the child feels wonderful; others have a difficult time saying those words and that's okay. It just means more tapping is needed to get to that point of acceptance and openness between you and the child.

I want you to imagine that you could physically send the child love, instead of just through your words. Imagine that he or she can actually feel love coming from you like a beam of beautiful green heart chakra light, from your heart into theirs. Imagine that they can feel that love you're pouring into them. Typically, we can pour love into children so easily because they are right from the Divine. So let that light flow right into that child's heart and notice if they're receiving it willingly. Allow it to change from green to any color that seems important, any color that feels good to you.

How does that child look now and how does he or she feel? Does the child feel safe? If so, I want you to ask them, "What do you want me to know? What do you want the adult-you to be, to do? What do you need from me?" Really take note of the information he or she gives to you, because this is a profound message for you in your life right now. Sometimes it's so simple it seems crazy, and sometimes it's a completely unexpected message, but whatever it is, it is powerfully important to you.



Now, observe the child. Now that you've given them some safety and love, what is the child's first choice to do? What do they do? You just gave them permission to be totally themselves, to totally shine, to be totally free and playful. So I want you to notice what they do first and write down at least two aspects of your inner child when they feel totally free to play because you've made them safe.

As always, I want you to remember that everyone has had different levels of intensity and trauma in their childhood. If you're feeling unsure about your ability to break free of these memories, committing to tapping through it all and knowing it will take time can be powerful in itself. However, this is a situation where it will always prove beneficial to work with a coach. Not everyone can work through all of this on their own and a coach can be a huge facilitator to your progress.

So once you've shown your child that they're loved and it's okay to feel safe, what did he or she do next?

"The first thing she wanted to do was go out. She just kind of grabbed me by my hand and just left and just was skipping down the street and on the trolley we went and not knowing where we're going but she was very happy. I'm happy about that because I feel like that is that. I think maybe that's the beginning of getting back with my creative stuff."

This a great little metaphor for this process. This participant's inner child immediately wanted to jump on a trolley, not knowing at all where it would go. That is a metaphor for the participant welcoming back her own creativity.

Think about your own faculties that dictate how you need to know where you're going, how to get there and a mapped out plan to do so. Some of these are great, helpful faculties, but they tend to overpower our creative, magical side where it's okay, exciting even, to not know where something is going or leading you. The child happily getting on the trolley signifies the ability of the participant to allow that little piece of freedom to let go of all the variables to controlling the situation. There is no mapped course and that's alright. There's no mapped course to the flow of creativity.

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That's just a great little metaphor for allowing creativity; to just jump on, go into the



unknown without knowing why or when you're going to get there or where you're heading.

What's really cool about inner child work is that your mind is literally painting you a picture of so much important information. That's why I ask you to pay attention to how receptive the child is to your efforts; is the child even receiving from you or acknowledging you?

Some people will see that their child won't even look at them, might have a tantrum or act in an unexpected way:

"It was interesting when we did the first rounds of tapping, my child is like between 2 and 3, and she's just standing holding onto a coffee table and she's not – she's not doing anything. She's trying to figure out what she should be doing to – I think to make everybody else okay, and I can't even see my parents. And during any of this tapping nothing changed, no feeling, but when I started talking to her she started kicking me and hitting me, you know like coming after me. And I feel emotion about it now but I didn't when we were tapping, and –And then at the end she did at least come over and stand by me, and I could hug her but she's still not moving, you know and I think like several other people I don't, I think I'm – I am very sure I was dissociated most of growing up, 'cause I can remember clearly doing that."

In her particular scenario, this participant sees a couple different things here. She sees that even at that young age, her inner child had already decided to not have any needs because that wouldn't have been safe for her.

As she's trying to engage with the child, she's shown tantrum and attack. The child is putting up a wall. This is where it's important to seek out the judgment that is associated with the child's reaction. In this case, I would suggest looking at the picture of the child having a full-blown tantrum, and as an adult, maybe as the parent of the child, what would your feeling of judgment be about the child doing that?

If you inner child starts to have a tantrum, I suggest just letting the child have it



and being there for him or her through it all, just like you said you would. Let them kick. Let them scream. You can even tap and say things like, “She’s angry, she’s screaming, she’s yelling, she’s kicking at me,” and see how much anger and rage is in that child.

The tantrum could indicate that the child doesn’t trust you yet. The child would rather show how angry he or she is instead of people-pleasing, because by showing the real inner devil, he or she already suspects that you’re going to reject or abandon them, too. So allow them to act out the tantrum and just see what he or she comes to and does next.

The child will probably come out of the dissociated state. By coming out of the tantrum and acting differently, maybe looking around or coming to you in some way, this is your mind’s way of showing you that the child’s not as dissociated and starting to engage a little bit. The child becomes more present. It’s really cool how the mind will show us this picture and as we tap, it changes. So keep working with your inner child until you can really strengthen and open up the love connection between the two of you so that he or she trusts you.

The inner child is key to our present, adult life and our ability to be silly, childlike, joyful and to have fun. The closer you become to touching your soul, the more childlike you can behave as an adult in the most positive, wonderful, light sense of the word. Joy, curiosity and enthusiasm are all gifts from our inner child. Notice for how long yours may have been shut down.

The truth is, even the children of the Brady Bunch had their struggles! A family can be as perfect as it wants, but there’s always going to be something about that tribe that limits the child. Parents take up all the energetic space and they set all the rules. There will always be some aspect, small as it may be for some people, which can be freed in a bigger way.

Working with your inner child really allows you to get in touch with what limited you in your childhood and then somehow lived on into your adulthood. This is why it’s so important for you to pay close attention to how your child reacts as you’re imaging them; it will tell you so much about yourself.

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"I grew up in a family that was...I was well loved and my parents were demonstrable...There was no yelling, there was no, you know none of that that I can remember, but there was also withholding of anger, I think. You know it wasn't expressed. I have really discovered that through doing your work...distinguishing I am really sensitive, I am really emotional and I always have been. So that little person you know it could be one little moment, and there were little you know those moments where they were crushing to me. What I came to at the end there when you asked us what was our little-self doing after we'd – after I'd spoken my, you know, love and protection and safety, she was running in circles with her arms above her head, like thrilled."

This child's reaction is ecstatic. This is presumably because the participant was influenced to sort of suppress her emotions as a child, in the same way that her tribe was doing.

In this situation and if you experience something similar, I would suggest putting yourself back into that image of the child happily running around, with her hands in the air, feeling loved, protected and able to fully express herself; let her really open her mouth. Imagine her yelling with joy and listen to what she might say because that will really help you to open up your 5th chakra.

Furthermore, I would even recommend picking a time that you can actually reenact that as an adult! Actually reenact what your child is doing. I know it sounds crazy, but it's physical bioenergetics where you're putting your body in that state. It's opening up at that 5th chakra and that is really important for the charismatic leader quality, because it's a 5th chakra dominant profile. Just run around your house yelling, "I'm crazy, I'm wild, I'm screaming, I'm sensitive, I'm..." everything that you are and everything that the child wants you to express. Just let it fly!

Awakening the Magical Child

Now we're going to take all of this to another level. Before moving on, I want you to make sure your child is now in a happier state and so some of you will have a little more work to do. The child might be a little bit happy but not all the way there, and



that's okay, because you can go back and tap through again until you work through whatever's there. This next part works best if your child is feeling good, free and comfortable.

Here is what you should do: I want you to take note of some real specific aspects about your child now that they're feeling good that they're feeling free. So if they want to go get on a trolley and have no idea where they're going, what qualities would you mention about it, would you assign to that child? What would you say? Are they adventurous? Are they curious? Because these are aspects that you need to start owning more in your adult present life.

So tune in to your child again and just see them there feeling happy and free. If they ran out of the house and went somewhere or if they're playing, ask them to come on back just for a minute because something incredible is about to happen. I want you to take a look at this child and imagine that their energy, their light, their field, their full energy field becomes even fuller, and even richer. That beautiful bright white light fills their entire field, every rainbow of their chakra, and it takes them, their energy, their vibe, their shine, their divinity, up to another whole level.

That light could come from above them, from around them, from the ground, just let them fill with even more light. I want you to see how the child looks and watch, because the child is now going to shift. I want you to give your child permission to change into something more magical: an archetype, a mythical character, something from the Greeks, something from the Roman times, something from literature, something from fairy tales, a creature, an animal, a fairy, just let your child shift and become this magical archetypal creature. Just see what they've become.

Your mind is going to paint you a picture of the perfect archetype for you, even if it seems strange or confusing. Looking at your magical child as this new magical or mythical creature that he or she has turned into, write down at least two very specific aspects of this change. As the child became this archetype, notice how different his or her energy is; how full and rich it is. Maybe the energy is stronger, filled with more light or it's softer. These are additional aspects for you to start owning in your life right now.

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This magical child has an incredible 6th and 7th chakra, the connection to all

that is infinite, magical, possible, divine – magic and impossibility are already in this archetype. I want you to see how this magical child is your direct source to magic, miracles, to unbounded creativity, to joy, and to lightness of being. We get to creativity through the freedom to play, because it is in play that we are full of magic and wonderment.

Let's do one final round of tapping to help further instill this magical child archetype.

Tapping Round Four

Tapping through the points:

Here she is

Wow really amazing

I'm not sure what this means

I'm not sure this is real

This is my magical inner child

An archetype within me

With power that I've never seen or experienced

With abilities and aspects

Strengths that I've never even considered as being part of me

This is the part of me connected into magic

The miraculous magic that is the Divine

The unknown

Pure creative energy

It's amazing

How can this be in me?

It has so many gifts

Are those really gifts for me?

I don't see how I could own those gifts

I honor this magical child

This part of me that's been denied

My denied light

I honor this magical child

The part of me I've never set free

The part of me that would have ran the streets when I was a child



*In joyful playful creativity
But it was locked down
I'm glad it's not too late to own this beautiful archetype
My logical mind does not see how this can work
But I'm open to owning this archetype
This magical, mythical child in me
And all of the gifts it has for me*

Take a nice deep breath.





Tapping Round

TRANSCRIPTS
ONLY

Chapter 1

ROUND 1

There's my body

There it is

It's always been my body and there's always been things wrong with it

I learned when I was young to reject parts of my body

I came through only knowing acceptance of my body

Didn't even occur to me, my body just was part of me

But I quickly learned, and it was a shock, that bodies can let you down

That there was something wrong with my body

And that's been proven to me over and over

Because my body has let me down

It's really let me down

It's caused me pain, suffering, embarrassment, humiliation

I've been insulted, laughed at, talked about

And I criticize my body too

There's something just not good enough, just not perfect, not even close

It's not the body I really want

Why would I want to be super conscious of my physical body?

I don't want to be in this body

I don't really like it

It's let me down

It's caused me suffering

I've been at war with this body

I have hated this body

I've tried to negotiate with this body

I've tried to fix it, others have tried to fix it and I just can't get there

So many things wrong with my body, and some of them feel unforgiveable

Unforgiveable

The truth is I reject my body

I reject my physical body

I want to love it, I want to love myself, but it's hard to love my physical body

Why would I want to be more conscious of it?

I totally reject my physical body and I am right about this

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ROUND 2

*Maybe I feel a little better
Maybe I feel worse
This is awful
Tuning into my body is terrifying
I do not actually want to go there
It's reminding me that I don't feel safe at a core level
That I'm not in control at a core level
That I am vulnerable and weak at a very basic level
I don't want to feel that
This is terrible
It reminds me that I'm weak
That I'm vulnerable to the opinions and judgments of others
That I'm physically not capable of certain things
Not as strong as I want to be
Not as powerful as I want to be
Tuning into my body reminds me that I'm insecure
Totally insecure
And that I have a ball of shame that lives in me all the time
I am wired for fear, unsafety, and danger
And it's running in me all the time
I do not want to be in my body
I do not want to feel all this emotion, grief, pain, a lifetime of sadness
All focused on my body
If I let myself feel this, it could be a volcano, a river of tears, a river of sadness
An unending well of fear
I really don't want to feel all this
It's okay
It's just energy and it's moving, it's releasing, it's flowing
I've tightened up against it my whole life
My physical muscles have tried to contain it
My mind has been managing this, holding down the lid
I'm moving that energy, sadness, grief, disappointment, fear
It feels good to move that energy*



*I totally honor myself right now in this work that I'm doing
Because I'm never going to be the same
I'm never going to be the same after this moment
I'm moving this energy
It doesn't feel great, but every cell of my body is rejoicing right now
As I cry a river of tears, every cell in my body is rejoicing with lightness
Every cell in my body is being washed by that river
The truth is I'm alive
This is my body
I like being alive
I'm glad I have a body
I'm honoring that today at a very basic level
I honor my body
All this energy moving, I'm so open to lightening this up, letting this go
Releasing, unblocking and unwinding this flow of energy that's been stuck
Just letting it flow up and out from my entire energy field
My nervous system and every cell of my body releasing*



ROUND 3

All this intensity, wow!
My eyes are really opened right now to what I've been carrying in my body
What I've been blaming my body for
What I've been hating about myself
And it's not actually all of me
It's a piece of me
There is a part of me that runs this program
That runs this wounding
That runs this criticism of my body
It's like a record player
It's like a recording
It was created in the past
Other people put their voice on the recording
Situations added to it
I've never even really questioned this recording
This part of me that's like a recording
It's been running and I've assumed it was real
It was me
It was the truth
My eyes are opened now
I'm now observing that there's a part of me that actually made a vow
A vow around self-loathing, probably to protect myself
If I hate myself first
I'm less vulnerable
A part of me that made a vow to never forgive myself
Because I'm always broken, unfixable, not perfect
I'm observing this now and I'm seeing how often it runs
It's running a lot
It's been running like the truth
And I'm now seeing that it might not be the truth
That I might have a space here to make a choice
To make a choice around this tape recorder
As I observe it, it weakens
As I observe it, I become conscious
And in the gift of consciousness



*I can make a choice
The truth is, here in this moment
I have a beautiful red energy field
Beautiful red energy that flows up from the earth
I'm connected to this planet all the way to the core
It flows up and becomes my body, my first chakra
It's there
It's beautiful, it's powerful and in this present moment
I am not broken
I am completely safe
I am whole and I am alive
This beautiful red energy, my entire first chakra
Alive, vibrant, powerful
I honor my body
I have a lot of work to do here and I'm open to doing it
The truth is in the here and now I am a miracle
I am alive, I want to be alive and this is my body
I don't understand it, but it's perfect for me in this life
I'm open to feeling my body in a way I never have before
I'm open to feeling this swirling magnetic solid energy that makes up my body
Every cell in my body functioning miraculously
I'm open to feeling that
As I observe my negative tape recorder
I'm also going to observe my body
How it feels
The sensations, the energy, the messages
My body is always talking and I'm open to listening
I'm open to being alive and every cell in my body loves being alive
Every cell in my body is talking to me every day
And it's never the same thing twice
Because my body is new and fresh and alive in every moment*



Chapter 2

ROUND 1

There I am

I am so not sexy

Ohh noo

I am not sexy at all

I don't deserve to feel sexy

Look at me

Look at that body

I accept it a little more now, but it's not sexy

Sexy means something different

Perfect

And that's not me

I refuse to feel sexy

It's not right

It's not safe

Because of my body, I refuse to feel sexy

I can't, even if I wanted to

Society would agree with me

This is not a sexy body in front of me

I am so not sexy

Look at all the things wrong

I'm loveable, but with this body I can't be sexy

I can't carry that off

I'm not going to let myself feel that energy

Feel that flow of power

It's dangerous

It's inappropriate

It's a long gone part of my life, and I have really good reasons

I'm gross

Embarrassing

Not perfect

Ugly



*Not sexy at all
If I were to try to act sexy, that would be a joke
I refuse to let myself feel the fun, energetic feeling of sexy
That's not for me
And it doesn't even feel safe to talk about*

ROUND 2

*I'm really feeling this
I'm really feeling the resistance to it
Even starting to feel more sexy is triggering some resistance
If I let myself feel sexy, I do believe bad things will happen
There will be pain, rejection, humiliation, or physical attack
I will be used
And I made a vow to never let that happen
To never be vulnerable like that
To never carry power like this
This attractive power
This goddess, attractive energy
Because it will attract something negative
Something painful
Something shameful
I'm really feeling this resistance
It's dark
It's yucky
It's stuck in my second chakra
This vow to never use my powerful, magnetic, attractive energy
My pulling, and receiving, and allowing power
My brilliant, expanding, energetic power that is my sexy feeling
It's not safe
It's really scary, and I've attached so many beliefs to this
So many judgments about my body
So many judgments about when you can be sexy
And when you can't
And society agrees with me*

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*So many good reasons to not feel sexy
To not flow this energy
I won't do it
I won't do it
I refuse
I'm just going to honor that
I've put a lid on a volcano in my second chakra
The volcano of my life force energy
I've put a cork in it
It's still there, but the volcano is real
And I'm just going to honor that too
I'm open to healing all of these wounds at my second chakra
This entire part of my body that's been carrying these wounds and vows for me
I'm so open to healing it
Not sure yet what that will mean in my life
Maybe some baby steps, but I'm so open to healing it
I totally honor my second chakra
My sexuality
And my power*



ROUND 3

There I am

I totally honor that I'm more than medium

That I'm pretty fabulous

That I am sexy in my way

And that the truth is feeling sexy is a feeling that rises up inside of you

Lots of different people with lots of different body shapes feel sexy out there

Some of them are role models

So I'm just going to let myself feel totally sexy

Just for me right now

Fabulous, red carpet, sexy

I love that feeling

It's fun, it's silly, it's playful

It's kind of awesome

Powerful

Attracting

Sexy

I'm open to feeling that massive flow of energy

Owning my inner goddess

Or my inner god

Just for a minute letting myself feel it

The pure, sensual sensation of feeling so bad in my skin

Loving my bad self

Sexy, awesome, fabulous, standing on the red carpet

Oh yeah

That's me



ROUND 4

*Whoa, this doesn't feel good
I was feeling sexy, and fabulous
And now I'm pulling that back in
Pushing it down
Hiding some of that
I don't want that to flow
I don't even want to feel it
I'm going to come right back to medium
To one note, one color – boring
Smart, practical, effective
But not sexy
I'm pulling it all back in
I don't really want to give right now
I don't want to be taken advantage of
What if they take too much?
Want too much?
What if I can't say no?
What if they take my power?
What if they use me?
What if I don't really get what I want?
I'm pulling it back in
I don't feel safe with them here
I don't feel safe being seen like this
Powerful and sexy
I don't want to feel all this with them in the room
With them here, I'm vulnerable
I don't want to be vulnerable
I don't want a deeper level of intimacy
It's scary, it's not safe, and it comes down to a power struggle
It feels like a power struggle
And I've got to put up a wall to be safe
Where did all my sexy go?
I'm just going to honor and observe this
How differently my energy operates
How quickly I get triggered out of my power*



*Out of my sexuality
And the belief that I have that I will lose my choice
Lose my power
If I let myself feel sexy
I'm just going to honor this, and all of me
I honor my power
The energy field that surrounds me
The volcano of energy that's always blasting through me
That is my sexual energy
My life force energy
My passion
My desire
My sexuality
My power in doing things in this world
My power in attracting what I want
My power in receiving reward
And pleasure
And money
And attention
And affection
And adoration
This is the power at my second chakra
Expanding
And attracting
And receiving
And I totally honor it
When they came into the room
I pulled it all back in
Maybe I have some work to do in this relationship
But today I've seen how it limits my relationship
And it limits me
And my pleasure
And the reward, attention, and affection that I get to receive
I'm just going to honor all of this today
And I'm totally open to healing it for my highest good
My highest good*



*Just for me, my highest good
I do this for me, and my highest good
It may affect other people, but this is for me*



Chapter 3

ROUND 1

There they are
Ooh, they really frost me
Really annoy me
Look at them
So narcissistic
Self-absorbed
Flirting
Wanting attention
It's all about you, isn't it?
So entitled
How dare you?
I totally judge them
And I totally should
I am right about this
Lots of people would agree with me
They really disgust me
All flirting and seducing
All fun and party
All drugs and drinking, party party party
All sex
Sex and sexuality
All seduction
No morals
Using their body
Using their sexuality
Using their power to get what they want
Ugh
I totally judge you
I condemn you for being so selfish
So unconscious
So clueless about other people

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*So amoral
I would never be like that
I will never be anything like you
You're everything I can't stand
And I'm right about that
I judge you, I judge you, I judge you
And I feel good about judging you
I condemn you
There's nothing in me that looks anything like you
I totally reject and judge you
And your narcissistic, seductive ways
Your selfish, all about you ways
Your entitled ways
It's obnoxious, and I am so right about this
Truthfully, I'm a much better person*



ROUND 2

*There they are, and I still judge them
People like that really are a negative force in this world
It's hurt me in my life, and it's hurt a lot of people
People like that should be condemned
They should be fixed in some way or maybe they should just be fixed
They're over the top, attention-seeking
Sometimes they destroy marriages and families
I do judge them
I'm angry at them
When I see someone like that
Or I remember this person
I get so angry because not only are they totally immoral
But they're getting things
They're getting attention, and that's just wrong
They're getting loved by people, and that is just wrong
They're living a life of pleasure and spoils of the rich, and that is wrong
They're getting other people's partners
It's so wrong
I'm outraged
I don't want anything to do with this quality
I don't want anything to do with them
Maybe I was even like that once, and it really hurt people
Maybe it even hurt me
I refuse to see the light in this
There's no white side
I refuse to see the gift in this
They have no gift for me
I refuse to let this go
I'm going to hate this forever
I'm going to be a shining example of not this
And I'm going to make sure that I'm never like that
If somebody accuses me of being like that
Even a little bit
Selfish or narcissistic or wanting attention or flirty
That will really make me angry*

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*If someone suggests that I want things for me, me, me
Pleasure and fun and attention and sex
That will really make me angry
That will really push my buttons
I don't ever want to be like that*



ROUND 3

*I don't want to see this part of me
I feel all my judgment back again
I don't want to see this
There's no way I really have this part
If I do, I condemn it
Condemn it completely
It's amoral
It's over-sexualized
It's needy, attention-seeking
A narcissist, doesn't even care that much about other people
It's a part of me that's selfish
How dare you be so selfish?
How dare you put yourself first?
I totally reject you
Totally judge you and your entitlement
Your attention-seeking
Your desire for feeling power
It's disgusting
Over the top, and not very spiritual
Inappropriate, totally inappropriate
Disgusting
That part of me would embarrass me
Out of control
Doesn't worry about consequences
Just a total narcissist
A hedonist
I don't want anything to do with this part
If this part came up
If I let this part out of the locked box I keep it in
My life would probably be ruined
I don't trust it, and I shouldn't
I've met it before in me and that's why I locked it in a box
It's really hard to see this part of me
I really don't want to have a lower self*

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*I'd rather just be saintly and spiritual, a good person, appropriate
I really don't want to have this lower self*

ROUND 4

*I totally honor this archetype
This gift from my higher self of seeing the vision of this archetype or three or four of them
It's a little confusing
But I'm just going to own it
Feeling more confidence
More power
More seductive
I'm seducing the whole world
Powerful and confident
Strong, yet able to be vulnerable
Sexual
Hedonistic
Hot
Power
Power hungry
Even if it's just for a couple hours on a Saturday
Loving the adoration
Loving the feeling of entitlement
And doing it from my light, which means I'm conscious
I choose it
Sometimes I'm asking for all of my entitlements
And sometimes I'm serving
Because I honor the people I'm in relationship with
I honor the power of this archetype
The gift in it for me
Of owning my inner narcissist
My inner selfish side
My inner entitled side
My inner seductive side
My inner hedonist*



*My inner amoral side
Owning it with consciousness and with choice
When it's denied in my shadow
It plays out in the shadow
When I own it, when I honor it
It becomes light
It becomes something I can say
Laugh about
Ask for
Embody
In balance with all my other fabulous archetypes
With all my other fabulous qualities
I still get to be brilliantly intelligent
I still get to be saintly in some parts of my life
I still get to be an amazingly compassionate giver
I still get to be those things
But I also own the gifts of my hedonist
The beautiful gifts of this archetype
And all the things it's calling me to do in my life
Calling me to feel
Calling me to ask for
Calling me to have
Power
Pleasure
Sexuality
Adoration
Being served
And never feeling guilty because I know I'm entitled
I honor this non-dominating kind of power
This beautiful honoring kind of entitlement
I totally honor all of me right now*



Chapter 4

ROUND 1

*There I am making a huge mistake
Doing something awful
Something so stupid
So destructive
I do not forgive myself for this
Why would I forgive myself for this?
It caused so much pain
So much loss
I can't let it go
I think about it so often
Sometimes I imagine all the things I could have done better
God, why didn't I do it right?
If I had just done it better
If I had just seen what was happening
If I had only been strong enough, smart enough
But I wasn't
It's unforgiveable
Unforgiveable
I refuse to let this go
This is too big
Too bad
Too shocking
And it created too much loss and pain
Yes, there were other people involved but I blame me
I'm the one
I should have seen it coming
I should have known better
I should have been smarter
Stronger
More conscious
It's unforgivable and I am right about this*



*This is my story and I watch it over and over
And I wish I could change it
I wish I could go back in time and shake myself
“Wake up, what are you thinking?”
But I can’t
But I can call myself guilty a million times over
I can sentence myself to punishment a million times over
I can remind myself of this big piece of evidence a million times over
I refuse to forgive myself*



ROUND 2

*There I am
I feel a little bit of compassion
But what about the price I've paid
The loss
The suffering because of that mistake
I lost everything that day
I lost me that day
I lost something that was important to me
I lost a piece of me
I've really paid the price for this
I'd love to forgive myself but I don't know if I can
I don't know if I should
Don't I have to hold myself accountable?
I can't just let myself off the hook
I've got to hold myself to much higher standards
So I need to hold onto this blame to make sure I learn my lesson
So much pain and loss
So much suffering
I'd love to be more compassionate but it's just too big
It's too much
I'm too sad
I'm too angry at myself
And I totally judge myself
I was an idiot
I'd love to forgive myself but what about the price I've paid
And nobody understands
Nobody gets it
I need to hold onto this to make sure I learned my lesson*



ROUND 3

There I am

I'm just going to honor all the things that were going on in my life

It was actually a really hard time for me

And there's no real way I could have known better

There's no real way I could have figured it all out

There's no way I had the energy

The presence

The consciousness yet to be stronger

Better

Wiser

The truth is I was doing the best I knew how

I was doing the best I knew how

With everything going on in my life I was doing the best I knew how

I've been blaming myself for this for a long time

And I feel the sadness of that in my heart

And I'm open to releasing that

To healing that

To moving that energy

And letting that unforgiven vow just flow out of me

I'm open to releasing this unforgiven

This unforgivable

This 'should have known better'

And the 'I don't deserve' that comes with it

Because from this vow

I've manifested a whole bunch of justified punishment to fit my crime

I've manifested a whole bunch of pain to match my undeserving

And I'm so ready to let go of that life sentence

The truth is I did learn from that event

I did change

I learned something there

186 *I grew*

It was painful

But because that happened I've had growth in some way

I'm just going to honor that too

In the big picture I was doing the best I knew how



*And things unfolded exactly as they were meant to
And the truth is I did learn a lesson
Do I still need the punishment?
I'm so open to letting this unforgiven go*

ROUND 4

*Even though I've been holding out on myself
This event, like a cement room in my heart
Where I'm unforgivable
Which means I deserve punishment
I forgive myself today
I was doing my best
I've always been doing my best
In my imperfection I am divine and human
Always growing, always making mistakes and always divine and deserving
I'm letting go of this cement block in my heart
That has kept me defended in some way
Blocked my ability to love me deeply
Which blocks my ability to love other people just as deeply
Which blocks my ability to let the universal love in
To feel how loved I am by the universe
Because I thought the universe judged me too
I'm open to letting go of that cement block
So I can feel with my heart open
All of the love pouring into me
And the love bursting out of me for myself
For the universe
For other people that I care about
For the Divine
I'm letting myself feel the warmth
The presence
The wisdom of my undefended heart
And I commit right now to see the love and divinity in myself*



*To see myself as so lovable
To look for pieces of me that are so loveable
And I commit to seeing it in other people
And when I see things I love in the world and in other people
In the entire universe
I open my arms with my open heart and I say, "Yes, I love that"
And as I love
I draw to me
I literally manifest more things to love
I commit right now to proactively looking for reasons to love myself
To proactively looking for things to love in this world
I commit to letting myself fall in love with everyday things in my life
Fall in love with my paycheck
Fall in love with what I just made for dinner
Fall in love with the beautiful blades of grass in my yard
Fall in love with other people
Their humor
Their craziness
Their brilliance
Their mistakes
I commit to letting myself fall more in love with life than I've ever been
And as I feel that
It is completely clear to me how much I deserve to feel that love
To express that love
To receive and let that love wash over me
And the entire universe and quantum field is listening
I deserve
I deserve
I deserve what my heart is wanting
And what my heart is wanting deserves me
I totally honor, love and accept myself*



Chapter 5

ROUND 1

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



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



ROUND 2

*I totally judge this fantasy
And I judge myself for having it
My higher self says
No, no, no
Inappropriate
I should feel guilt
Don't I need to keep this?
Don't I need to have a governor?
Telling me what's right and wrong?
This fantasy is wrong
And gross
And admitting it to myself
Is humiliating enough
I should feel shame
And if anyone ever knew
Oh my God
They would see the evil in me
The dark in me
The twisted in me
And they would turn their backs
They would run the other way
If I own this fantasy
Even in the privacy of my mind
There's just no way
I can be okay with that
If I own this fantasy
That means
I am evil
I am twisted
I can't live with it
I can't say it's okay
I refuse to own this fantasy side of me
I refuse to own
The sexual pleasure and fantasy
That there is somehow pleasure for me in this fantasy*



*Wrong, wrong, wrong
Inappropriate
Not who I want to be
I refuse to own it*

ROUND 3

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

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



ROUND 4

*All this energy flowing in me
The passion is unbelievable
The charge is awesome
I feel electric
I feel magnetic
I feel powerful right now
Electricity is flowing through me
'Cause I am totally turned on by life
From this feeling
It even looks like anything is possible
My optimism right now is unbelievable
I'm looking at my goals
And things I want to attract
And things I want to do
And I'm feeling how much I want them
How much passion I really have
Desire that I have for these things
Desire to be the version of me
That's going after it
That's asking
That's receiving
I feel the pleasure in that
The pleasure in power
The pleasure in raw energy
The pleasure of being turned on
I have a lot of judgments to clear still
That's okay
But I totally honor this feeling
This sexual energy
Flowing through my body
Liberating me
Liberating a bigger charge
Of my big energy
I don't want to put a lid on any of my energy
I respect and honor my energy*



My integrity

My humanity

And my sexuality

I honor all of me

And I'm grateful for this awesome energy charge



Chapter 6

ROUND 1

I'm afraid

I'm scared

I don't feel safe

It's not safe here for me

Why am I even with this family?

This isn't how it's supposed to be

I don't feel safe

I'm scared, terrified, afraid all the time

I never feel sure

I'm not physically safe

I'm not emotionally safe

It's not safe to be me

I worry that they don't really want me here

I worry that I can't survive here

I worry I'm not meant to be in this family

I need this family to survive, but there's something off

They criticize me

They only want to see pieces of me

They don't want to see all of me

Not all of me is accepted here

I don't feel safe

I'm afraid, terrified, anxious

It is not safe here, and I'm going to remember this for a long time

My family's not safe

That must mean the world's not safe

Love isn't safe

Relationships aren't safe

196 *It's not even safe to trust*

I'm not safe



ROUND 2

*There I am as a child
I didn't feel very safe
I felt a lot of sadness
A lot of anxiety
Maybe even rage
Some part of me knew that it's not supposed to be this way
That I was losing every day
Losing my childhood
Losing being me
I lost being carefree and playful
I was too afraid
Too sad
Too shut down
Maybe even too angry
All that energy stuck in my body
I couldn't express any of it
Still it's stuck in my nervous system
But I'm choosing now to start healing it
It was a long time ago and I actually survived
In the here and now I'm safe
My nervous system doesn't really know that
It gets triggered with intense energy
Both fear and anger trigger my nervous system and it started way back then
Sadness and loss trigger my nervous system and it started way back then
I honor this little child that I once was
I totally honor all the fear, sadness and anger he or she felt
It's okay
No one's really understood
But I understand now
All this old fear
Everything I lost
All the games I never got to play
All the things I never let myself believe in
All the carefree days I could've had
I honor the loss of them*



*The sadness
It happened to me
And I honor it
I honor and heal the past
And I'm letting my whole nervous system know that in this present moment
I'm okay
I'm all grown up and I'm safe
I'm safe right now in my body*

ROUND 3

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



ROUND 4

*Here she is
Wow really amazing
I'm not sure what this means
I'm not sure this is real
This is my magical inner child
An archetype within me
With power that I've never seen or experienced
With abilities and aspects
Strengths that I've never even considered as being part of me
This is the part of me connected into magic
The miraculous magic that is the Divine
The unknown
Pure creative energy
It's amazing
How can this be in me?
It has so many gifts
Are those really gifts for me?
I don't see how I could own those gifts
I honor this magical child
This part of me that's been denied
My denied light
I honor this magical child
The part of me I've never set free
The part of me that would have ran the streets when I was a child
In joyful playful creativity
But it was locked down
I'm glad it's not too late to own this beautiful archetype
My logical mind does not see how this can work
But I'm open to owning this archetype
This magical, mythical child in me
And all of the gifts it has for me*





ADDITIONAL BONUS ROUND OF TAPPING *from Margaret*

Here is a hearty bonus round that will help you focus on asking for the outrageous. It will help you integrate all that you've learned in this course and it will summarize many common thoughts and feelings that arise when moving forward with this work.

Tapping through the points:

*It feels like I have so far to go
And it feels like it's all uphill
And it feels like I'm taking steps backwards
I take a step forward and then I slide backwards
This is really hard
Empowerment is really hard
Consciousness is harder than I thought
I'm just going to honor that
I'm asking a lot of myself in this
In the growth I've had so far
And in the huge outrageous goals I'm setting
I'm asking a lot of myself in this
So I'm just going to honor myself for a minute
Where I am right now*

*I'm human
So at some level I'm stuck
I'm overwhelmed
I'm terrified
I'm a chicken
I'm insecure
I'm disillusioned
I'm angry at the world*



*And I'm sad
I'm all those things because I'm human
And I also am amazing
Am really smart
I have a really big heart
And I do have dreams
I have fantasies, dreams, and visions about where I want to go
Some are fleeting and some stick to me
Dreams, visions, and goals that stick to me like glue
I can't seem to get rid of them
I totally honor that too*

*In this present moment
I am both a mess and a miracle
I am both my wounds and my power
I am everything I have been
And I am standing on the precipice of everything I will be
It's kind of awesome
It's a big responsibility
Everyone else I see is going through life sleepwalking
But now I'm aware of all of this
It's awesome, and an awesome responsibility
I have so much freedom of choice that it's scary
It's hard to leave sleepwalking
I honor who I am right now with all my wounds
All my limiting beliefs
And all my vision
All my dreams
All my heart's desires
And my mission
I honor all of me
And I'm open to moving forward towards outrageous healing
Outrageous choice
Outrageous goals
And I'm going to need some support along the way*



*I'm doing my own work here, universe
This is hard and I'm doing it
So I'm asking for support back from the entire universe
The divine
I would like some inspiration
I would like some validation
I would like some confirmation
That would be really nice
I would love some divine direction
I would love amazing people to show up to help me
I would like people to say things to me that give me jewels
Even when they don't realize it
I would like gold to arise in my life in any form that's right for me
Inspiration, ideas, coincidences, miracles, amazing people
I'm open and allowing everything I need to show up
To both support my humanity and further my vision
To both help me heal, help me step up, help me have courage
And help me manifest everything I am envisioning*

*I am so open to help with that
And I'm open to expecting and anticipating that help
My eyes are opening wider
I'm scanning the horizon for anything or anyone that looks like gold
That looks like help
That looks like the next step to my outrageous dream
And I'm scanning within me and I'm listening and I'm feeling for the gold in me
The courage
The brilliance
The enthusiasm
The words
The vision for my outrageous goal*

*I totally honor who I am
All of my goals and dreams
And I thank the Universe in advance for the amazing resources that are already coming
my way*



I can't wait to say, "Holy cow, this is amazing!"

I can't wait to say thank you over and over

I can't wait to watch the unfolding of my power

My humanity

And my outrageous dreams!



ABOUT *Margaret M. Lynch*



Heralded as “The Tapping for Money Rock Star” Margaret M. Lynch has x-ray vision for seeing the fears and limiting beliefs that keep success minded people limited in their money and personal power. An accomplished Success Coach, author and top Emotional Freedom Technique (“Tapping”) expert , Margaret delivers high-impact transformation that clears the inner blocks to wealth and success and creates the “on-fire enthusiasm and charisma” that is key to skyrocketing wealth.

After 18 years of engineering management and winning top sales awards at Fortune 500 companies, she left corporate America and to live her passion. She brings her transformational work to thousands of people from all over the globe through her wildly popular teleclasses programs, live events and as a frequent expert guest on radio and success focused events and summits.

Margaret is the author of the highly acclaimed books and tapping programs “The 7 Levels of Wealth Manifestation” and “Secret of Intentional Wealth” and creator of the “The 7 Levels of Miracles” and “Powerful, Passionate & Fabulous”. She blends her unique approach to tapping with the groundbreaking of teachings of the chakras from her partner Rhys Thomas.

