

# Powerful Passionate & Fabulous™ with Margaret M. Lynch

## Program Overview

### Preparatory Module: What is your Life Purpose Profile®?

Listen to Rhys Method Profiles Foundational Class to identify and understand your Profile, your life purpose, your “defense, AND your most dominant chakra.

**\*Bonus Chakra-Toned Crystal Bowl Meditation™ #1: Full Energetic Balance**

### Module 1: Presence and Power in Your 1st Chakra

WHY? Your body is your foundation of power AND the base of your magnetic ability! With a strong first chakra you have a powerful presence and easily manifest and magnetize physical resources, wealth and organization.

Transformational Process: Healing trauma and any level of self-rejection or disappointment at your physical body level. Learning how to bring the magnetic red energy of the 1<sup>st</sup> chakra up

Transformational Benefit:

- 1) Take a quantum leap in feeling grounded and safe,
- 2) Experience the centered oneness and energy of deep love and acceptance at the physical level
- 3) Feel the actual energy in your body of physical manifestation and magnetic attraction.

## \*Bonus Chakra-Toned Crystal Bowl Meditation™#2: Grounding and Physical Manifestation

### Module 2: Raw Life force Energy of Your 2<sup>nd</sup> Chakra (We're Bringing Sexy Back)

WHY? Your Second chakra is where personal power, money and sexuality all connect energetically. With a strong 2<sup>nd</sup> chakra you channel more raw life force energy into your life that will be felt as personal power, passion, charisma, creative ability and sexuality.

Transformational Process: Healing the vow to never be vulnerable or carry a high level of power due to safety, vulnerability, and self-judgment issues around “sexy”.

Transformational Benefit:

- 1) Experience the massive charge of more raw life force energy flowing through your 2<sup>nd</sup> chakra.
- 2) Carry more personal power, charisma and personal magnetism through owning your goddess/god energy.
- 3) Ask for and let in more love and intimacy and in your relationships and set better boundaries
- 4) Allow your heart, caring and heartfelt intention to be felt by others

## \*Bonus Chakra-Toned Crystal Bowl Meditation™ #3: Extended 2<sup>nd</sup> Chakra tone

### Module 3: Healing the Shadow of Your Goddess Power – 2<sup>nd</sup> & 3<sup>rd</sup> Chakra

WHY? The massive energy of the 2<sup>nd</sup> chakra flows up to the 3<sup>rd</sup> chakra where you embody the true powerful YOU and take action from your real power, desire and needs. With a strong 2<sup>nd</sup> and 3<sup>rd</sup> chakra, you stand in

your truth, ask more boldly and take action with passion and charisma to create your desires.

Transformational Process: The “Shadow Effect” inspired shadow-work on your Goddess/Hedonist archetype to clear the 3<sup>rd</sup> chakra judgment and vows against carrying more power and having real needs.

Transformational Benefit:

- 1) Experience the startling freedom and gifts of your Goddess/God archetype
- 2) Indisputable clarity about your true desire and need for love, pleasure, life balance and carrying your own power.
- 3) Access to bolder, Rock Star quality of charisma and presence whenever needed

**\*Bonus Chakra-Toned Crystal Bowl Meditation™ #4: Self Esteem and Inner Power**

## Module 4: Healing the Concrete Heart Wall of Your 4<sup>th</sup> Chakra

WHY? Your 4<sup>th</sup> chakra is your seat of wisdom, universal love and ability to see the divine in yourself, everyone else. With an open 4<sup>th</sup> chakra, you experience yourself and everything and everyone as they truly are, beautiful, perfection and infinitely lovable. People around you will shift from their dark to their light just by being in your presence.

Transformational Process: Healing the heart-pain of the “thing that broke your heart” and vows to never forgive yourself, never be vulnerable again and guard your heart.

Transformational Benefit:

- 1) Experience magnificent warmth and “field presence” of the undefended heart that loves!
- 2) Live in the expanded, amazing freedom of true self-acceptance (and freedom from the ruthless inner critic.)

- 3) See the pure divinity of yourself and others while being a healing force through just your presence.

**\*Bonus Chakra-Toned Crystal Bowl Meditation™ #5: Universal Love**

## Module 5: Unleashing 2<sup>nd</sup> Chakra Sexuality Energy for Creative 5<sup>th</sup> Chakra Power

\*with guest teacher Lisa Campion from the Rhys Thomas Institute of Energy Medicine

WHY? Sexual energy is the raw life force energy of creation, passion, energy and vitality. When we channel our sexual energy we are vibrant, energized and glow with life, creativity and passion.

Transformational Process: Healing guilt, repression and trauma around sexuality and reinterpreting the “taboo edge”.

Transformational Benefit:

- 1) Experience the tidal wave of raw life force energy that is sexual energy
- 2) Learn how to channel sexual energy to be creative energy, artistic expression or pure action and attraction
- 3) Invigorate the fires of your committed relationship with greater intimacy, attraction and pleasure.

**\*Bonus Chakra-Toned Crystal Bowl Meditation™ #6: Touching Your Life Purpose**

## Module 6: Opening 6<sup>th</sup> & 7<sup>th</sup> Chakra Guidance and Genius through the Magical Child Archetype

WHY? Our 6<sup>th</sup> & 7<sup>th</sup> chakras together are our connection to the divine, unlimited genius, psychic vision and inner guidance. When the 6<sup>th</sup> & 7<sup>th</sup> chakras are open, we have access to our most powerful inner knowing of what direction to go, genius ideas, creativity and deepest, personal

connection to the divine and all expanded consciousness of pure infinite possibility.

Transformational Process: Healing the wounded inner child and denied magical child/playful soul to allow our most powerful creative, connected archetype to emerge.

Transformational Benefit:

- 1) Discover your pathway and calling to directly access to your intuitive/creative spirit.
- 2) Clarify exactly what you need to be in your most creative, connected state and how to shift into it.
- 3) Experience the power of meeting a huge inner Archetype and learn how to channel that energy when you need to.

**\*Bonus Chakra-Toned Crystal Bowl Meditation™ #7: Awakening Spiritual Guidance and Intuition.**