

THIS WILL *Rock* YOUR WORLD.

This Getting Started Guide will give you tips on how to get the most out of this amazing program!

In all of these classes, you have an incredible opportunity because you are getting access to the VERY BEST OF Margaret's teachings! Sometimes these teachings might hit you like a ton of bricks and you will totally get it. Other times the teaching is more subtle and your "ah ha" moment will come a little later. As a lover of Margaret's work and also someone whose life has changed because of it, here are some tips to squeezing every drop of transformation out of this program. That is what I want for you, it is what Margaret wants for you. We promise to show you the way...it is up to you to say "Yes" with courage and take the steps we have laid out for you. Miracles are opening up for you in this moment.

1. To get the most bang for your buck and to absorb as much value as you can from this program, listen to the recordings as if Margaret is talking directly to you. It might be tempting to tune out a bit when you hear Margaret addressing someone who has just given feedback in the recording. It is easy to allow your mind to wander when you think something doesn't apply to you. But I challenge you to hear it as if she just stepped into your room and is looking directly into your eyes talking to you (haha, if you are listening to these in your PJ's I swear she cannot see anything!). The insight and brilliance that Margaret shares is typically universal so it is not only for the person who she is responding to but it is for YOU too. Each piece of this program has been placed here purposefully, to offer you the greatest impact and transformation. We do not take this lightly and neither should you. A powerful question you can ask yourself is "How does this apply to me?" even when you are positive it does not. Ask yourself the question anyway. When you don't think it applies to you, you are closing yourself off from a potential mega discovery that comes with patience and compassion. If you ask "How does this apply to me?" you leave yourself open to amazing insight, possibilities, and an opportunity for deep healing.

2. Give yourself time as you go through the program. Similar to the process of giving up smoking, you must re-pattern your nervous system and it takes time! As you become conscious of your vows and your wounds, tapping is an incredible modality that literally works on the nervous system to rewire it. You will actually re-pattern the fight or flight response by tapping. Using your 5th chakra to voice what you are feeling while tapping, allows you to use this powerful channel of healing and you will begin to release the hold the vow has had on you. Give it time and do not underestimate the insights you receive while working through these processes. You can keep a notebook to chart your progress so you can see for yourself the changes you are making over time. This will be evidence of how this work is truly transforming your power, energy, money and relationships.

3. As one of your incredible bonuses, you have access to the Rhys Thomas Crystal Bowl healing recordings. Each one can be used as a meditation at any time so you can start to tune into how your body feels in a powerful state. You will also hear Margaret recommend the crystal bowls throughout this program. They are a powerful tool for you to use and a perfect compliment to Margaret's teachings.

4. Reach out for support! This work is deep and we would recommend that you do not isolate and do it alone. You have so many resources at your fingertips. The Sgrouples group has been set up so that you can communicate with other members of this tribe and ask questions, report progress and successes and even share your struggles with like-minded people that will be there to cheer you on. They are your tribe, they will get it! This journey was not meant to be done alone. Also, you have access to calls with a Rock Star coach two (2) times a month. Get your questions answered, get customized tapping and receive support on a live call. This is a valuable resource so make sure you take advantage of it!

5. Each and every follow up email that you receive from Margaret and I is meant to take you deeper through this process. We might choose to highlight a specific aspect from the class or ask you to look again at the shadow you worked on. Sometimes we support you with more tapping or share our stories so that you can see how we have worked through the material. So please make sure to add support@margaretmlynch.com to your contacts so that you can receive this incredible part of the training program. They will be automatically sent to your email inbox (but check your spam or trash if you are not receiving these gems).

6. Why can't I access all the audios at once? Remember, this program has been specifically crafted so that you get direct step by step attention and clearing of each chakra. We specifically customized this program so that you will move strategically through the vows and different blocks allowing you the deepest transformation.

7. If you need a refresher on the tapping points or process, please watch Margaret's How To Tap video here: <https://www.youtube.com/watch?v=9VpeAAk9qhA>

8. Each class is transcribed so you can easily access the tapping scripts and tap again any time you need to. You can even read a section at your convenience.

It is time to Unleash Your inner Rock Star,
BETHANEY & MARGARET