

From the Author of "The Secret of Intentional Wealth"

THE **7** LEVELS OF WEALTH MANIFESTATION



Harness the Power of Tapping and the Chakras
to Unleash Your Brilliance

MARGARET M. LYNCH *with* RHYS THOMAS

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WEALTH
MANIFESTATION

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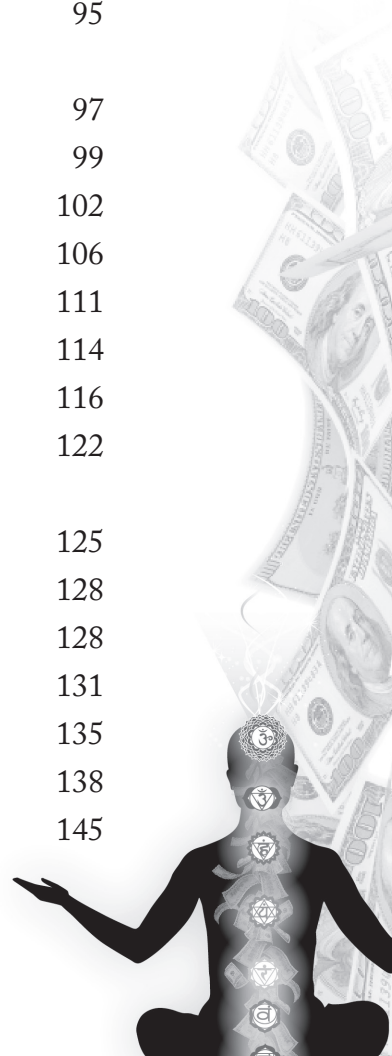


TABLE OF CONTENTS

Welcome & Background	7
Chapter 1: Introduction to Tapping, Chakras and Negative Vows	11
What is Tapping?	12
What is a Vow?	14
Why is it Important to Tap on Our Negative Vows?	16
What are the Chakras?	16
Your Seven Chakra Levels	18
Chapter 2: The First Chakra	21
Why Clearing Lower Chakra Issues is Vital to Your Life	23
Common First Chakra Vows	24
First Chakra – Exercise 1	24
First Chakra – Tapping Round 1	27
First Chakra – Tapping Round 2	29
Your Life Purpose is to Surpass Your Tribe	31
First Chakra – Exercise 2	33
First Chakra – Tapping Round 3	34
First Chakra – Tapping Round 4	36
First Chakra – Exercise 3	38
Before Moving to Chapter 3	42
Chapter 3: The Second Chakra	43
Second Chakra Connection of Money, Sex and Control	46
Second Chakra Control Issues and the Rhys Thomas®	
Personality Profiles	47
Common Second Chakra Vows	47
Second Chakra – Exercise 1	48
Second Chakra – Tapping Round 1	51
Second Chakra – Tapping Round 2	55
Second Chakra – Exercise 2	57
Second Chakra – Tapping Round 3	58



Second Chakra – Exercise 3	61
Second Chakra – Exercise 4	62
Second Chakra – Tapping Round 4	63
Second Chakra – Exercise 5	65
Second Chakra – Tapping Round 5	65
Second Chakra Practice	69
Chapter 4: The Third Chakra	71
Common Third Chakra Vows	73
Third Chakra – Exercise 1	77
Third Chakra – Tapping Round 1	77
Third Chakra – Tapping Round 2	79
Third Chakra – Exercise 2	84
Third Chakra – Tapping Round 3	86
Third Chakra – Tapping Round 4	89
Third Chakra – Exercise 3	91
Discovering Who I Am Everyday	92
Third Chakra – Tapping Round 5	93
Third Chakra Practice	95
Chapter 5: The Fourth Chakra	97
Vows and Wounds of the Fourth Chakra	99
Fourth Chakra – Exercise 1	102
Fourth Chakra – Tapping Round 1	106
Fourth Chakra – Tapping Round 2	111
Fourth Chakra – Tapping Round 3	114
Fourth Chakra – Tapping Round 4	116
Fourth Chakra Practice	122
Chapter 6: The Fifth Chakra	125
Fifth Chakra Vows	128
Fifth Chakra – Exercise 1	128
Fifth Chakra – Tapping Round 1	131
Fifth Chakra – Exercise 2	135
Fifth Chakra – Tapping Round 2	138
Fifth Chakra – Tapping Round 3	145



Fifth Chakra – Tapping Round 4	151
Fifth Chakra Practice	153
Chapter 7: The Sixth and The Seventh Chakras	155
The Sixth Chakra	156
The Seventh Chakra	157
Vows of the Sixth and Seventh Chakras	158
Sixth Chakra – Exercise 1	159
Sixth and Seventh Chakra – Tapping Round 1	164
Seventh Chakra – Tapping Round 2	167
Sixth and Seventh Chakra – Tapping Round 3	174
Sixth and Seventh Chakra Practice	176
Manifesting Money From all 7 Levels of My Brilliance	177
Conclusion	179
Chapter 8: Resources	181
Tapping Points	182
EFT Practitioners	183
Just for Fun	183
Bringing Sexy Back Bonus Audio	184
Money is what we call a second chakra issue	184
Bringing Sexy Back – Exercise 1	185
Bringing Sexy Back – Tapping Round 1	187
Bringing Sexy Back – Tapping Round 2	190
Bringing Sexy Back – Tapping Round 3	195
Bringing Sexy Back – Tapping Round 4	201
Bringing Sexy Back – Tapping Round 5	205



WELCOME & BACKGROUND

Hello and welcome to the 7 Levels of Wealth Manifestation. I'm Margaret M. Lynch of MargaretMLynch.com and creator of the Secret of Intentional Wealth program and the Tapping for Money Bootcamps. In my practice I have had the honor and the privilege of working with hundreds of clients to break through blocks and limits around business, success and wealth using a powerful clearing technique called Emotional Freedom Technique or simply "tapping".

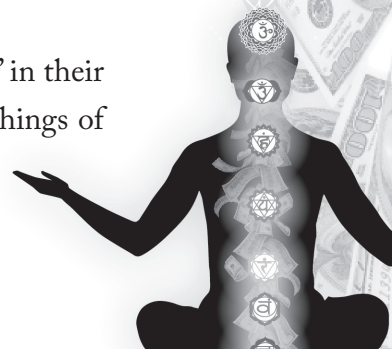
But as I worked with more and more people, my eyes were opened to how many people – very smart, hardworking, well-intentioned people – were struggling in their finances. Though the outside world didn't know, they were living in their own private hell in their finances with constant fear, anxiety, worry and stress about money. So many were struggling to make enough to make ends meet, enjoy life, and expand their gifts.

But the only reason for the struggle was that they had specific blocks about money and wealth that had stayed in their blind spot. These specific blocks, limiting beliefs and even negative vows about money were completely dictating their entire wealth picture – their income, their savings, even how much debt they had.

These were people that were very open-minded about personal growth and law of attraction. As a matter of fact, most had done a lot of personal development work! But they were still crippled, limited in their lives and businesses by money. This limitation kept them in stress, stuck in fear and limited in some many ways! They were limiting in the way they could enjoy life and limited their ability to reach out to more people with their unique gifts and talents.

I really got to see how all the limitation in their wealth picture really rippled out into all aspects of their lives affecting their health, family and career.

For those who were savvy about the law of attraction, this "private hell" in their finances totally destroyed their ability to be aligned with the core teachings of



the law of attraction. How can you really be positive, to have a positive “vibe” about money, to visualize and believe in big goals when you are living in survival mode in your finances? And the emotions that money triggered for them were the powerful, but at the wrong end of the spectrum for manifesting! Emotions like shame, sadness, fear, disappointment, frustration.

Again, all this limitation, all this pain, struggle and worry simply because they had unconscious blocks and negative vows specifically against money and wealth. Many of these people were some the greatest, most passionate, and talented people I had ever met. This was just so wrong!

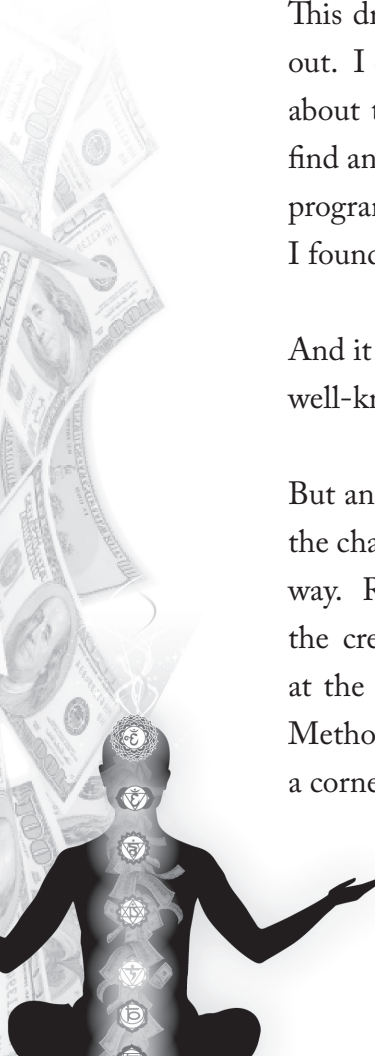
And I as grew my business, I had to deal with my own blocks against money and wealth, my own fear and survival mode about money, my own frustration, shame and sadness about never quite making enough.

I have come to believe that money is one of the top sources of chronic fear in people. And again, I just find that WRONG!

This drove me crazy! It became my compelling drive, my focus to figure this out. I delved into my own internal blocks and into every teaching I could find about the subject from every guru I could find. I used tapping constantly to find and clear each step of the way and from that, I wrote and recorded my first program The Secret of Intentional Wealth. I packed it clearing with every block I found that limits and sabotages our wealth in some way.

And it worked! In a couple of years I had risen to the top of my profession as a well-known, world-wide expert in EFT/tapping for money.

But an even bigger break through was in store for me. It was in learning about the chakras from my partner, Rhys Thomas, that everything changed in a bigger way. Rhys is the founder of the Rhys Thomas Institute of Energy Medicine, the creator of the Rhys Method transformational system taught exclusively at the Institute and a true visionary in the energy medicine field. The Rhys Method includes a very real and down to earth understanding of the chakras as a cornerstone of the transformation.



My huge awakening was in learning Rhys' unique approach to teaching the chakras, specifically the negative vows that we take at each chakra and how we manifest uniquely from each chakra.

The first part of that awakening was realizing the fact that at the core of all our "limiting beliefs", struggle and sabotage around money was actual vows, negative vows that we have taken unconsciously against money and wealth. Vows have a LOT more power, energy and our own misused will power behind them and from those negative vows, we manifest struggle and sabotage specifically in our wealth.

When I added tapping to these vows, the clearing was phenomenal! As I learned each vow and worked it through myself and my clients, the "aha moments" that appeared were astounding! The clarity to look back at your life and finally understand WHY you have made the mistakes you had with money and success.

The second part was in learning how we manifest, literally how create our all aspects of our lives, including our wealth from each chakra. Each chakra is a unique aspect of your consciousness, your energy, your brilliance!

I found that this was a whole deeper level to both clear all of our specific blocks and negative vows against money and to start manifesting from our choice, freedom of choice, instead of manifesting from our blind spots!

This combination of tapping with Rhys' unique teachings about the chakras is the work that will let you step out of your private hell in your finances and into choice! To step out of fear and survival mode, shame, frustration in your finances and into the freedom to choose, to create what you want in your income, your savings account, in your life!

This is the work I can't wait to share with you in this very special program, so let's get started on this exciting and profitable journey!

Margaret M. Lynch



CHAPTER 1

Introduction to Tapping, Chakras and Negative Vows



WHAT IS TAPPING?

It is my intention in this course to not only give you some real “aha moments” on what is holding you back in really manifesting more money and success in your life, but to make real change, right now! Actually clear out the old programming, fears and limiting beliefs that have kept you stuck financially and in your business.

So in order to make real change right now, I don't just want you to learn, I want you to transform. That is why we will use tapping as a truly transformational clearing technique for uncovering and clearing away our “old heavy chains” – the negative vows that have been dictating your wealth picture.

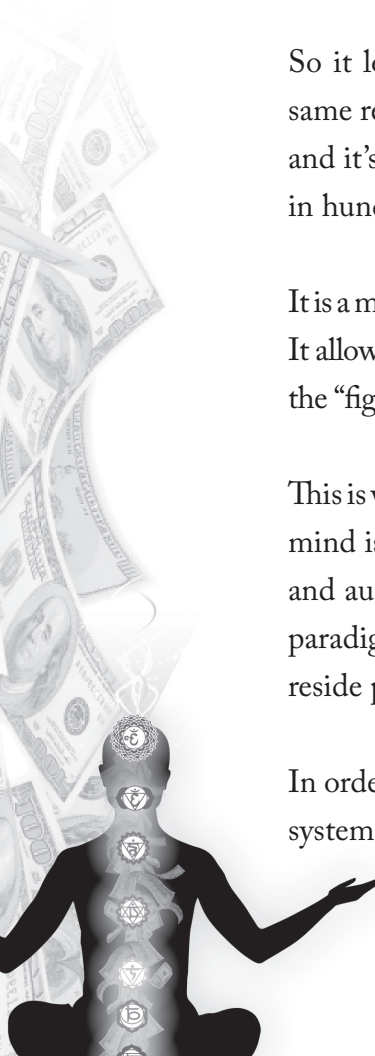
So what is tapping? Tapping is based on the ancient eastern tradition of acupuncture, but uses acupressure instead of needles. Tapping simply involves using our fingertips to tap on acupuncture points on our hands and on our face while mentally and emotionally “tuning in” to a limiting belief, emotion, even an entire experience.

So it looks a bit strange and is definitely out-of-the-box, but I use it for the same reason many of the top law of attraction teachers use it...because it works and it's fast. Tapping, also called “energy psychology” has been proven effective in hundreds of case studies and clinical studies over the past 20+ years.

It is a mind-body technique that I believe lets us do two key things for transformation. It allows us to access our subconscious mind and it allows us to physically turn down the “fight or flight response” controlled by our nervous system.

This is very important because studies in neuroscience show that the subconscious mind is 85-90% of your mind and is where you store all your beliefs, memories and automatic behaviors. So when we talk about inner blocks to success – like paradigms, limiting beliefs and those all-important negative vows – these all reside primarily in our subconscious mind and in our energy system.

In order to clear all the energy around the vows, we must access both the energy system and the subconscious mind! Throughout this program I use my own



modified form of tapping that enhances effectiveness of the tapping on the subconscious mind.

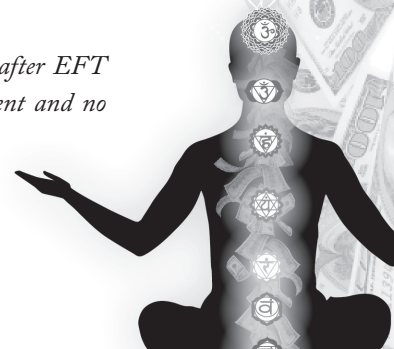
It is also important to turn down our “fight or flight response”, also called the “stress response”. This mind/body communication loop is our inborn, primitive response to anything that we “interpret” as being dangerous to the self. When the stress response is triggered, your entire mind/body/energy system is in fear and survival mode. There is a whole cascade of hormones that flood our body and trigger physiological changes to occur all well-defined medically. Our heart rate rises, blood pressure increases, our minds race, our immune and digestive systems are depressed (to conserve energy) our muscles get tight all in preparation to fight for your life or run away.

Besides the physical effects, the psychological effects are also well documented. Our creative thinking turns off, our decision making is compromised, our mind narrows in focus on and continually “scans the horizon” for more danger. We feel fearful and/or can be triggered to anger and frustration much more easily. This all comes in handy if a tiger were actually chasing you, or you had to battle physically for your life, but it is chronically triggered in the majority of people by thinking about their finances. This has a devastating on your ability to be creative, energetic, positive and to take inspired action. It also has a devastating effect on our entire “vibe” in terms of the law of the attraction!

Tapping has been proven clinically to reduce the stress response* and I have witnessed this personally with thousands of people. When the stress response calms and we come out of survival/fight or flight mode, we have more access own natural brilliance! We can approach our finances and goals with energy, enthusiasm, thinking creatively, allowing inspiration and taking more action.

So although tapping looks a little strange, it is a small price to pay for the incredible upside of transformational clearing and why I am so committing to sharing it with more people. It also has no known side-effects, is drug-free and can be used any time you want for free! I like that upside!

**Dawson Church, The Genie in Your Genes, “EFT can lower cortisol in the body – after EFT treatment cortisol levels in the body dropped by 21% versus cognitive behaviour treatment and no treatment where cortisol dropped by 14%”*



WHAT IS A VOW?

You are about to learn the most life altering aspect of Rhys' approach to teaching the chakras and this is in his teaching of the negative vows at each chakra.

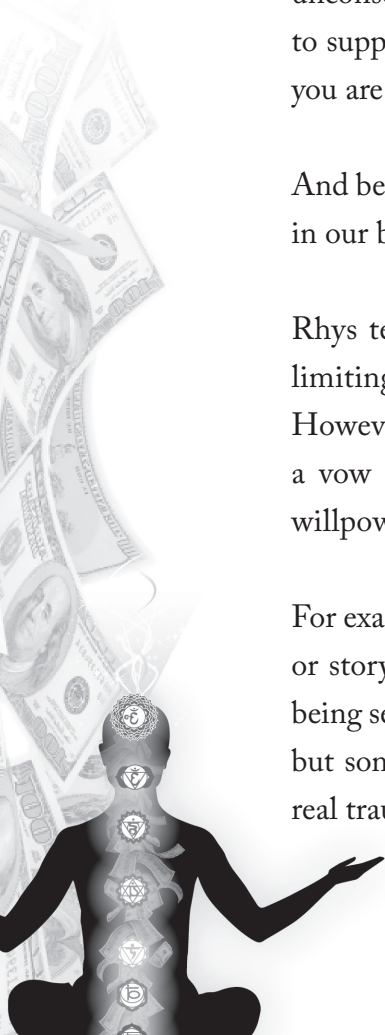
So what is a negative vow? And why is it so important? Rhys teaches that negative vows often develop in childhood. They can be a reaction to a life trauma or a perceived life trauma or any time that a child does not get the love and the safety they need to express who they truly are and what their needs truly are. When it is not safe, or just impossible, to express who you are in way that will be seen, heard, loved and received a vow is created. A vow is always going to be around not being or expressing the true self. Instead, a vow will be to be or do something else to survive.

Once a vow to not be the self is triggered as a child, that vow will create automatic behaviors that will block the natural flow of energy and also our true life purpose because every vow, at its core, is a vow not to be the self. Our life purpose is always to be ourselves in the world. So as adults, the vows become unconscious and all of the energy that flows through our system actually goes to support the vow because the vows are taken as the undeniable truth of who you are and how the world is.

And because they're taken as the undeniable truth of who you are, the vows stay in our blind spot, even when using great self development tools like tapping.

Rhys teaches that vows are a powerful way to look at the idea of fears and limiting beliefs, which all of us have based on our personal life experiences. However, a vow takes fears and limiting beliefs several steps further. In fact, a vow is a super-belief supported by an incredible amount of energy and willpower.

For example if someone says, "I have a fear of being seen" there will be a trauma or story that goes with this, something happened that resulted in this fear of being seen. We can tap about this fear, be compassion and understanding about, but sometimes never quite heal it. Because in addition to that event and the real trauma or pain that happened, there was also a vow you took in reaction to



it. But if the vow stays unconscious, there is no real free will around choosing who we are each moment.

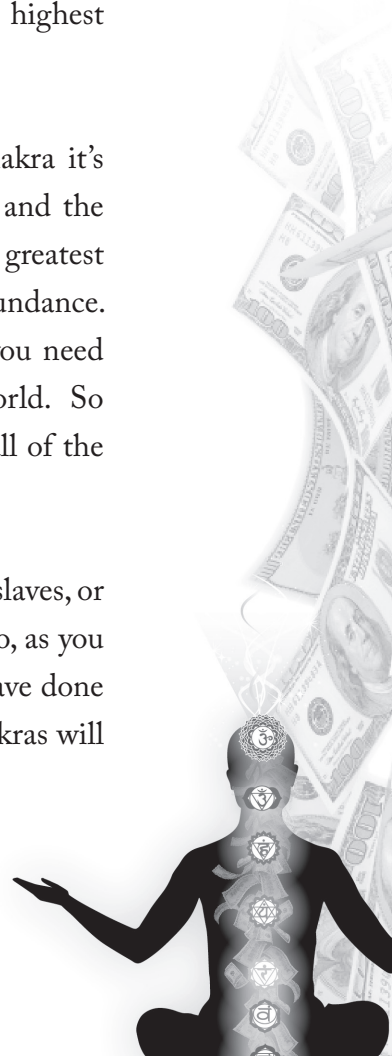
However, if we recognize that at some point, “I took a vow to *never* be seen, to REFUSE to be seen to keep myself safe!”, then the game is changed! It comes out the blind spot into the light of day. We can start to see how we have actually used our energy and our will throughout our lives to create and manifest from this vow. Even see that we have attracted to ourselves people, circumstances and situations that have proven, millions of times over that these vows are true.

It is in this way that vows can impact our life much more than the actual traumas that we’ve experienced or even a traumatic childhood because the vow remains unquestioned and powerfully operating. They are truly a blind spot in our consciousness, a blind spot in our self-development journey.

So it is our intention that by uncovering these vows you will be empowered with consciousness to transform your life! As you release a vow you always come back to yourself, to your life purpose and to choice! You come back to the freedom to choose what you want based on your real desires and highest aspirations.

Now, as we jump in and start working with the classes for each chakra it’s important to recognize that Rhys teaches the vows and the wounds and the conflicts of the lower three chakras. These lower three chakras have the greatest overall impact on your entire system, your life, your energy and your abundance. These lower chakras also represent the energy and the passion that you need to live your life purpose. To create what you want to create in the world. So clearing the vows at these lower chakras will have a huge impact on all of the chakras above.

As a matter of fact, Rhys teaches that the upper chakras are simply the slaves, or the mouthpieces, to the wounds and the vows of the lower chakras. So, as you clear these issues in the lower chakras all of the other work that you have done around your spirituality, meditating or visualizing with your upper chakras will be exponentially enhanced.



WHY IS IT IMPORTANT TO TAP ON OUR NEGATIVE VOWS?

It takes consciousness and willpower to overcome these unconscious negative vows. Take a moment and think about the neural pathways wired in your brain, those super highways you've spent your whole lifetime creating around habitual ways of acting and thinking. You have proven to yourself over and over and over in your life that these things are *true*. This *is* how life works. This is completely true for *me*. See? There's more evidence.

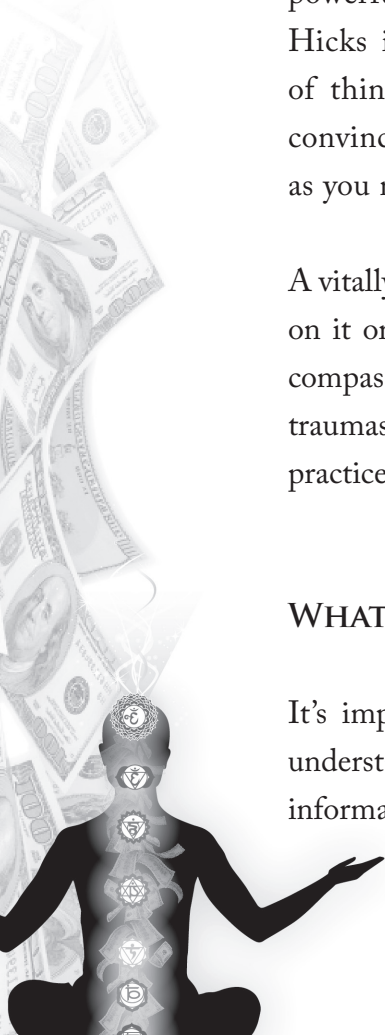
Once we become conscious and can exert our willpower over our negative vows we don't actually replace the negative vow with a positive vow. Instead, we replace it with a goal, with a willingness and openness to allow the unfolding of a new way of being. While that does take willpower, what we're choosing with our willpower is more openness to things in our heart, which is where our real truth lives.

As you begin to prove these new goals are true for you, you start to live *them* unconsciously and become more aligned in your life purpose. One of the powerful tricks of the Law of Attraction and the teachings of Abraham-Hicks is to note the evidence in your life of the unfolding, of miracles, of things happening to you. Taking note of that evidence is a way of convincing yourself that the unfolding is true, that miracles are happening as you manifest your life.

A vitally important point Rhys makes is "We don't change a vow just by tapping on it or seeing it once and saying, 'Wow, I made this vow.'" We want to be compassionate and patient with ourselves as we clear our vows in addition to the traumas that created them and practice new habits of choice. New habits take practice and new neural pathways in our brain take time to re-wire.

WHAT ARE THE CHAKRAS?

It's important that before we begin, we take a moment to investigate and understand what a chakra is and how it operates. Please remember all information about the chakras and vows used throughout this book, both quoted



and described, comes from The Rhys Method® Chakras and is included with permission. For more details go to www.rhysmethod.com

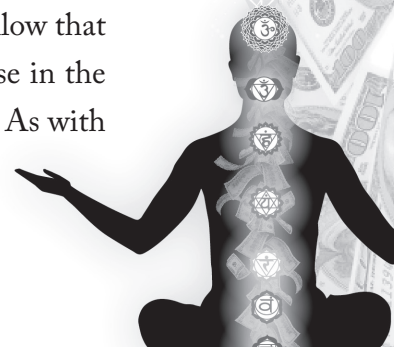
To start, each chakra is an energy center that feeds you direct information as to how to live your life purpose in every moment and although there is a lot of mystery and misunderstanding around what a chakra is, there are some foundational truths that can illuminate these powerful energy epicenters.

Basically, a chakra is simply a location or portal within a larger host structure or system where energy of a specific kind is allowed to enter. Once inside, this new energy is able to assimilate with the existing energy in the host, which changes both the energy and the host in some way. Then that new energy is expressed back out of the same portal or is transmuted to a higher or lower vibration or quality and is expressed in that way. This enhances the energy of both the host and the quality of the energy that is being sent back out into the world.

An excellent metaphor from the physical world for explaining a chakra is the kitchen operation in a restaurant. For example, a shipment of shrimp is delivered by the same distributor to two different restaurants, which are located side by side. Both restaurants accept the order because they know how to assimilate and work with that kind of energy (shrimp). If the delivery man made a mistake and went into the accounting office above the restaurant, the accountants would reject the shrimp because that is not the energy they work with.

Next, the shrimp are in their raw form and are given to the chef, which is the energy of the host, and are then made into shrimp scampi in one kitchen and tempura shrimp in the other kitchen. This energy feeds each chef's family with the money they make from preparing the dinner as well as feeding the patrons who love to eat the shrimp and are energized by the food. The energy goes into the patrons who are another form of chakra, and the energy just keeps on moving.

Each of your twelve chakras is like an individual restaurant and is designed to take in the energy it needs for you to live your life purpose. Once you allow that energy in, you can use it to live that particular level of your life purpose in the same way that eating good food in the right amounts feeds your body. As with



the body, when you are “eating” good “food” in the right amount, your chakra and life purpose are healthy.

Chakras can be open, closed, have blocks or be open too wide. Some examples include the following:

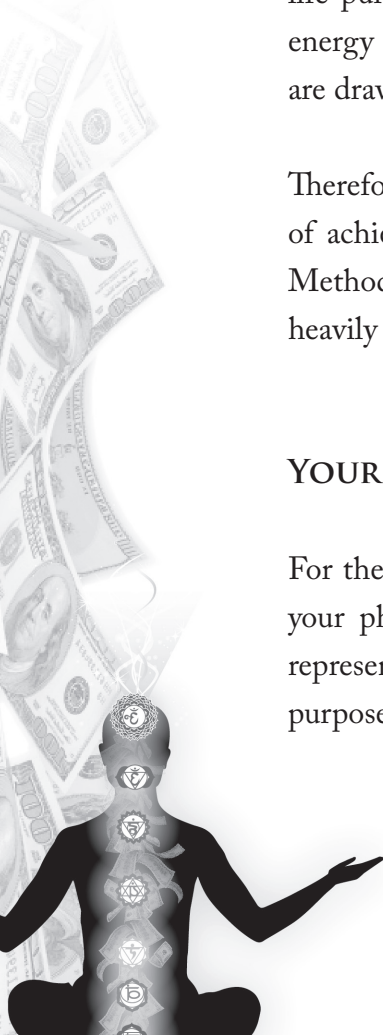
- If a restaurant receives forty pounds of shrimp when they only needed ten pounds, they will lose money.
- If the restaurant cannot get shipments because of bad credit, they will not be able to offer the specialty of the house and will not be as popular.
- If an individual eats junk food or starves themselves to look a certain way, they will not be healthy in their body chakra and will not create energy in their relationships, and so they will create an energetic drain instead. In contrast, the health of a chakra is based on how broadly it allows energy and information to trigger it in positive expressions, which support the life purpose of the host.

Chakras practically represent your energetic circuitry, which allows you to experience every major aspect of your life. How you let energy flow through them tells you how you will live your life and how close or how far from your life purpose you will live. Knowing your individual capacity to move chakra energy through your system teaches you how you experience life and how you are drawn to your life purpose.

Therefore, by understanding the chakras, you will understand the importance of achieving and maintaining balance with your two primary profiles (Rhys Method® Profiles). This is important because typically each of us will rely more heavily on one profile or the other, which creates an imbalance.

YOUR SEVEN CHAKRA LEVELS

For the purpose of this book we will focus on the seven chakras found inside your physical body. Rhys teaches that you have five more spiritual centers representing “the higher levels of awareness and your calling into your highest purpose as a soul,” and these reside outside your body.



Rhys Thomas explains, “The seven chakras represent everything you do on planet Earth in an embodied, physical way. They call you to your human life purpose.”

They are:

Chakra 1: Your body sense

Chakra 2: Your feelings, senses and emotions

Chakra 3: Your sense of individual self

Chakra 4: Your senses that you feel being in relationships and in love

Chakra 5: How you create yourself in the world and in the minds of others through your language and word

Chakra 6: Your inner and outer sight, and how you see yourself fitting into the world with purpose

Chakra 7: Your ability to experience the limitlessness of life”

Now let’s jump right in on the very first class for chakra one!



CHAPTER 2

The First Chakra



As we jump into *The 7 Levels of Wealth Manifestation*, I will start each section by reviewing the chakra so you can see how it feels and works in your body and in your energy system. Then I will reveal the negative vows at each chakra which will lead into the tapping. I have also included the comments of the participants that can be heard in the audio part of the program.

The first chakra is located at the base of the spine and the coccyx. If you are standing, it's like a cone pointing down to the floor. If you're sitting looking straight down at your body, your legs, your lower body is all first chakra. Even beyond that, everything solid in your life that is in the room with you is also part of your first chakra. The first chakra is associated with the color red.

THE RHYS METHOD® CHAKRAS EXPLAINS:

“Level 1, Chakra 1:

Earth, physical identity, oriented to self-preservation

This center represents everything solid in our lives, from our body and the ground we walk on to the house we live in and the people in front of us. It represents the beliefs you have about your body, family and community and what brings your body safety and security.

At this level, we manifest at the material level our visions, beliefs, relationships, work and life purpose. When this level opens, it becomes a magnet, drawing the matter of life to you in the form of good health and prosperity. Its job is to teach you to see that solid matter and the people in front of you right now are an essential part of your life purpose and should not be avoided or negated as unimportant.”

Notice in this definition that if the first chakra is blocked, you cannot manifest – or call into being – the abundance and prosperity you are searching for. A clear and open first chakra is the foundation for attracting money, good health, and abundance into your life.

One way to see how your first chakra is functioning is to look at the physical



things in your life and notice what is working, what is not? Examples would be your car, your house, your clothing, your body and the things you eat. Everything you can bump into that is solid in your life is part of your first chakra. Look at your body, how does it feel? Is it strong or weak? When you look in the mirror, how do you look? Tired? Angry? Anxious?

The first chakra also has everything to do with your tribe or your family of origin, the family you were raised in, which I call your tribe. We will look at where we feel sensation in response to money when it comes to our literal physical body, our family, the rules and culture of our tribe, along with our feelings of safety and security, which is also a first chakra issue.

We will review the first chakra then bring in tapping and specific exercises. We'll explore where we have vows, wounds and conflicts around money at the first chakra because the first and second chakras are where our money all starts to connect.

WHY CLEARING LOWER CHAKRA ISSUES IS VITAL TO YOUR LIFE

I think the first chakra is not honored as it should be. Everyone thinks about the upper chakras, the connection to source, spirituality, psychic sight, infinite possibility and a more spiritual, higher vibration and it is vital to understand the upper chakras. These upper chakras include your fifth chakra (how you speak your truths in the world), your sixth chakra (how you see yourself and see the world) and your seventh chakra (how you see divinity and infinite possibility). All those upper chakras that we prize so highly are *actually* slaves to the vows and the wounds at the lower chakras!

When I work with people who have done years of spiritual upper chakra work but have never dealt with the real core wounds and vows of their lower chakras, I see people who don't look or sound congruent. These are people with massive issues with their body or their health, yet they are an amazing spiritual leader. Another example of incongruence is if they have manifested incredible relationships in their life, but there is some issue with their ability to have intimacy, or their ability to love their body or their physical health level of their body. When you notice them you think "shouldn't I see more congruency there?"



The lower chakras, along with the vows and wounds created there drive the upper chakras. Essentially, the upper chakras are basically the mouthpieces, the slaves to the wounds and the vows we have at the lower chakras.

For example, in the second chakra if we have been abused in some way, we often make a vow to never be taken advantage of again. That vow, way down at the second chakra, means all the upper chakras speak the truth of that vow and everyone in the world looks like a potential predator or abuser to you. So that vow in the second chakra, colors every chakra above it.

COMMON FIRST CHAKRA VOWS

First chakra vows are concerned with our tribe or family of origin and they sound something like this:

“Family comes first. I vow to always support my tribe. To keep the secrets of my tribe. To speak the laws of my tribe. To always have my family customs come first. People in our family don’t do things that way.”

Or, it is the vow to reject everything about my family. “I will *never* be like my mother. I will *never* be as selfish as my father.”

We are either speaking or living the truth of our tribe, or we’re vowing to reject everything about our tribe, and never ever be like them. This means we are still living our life according to our tribe. We can’t just be us, we have to be *not them*.

FIRST CHAKRA – EXERCISE 1 – YOUR CHILDHOOD MONEY PROFILE

To begin, let’s test how money felt in your tribe of origin. Allow your unconscious mind to throw up a picture of your childhood. Close your eyes and picture yourself or your family around the time when you were 6 or 7 or 8.

What was the feeling with your family around money? Was there anxiety



about money? Was there fear about money? Was there anger, complaining and unfairness about money?

Really get a feeling about that picture and write a few things down and anything you write down today can definitely be tapped on further. These issues are deeply rooted and programmed so please get very specific.

Begin to think about your parents and what category they might fall into. Did your parents, your mother or your father, work incredibly hard their whole life and never really get rewarded? Did they never receive a payoff, take a vacation, finally get the good life? Do you have a feeling of compassion about that like “my father was such a good man and he just got screwed?” “He worked hard his whole life and never got a break.” This is a very important tribal feeling.

In that scenario, what is the most money you think your father ever made? Did he, or if your mother was head of household, did they try to step up and make more money, start a business or invest in something? Did they specifically get wronged, have something stolen from them or have some kind of tragedy around money?

I have found this with so many of my clients and it becomes a money trauma they carry in their first chakra of epic proportions. You will absolutely sabotage yourself and your life to remain loyal to your tribe around these things.

Let’s see what one of the participants has to say.

“Well there was no tragedy but there was this life long struggle, of never getting more than enough. We always had enough, but never more. There was never a particular tragedy, it was just an ongoing, work hard as hell, and that is all you get and that is just how it is for us.”

So there you just heard some of the tribal vows. “That is just how it is for people like us.” I want you to think about if your parents even verbalized things like that, “people like us.”

“I don’t think they ever said it. They just watched other people who were wealthier and they kind of shrunk back.”



I want you to write down some things about that too. If your parents never really got ahead with money, what was the feeling about the wealthier people in their life that they looked around and saw? What would they have said? And if they did not say it, what is the feeling you got that they didn't want to say, but really felt about wealthy people?

“They were not as virtuous, not as hard working”

There is a vow in there from our tribe and it is this idea to be loyal to our tribe, to support our tribe, to be loyal to the way things were. It adds a flavor to our life that says “in order to be part of my tribe and not judged as less virtuous or lazy, I have to always work hard.”

We vow to speak and live the truth of our tribe that way. This means somewhere down in the first chakra, there is a family vow, based on your tribe that says “this is the kind of person I am going to be.” “I can't just be fabulous, have life easy and have money rolling in. I have to be this kind of person. Hard working, and money hardly ever just shows up for me.”

Or, what if your parents were extremely focused on money? They made money, but they cared more about money than people. When we have that in a parent, it is a totally different kind of vow. It is a vow to “never care about money and to never want money.” To prove our parents wrong by saying, “I am going to be a good person and I am never going to make any money” to prove that it is a better way to be.

I find a tremendous amount of clients with this vow. They made a vow in their first chakra to never be like their parents, who actually were very selfish and focused on money. My clients were then not able find a balance so “I reject my tribe,” became their response.

Before we begin the first tapping round where we watch our parents in a life long struggle, here are some comments when I asked the group to describe what their primary parent looked like.



“Strong headed, tired ... and tense ... on edge.”

Ok, I want you to think about the fact that they never really got ahead. What would your feeling be about that?

“Sad. Hopelessness. Despondent - like, what’s the use?
If they couldn’t do it, why could I?”

Does anyone get any anger or unfairness about that too?

“I am furious.”

In all those feelings, there is loyalty to our tribe.

FIRST CHAKRA – TAPPING ROUND 1 – SADNESS IN SEEING YOUR PARENT’S STRUGGLE

Start with the karate chop point.

Even though I have this conflict
Way down in my first chakra
Because of the way of my tribe
My parents
Struggled and struggled for money
And they never got ahead
It is so unfair
So wrong
They were good people
I totally honor
All my sadness about this

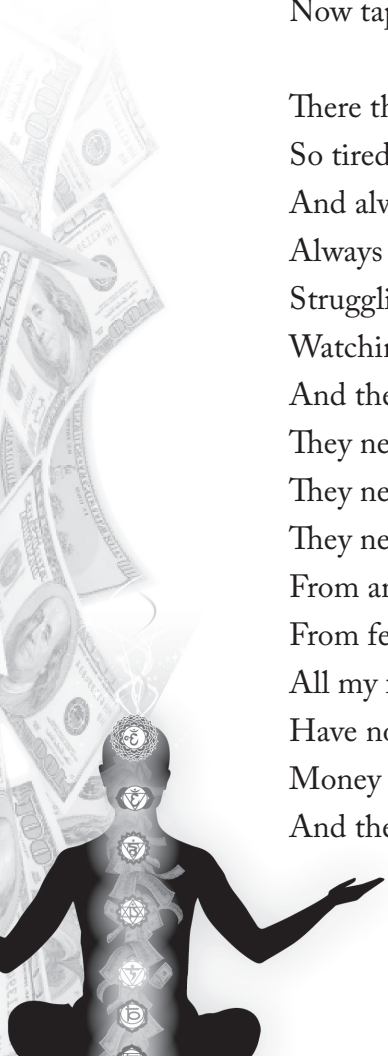
Even though I have all this sadness
Out of loyalty to my parents
They got screwed
By money



And they worked so hard
I totally honor this sadness
And all my loyalty to them
Why should I get to have reward?
They never did
Even though I have this conflict
Way down in my first chakra
Really rooted down there
And programmed
Because it sounds correct
My parents got screwed
Money never lined up to take care of us
I have always been loyal to my family
And money has never lined up for me
I am open to healing this
And everywhere it sits
In my energy system

Now tap through the points...

There they are
So tired
And always trying
Always working
Struggling and struggling
Watching other people get ahead
And they never did
They never got a reward
They never got joy
They never got relief
From anxiety
From fear
All my feelings of security
Have nothing to do with money
Money never makes you safe
And there I was watching



And I didn't quite understand
But I felt the sadness
And the loyalty
For my family
And I would never want to hurt them
I made a vow
Way down in my first chakra
To be the truth of my family
Hard working
And never really getting ahead
I totally honor this old vow
And all the sadness in it
And I am open to healing it

Take a nice deep breath ...

See your parents again. How do they look now? How high is your sadness? If it was a 10, where is it now?

That first tapping round often opens up more feelings of unfairness, anger, and resentment, asking "Why did it have to be so hard for my parents?" Then we make the cause of that unfairness the universe, society or God.

We end up with a totally justified feeling that we then carry around connected to money. It becomes a real conflict linked to family loyalty and the vows around loyalty at the first chakra.

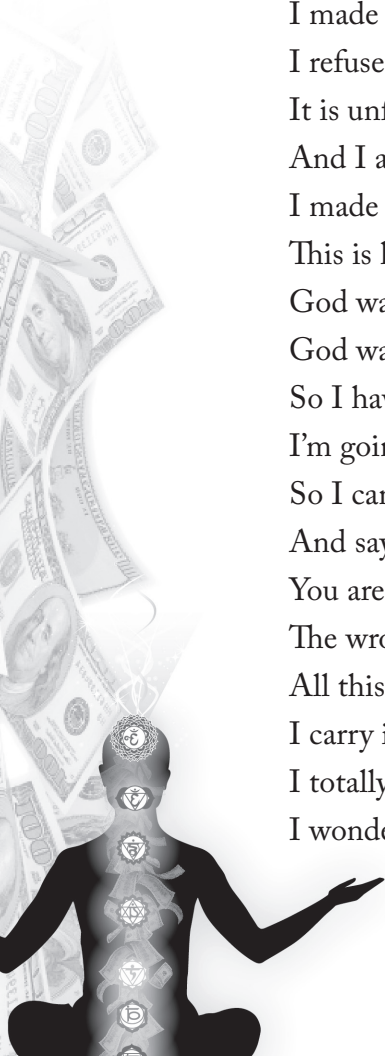
It never occurs to us we should tap on these feelings because they are deeply embedded in our body, our energy system and in our unconscious mind. We feel right about it and we feel justified in saying "My parents were wronged and I am mad about it. Why didn't God help them?"



FIRST CHAKRA – TAPPING ROUND 2 – IT'S SO UNFAIR

Keep tapping through the points.

All this deep sadness
Why, God?
Why did they have to suffer that way?
They were good people
Doing their best
Why did they have to suffer?
It is so wrong
It is so unfair
Good people never get enough
The good people are so hard working
And they can never get ahead
It is so unfair
I refuse to accept it
I made a vow about that
I refuse to accept this
It is unfair what happened to my parents
And I am going to live that truth
I made a vow about it
This is how I am loyal to my tribe
God wasn't
God wasn't loyal to us
So I have to be
I'm going to live this truth
So I can point at it
And say see Lord
You are still doing it
The wrong is still there
All this sadness and unfairness
I carry it in loyalty of my tribe
I totally honor that
I wonder if my tribe



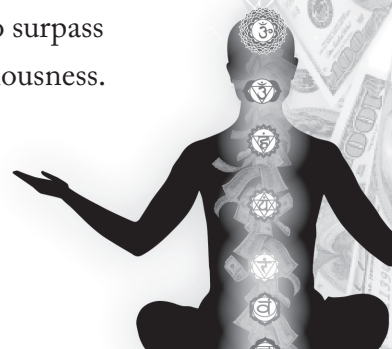
Would really want me to carry this
I wonder if all of my ancestors
Back through time
Would wish me to carry this
From their place in the light
Or if they would want me to heal it
So I can live my life purpose
Which has always been to surpass my tribe
That is why I chose them
So I could surpass them
And just be me
All this honorable sadness about my parents
I totally honor it
Way down in my first chakra
I forgive myself for carrying it
And I am open to healing it
I am open to seeing
The joy they did have in their life
Even with their programming about money
They had joy in their life
I am open to seeing that too.

Take a nice deep breath...

YOUR LIFE PURPOSE IS TO SURPASS YOUR TRIBE

Consider the idea that we always have unconscious loyalty issues around our family. For example, if I were to fabulously work just twenty hours a week and make three times as much money as my parents that wouldn't be loyal. That would be showing them up. That would be hurting them in some way, telling them they were doing it wrong and I want to be loyal to them.

When we heal that, we can embrace the idea that our life's purpose is to surpass our tribe because every generation is designed to evolve into more consciousness.



Many people I work with in my own practice are in the healing arts. They are amazing healing, EFT practitioners, life coaches, and other wonderful people who came from alcoholism, brutality and horrific stories in their childhood. Yet for some unknown reason they did not become an abuser. They did not become a vicious horrible person abusing older persons and throwing children in closets.

Their experiences of horror triggered their life purpose to become a living testament to healing and empowerment, about working with people who have specifically been victimized in that way. Think about how miraculous that is!

Everything about your life is there to trigger your life purpose. And it is always the life purpose of every generation to surpass their family, because your family is your tribe.

However, most people don't. They stay in that first chakra vow to support their tribe. If they do step out, they find some way to sabotage or equalize it. So they make more money than anyone in their family and they put on 50 pounds, or they develop some kind of an illness so that it will even things out.

Look once again at that picture of your family. What do you see?

Here is another possibility from one of the participants.

"I am just realizing now, that my father was really emotionally absent. And because of that I made the connection that money mattered more than me. I think that I did it unconsciously. I am feeling that is a trigger for me right now."

In this case, if you felt your parent cared more about money than you, then you will make a vow to never own your power around money. Because if the person seemed to care most about money or what we interpret as power, especially if they were very focused on earning a lot of money, all we saw was that it hurt us.

We then make a little vow with money. Money reminds me that I was not loved enough, so I am going to get rid of it as fast as I can. I want as little of it around as possible, because that is the energy I associate with money.



FIRST CHAKRA – EXERCISE 2 – YOUR WEALTHY ADULT SELF

Look at that picture again and put your adult self in the image. There you are walking into that room with your parents. You are dressed in very expensive clothing or you have something with you that symbolizes you are much wealthier. How are they looking at you?

You might experience something similar to these participants.

“With disgust”

“Like I shouldn’t have it”

Now you are about to tell them that you work about 20 hours a week for that money. You go for massages, you get Reiki and you do all sorts of things like yoga classes.

“What a waste”

“Spoiled”

“I would have even been hesitant to tell them, because of the reaction or the total disgust that I had spent my money that way.”

Can you see the conflict? Do you see how these things are less conscious? Many of us feel uncomfortable when we receive money and we call that a self-esteem issue but these first chakra wounds and vows are rooted so deeply in the unconscious mind. We have then built everything on top of them.

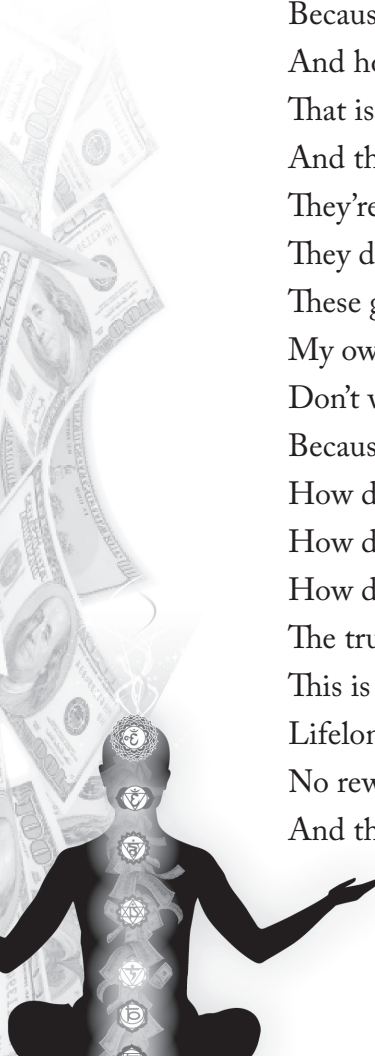
Also note if you see your parents feeling embarrassed, sheepish, or disempowered around you because you are now wealthy. That is something you want to tap on as well. In your mind if money disempowers people – and since you never want to do that – you are never going to want any money.



FIRST CHAKRA – TAPPING ROUND 3 – BEING JUDGED

Tap right through the points...

There I am
Oh, my God I said it out loud
You're disgusted with me
What a waste
That's what they're saying
They don't think I deserve it
They are rejecting me
They're actually angrily rejecting me
They're judging how I spend it
And they're judging that as wasteful
And that word was a sin in our religion
They're judging me as spoiled and boastful
And I can't argue
Because I just told them how much money I make
And how much fun I have with it
That is spoiled and boastful
And that's also a sin in our religion
They're disgusted by me
They don't want anything to do with me
These good, kind, hard working people
My own parents
Don't want me to darken their doorstep
Because I am no longer one of them
How dare I leave the tribe
How dare I make them look bad
How dare I challenge their truth
The truth that says,
This is just the way it is for us
Lifelong struggle
No reward
And there I am holding all the reward



And letting myself enjoy it
I broke the law of my tribe
I broke my own vow
Oh my God, what was I thinking?
I better get rid of all this money
I better manifest some really long work weeks
I totally honor
The conflict in this for me
And I am open to healing it
Mind body and soul
I made a vow to never allow reward
To never really rest
To never really feel deserving
To never really have fun with money
Unless I punish myself after
I totally honor the conflict in this

Take a nice deep breath...

Be aware of sensations when working on the first and second chakra way down in your lower stomach, you may experience some nausea.

How does your picture look now?

Do you see the vows we make at the first chakra affect how we come into relationships with the world - how we *feel* the world and let it in and who we get to be in the world? The third chakra is our sense of self and being ourselves in the world and that is why I have said that the upper chakras are really programmed by the lower chakras.

What has this meant about you, and the person you get to be? You may feel the same way as these participants.

“I don’t know who I get to be.”

“I don’t know who I am, the real me.”



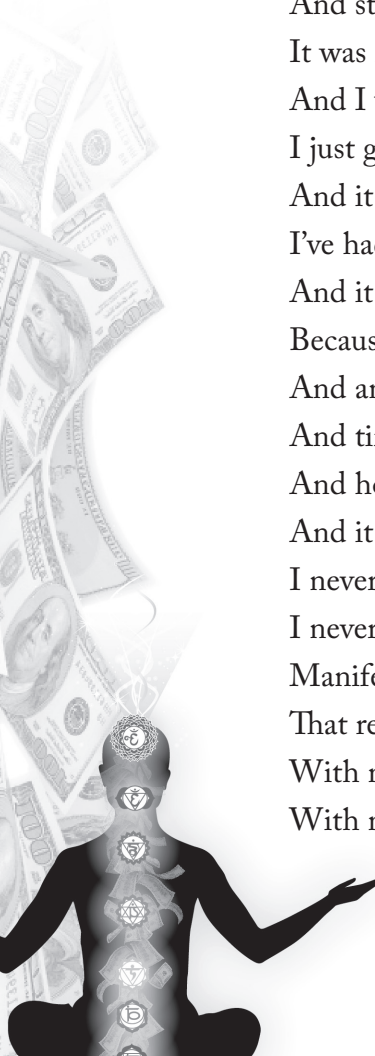
“I feel like there is some kind of a standoff in the picture now like me against them.”

We move from speaking our tribe’s truth and living it, to the point of rejecting our tribe. It’s important to tap on this further because if we are in a standoff, it means we still don’t just get to enjoy who we are and enjoy money in our own way. We are still acting in *response* to how our tribe did it.

FIRST CHAKRA – TAPPING ROUND 4 – OPEN TO HEAL

Tapping through the points again...

I paid the price too
I never asked for this programming about money
And struggle
It was handed to me
And I was a kid
I just got downloaded with the program
And it doesn’t feel fair to me
I’ve had to carry this truth
And it has really screwed me
Because money makes me anxious
And angry
And tired
And hopeless
And it never really gets fun
I never really get to have fun with money
I never get to be me
Manifesting money
That resonates with me
With my values
With me being me in the world



This is a really big cost I have paid
Screw you people
I don't want it
I don't want to be anything like you
I don't want these beliefs
I don't want these vows
And I am open to healing
These old wounds
Wounds about money
And struggle
And taking care of myself
Wounds about fun
Deserving
I am open to healing them
Way down in my first chakra
It is as if I could breath life
Right into my chakra
And heal this old wound
I heal this for my highest good
And for the good of my entire family
All the way back through time
Because it was handed to me
And handed down through generations
I am healing this all the way back through time
Even throughout any past lives
And I call upon all the help I need
From my higher self
From the divine
To help me heal this
It is time
Totally open to healing this
For my highest good
And I am so grateful
That I have this opportunity to heal

Take a nice deep breath.



Notice how your energy feels moving in your body right now. How does your picture look now? Some of the participants had the following comments:

“It looks more open and flowing a little smoother.”

“Open to the possibilities.”

This is very important. Whenever I say look at the picture again, you literally get a window into your unconscious mind and how it is carrying these old truths for you. It is amazing how it brings you all the information you need.

We just changed this picture so it now looks safe around your tribal law for you to have a different experience with money. Remember, when we talk about the unconscious mind, it is rooted in the most primitive part of your unconscious mind, your reptilian brain.

When you were a primitive man out on the plain, if you got kicked out of your tribe, you were dead. In parts of the world still, if you get kicked out of your tribe, you are dead. The laws of the tribe and being rejected by the tribe represent a safety issue that is deeply wired into the oldest part of our physiology in our brain, as not safe. To make that picture feel ok and feel safe is a huge shift.

FIRST CHAKRA – EXERCISE 3 – YOUR GIFT TO YOUR PARENTS

Next, introduce an image or vision of money or wealth into that picture. Whether you add money, a cloak of gold, a golden light, or a real stack of gold, bring wealth into the picture that has a feeling of safety and security in it. You are bringing in something that can actually make your parents feel safe. Whatever that item might be - the energy or the light of calm, of relief from worry, of safety and security.

Just see if they are able to show up in that picture. Is it accepted in that picture or does it makes things uncomfortable? It can also be something in the material world that you buy and present to your parents like a new kitchen, a car or



a house. In your virtual reality mind you can make this picture even more wonderful, safe, and secure where they finally get to have a vacation and relax and have relief.

One of the participants discovered a conflict not with her parents, but with a brother.

How does that picture look? Any conflicts in there?

“There was a conflict with a brother of mine that came into the picture that was looking at me like I did it first. Like there was some kind of competition. It’s terrible.”

That’s interesting.

“He did already exceed our family. He went outside the box. He was the only one, already.”

And do you see him as a good model for owning his money? Or is he too focused on money?

“No he is a good model. It’s just that he is mad at me. It is almost as if he is looking at me mad, like really angry at me for talking to mom and dad about it. Like getting their permission.”

You want to do some tapping on that specifically. For you to get wealthy, that is one of your primary relationships. I don’t know how close you are to your brother but it doesn’t feel safe with that particular person.

“Yeah, I am close to him.”

Is there something about the you that you play? There is a version of you that your family or your brother accepts you in that little box.

“Yeah”

Ok, so it is always more than money, right? There is the real specific physical aspect of money but it also means something else about hey who do you think you are? This isn’t the you I know.

“Right.”



The next participant receives an important awareness on receiving.

“I don’t see my parents as willing to accept it from me.”

So they would do what?

“Just reject it.”

Ok they’re still rejecting you then. Do you feel in that picture there is still sort of a standoff?

“Yes. Like it would be an insult to them if they accepted it.”

So it would be out of pride or we don’t need it?

“Yeah”

It is really interesting to see that conflict with you around money. Money is like, “I am too proud for that.” Our family rule is we don’t receive well. Don’t be trying to give me stuff because I am too proud for that. We are self-righteous people. We don’t receive.

I definitely want you to do some more tapping around that. Tapping around that picture or just tapping around that idea and I want you to look in your life and see where you are not a good receiver. Because if we are not a good receiver...

“Yeah exactly”

Here we see how we must be open to receiving and the story also shows how we won’t ask because we are too proud.

My own family’s rule was a similar one that it would be embarrassing and humiliating to stoop to negotiate when you purchase something. I was horrified the first time I was with someone who started to negotiate for a lower price on a purchase. You just don’t do that! This means it’s not okay to own a piece of your power around money and it will mean in some ways, you give away your money.

Whatever comes up for you in your picture was the truth of your family. You didn’t just make it up. We make a vow to live the vows at the first chakra, to live



the laws of our tribe. When we are still living in those laws, we also still have those consequences that are all set up for us.

This is why these first chakra vows are extremely important. That's how your family set up its safety and security. If it is not safe for you, you will be literally rejected.

I suggest tapping on this and mixing in those words of carrying it way down in my first chakra ... that it's programmed and rooted there and I'm open to healing the conflict and specifically that I know is down in my first chakra.

Up at the second chakra we take care of ourselves and we ask for our needs to get met. When we're not allowed to receive, we can never ask for the money we want in the world. It leads up to the second chakra, and now there's a conflict. If you found this to be a truth for you, continue tapping on this to clear the conflict.

The next example brings up the connection between love and money.

"I'm kinda blown away because my father was emotionally absent and so work and money seemed more important. And now I'm making the connection that money has to do with the absence of love."

In fact, money is just a form of energy. We can allow it, or we can block it. When we choose to block it we often have very good reasons for blocking it. In this case, there is an unconscious trigger every time she has to deal with money.

It also speaks to other aspects of money like being a good money manager. Spending the time every month to sit down and really look at your money. To focus on it. Delve into it. Make plans about it. Make goals about it. None of that is going to feel safe if someone in your life was too focused on money, because it all feels like an inappropriate focus on money.



BEFORE MOVING TO CHAPTER 3, TAKE A MOMENT FOR THE FOLLOWING

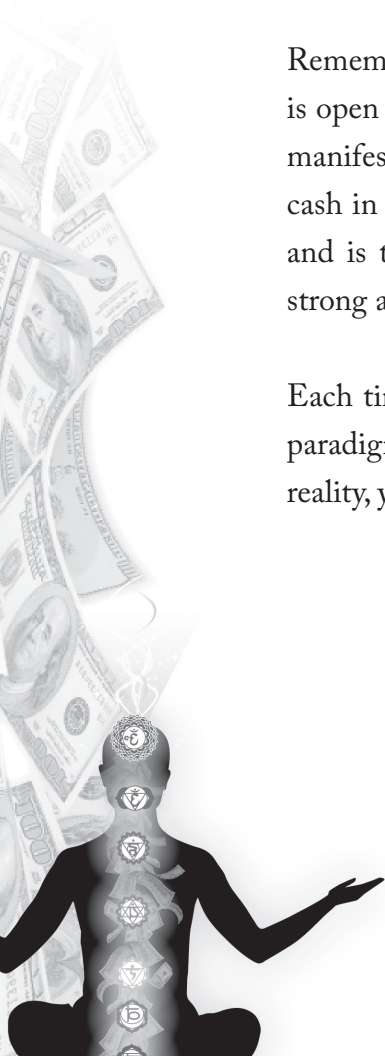
If you could write your new story about money, what would it be? What's the new feeling you would have about money? How would you paint it? How would you see it? How would you feel it in your life? How would you personify it?

Is it the idea of money as a loving supporting blanket? Or that it's this person who loves me and can't wait to see me? Or it's this light that's always surrounding me? Or a pillar that I am standing on? IS it any of these or you can come up with another metaphor or image or picture, because your unconscious mind relates to pictures, it works in metaphor.

As we leave these vows behind, create how you want it to be for you. Then every time you think of money you can trigger that feeling or that visualization of it. When it feels like its not working and you say, "I don't feel like money loves me today," you know you have a place to start tapping.

Remember what we learned at the start of the chapter: when the first chakra is open and strong, it acts like a powerful magnet, drawing to you the physical manifestation of that which you desire. This means the actual "stuff", the actual cash in your hand. The first chakra is the last energetic stage of manifestation and is therefore incredibly important! So make sure you keep your magnet strong and pulling in what you want.

Each time you choose in the present moment the new feelings, beliefs, a new paradigm about money and allow yourself to feel totally connected to that reality, you manifest from the first chakra!



CHAPTER 3

The Second Chakra



THE RHYS METHOD® CHAKRAS DESCRIBES THE SECOND CHAKRA, ASSOCIATED WITH THE COLOR ORANGE, AS:

“Level 2, Chakra 2:

Water, emotional identity, oriented to self-gratification

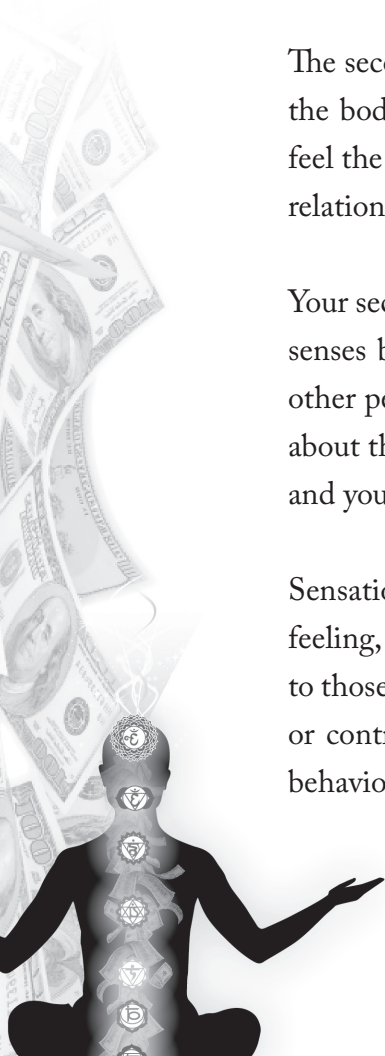
This center represents everything that flows gracefully, moves, attracts us and gives us the desire to change. At this vibrational level, we feel and let in the feelings of the world. It represents how sensitive, sensual and passionate we allow ourselves to feel. Through the pleasure of contact with the world and others, we stimulate our passion to create both physically and sexually. It is how we feel our way through and hold our power in one-on-one relationships. It is our self-image in that to really feel good about ourselves, we have to like the way we feel being in our own skin.”

First, I will review the second chakra overall then explore more specifically the second chakra vows and conflicts.

The second chakra, which is located down in the pelvis or the lumbar region of the body, represents everything that flows and moves. It's where we sensually feel the world and where we come into contact with it. It's where we come into relationship with the world and other people.

Your second chakra is your ability to actually let the world in through all of your senses by feeling how it flows to and through you. It's how aware you are of other people and things in your life. How do they touch you? How do you feel about them? How aware are you of the vibration of light and sound and desires and your passions?

Sensation is the first aspect and then there is the emotion. If sensation is raw feeling, the emotion is where we come into consciousness and assign a feeling to those sensations, which trigger us to either move out and expand in the world or contract inward. Your sensations drive your emotions and that drives your behavior.



Remember, the first chakra is totally solid. If you look down at your body, that's your first chakra and it's completely solid matter. In truth, we are all vibration, but it's slowed down to the point where it *feels* solid.

You could be tall or short but not really know it until you come up to the second chakra and *feel* yourself. The second chakra is your self-image, how you feel about yourself.

When we spend our lifetimes saying, "I am *not* going to feel that. I am moving on. I'm fine," and we deny our feelings, or we take on other people's feelings, then we don't get to feel *our* self-image and we don't *feel who we are*.

How can we carry power when we don't even feel what it's like for power and actual energy to move through our body?

Many people, the Knowledgeable Achievers/ Rule Keepers in particular, are very shut down at the second chakra. The second chakra is your ability to truly feel and not *think* your feelings; to deeply *feel* your feelings.

Often, people with extreme weight issues don't have a self-image. They don't actually *feel* their body. They *think* their body. So they don't feel when they're hungry or *feel* when they're full.

Another example is Knowledgeable Achievers/ Rule Keepers who don't feel when they're exhausted. They do some tapping, or listen to a crystal bowl meditation and say, "Oh my God, I feel so tired!" And we ask, "Well, how hard do you push yourself? How do you *listen* to your body, instead of *thinking* your body?"

When people who think their body start to feel tired they say, "Oh I know what to do, I'm going to exercise and that will energize me." Perhaps you can relate to this?

How does all of this connect with sex and money?



Because the second chakra is your self-image, it is your feelings about how valuable you are. In turn, how valuable you think you are is based on how much you feel the value of being you.

SECOND CHAKRA CONNECTION OF MONEY, SEX AND CONTROL

Author and medical intuitive, Caroline Myss talks about the three things we need: money, sex and control. The second chakra is where we control other people, control ourselves and control things.

Think about a woman who fully carries her goddess sexy energy, “I have value, and let me tell you, this person right here is valuable!” It doesn’t even matter how she looks. When she carries that energy, does that woman have to pay for anything in her life?

Now think of it in reverse for men. When a man has millions of dollars it doesn’t matter what he looks like. Can he get just about any woman he wants?

It may seem a little crass, but this is how value and sex and money all connect at the second chakra.

This is another interesting aspect Caroline Myss brings up around the money, sex and control issue. When you think about money and sex in a relationship, the person who has all the money controls the relationship, because they can withhold money.

On the other hand, the person with the *least* amount of sex drive controls the relationship because they can withhold what the other person wants. Both examples are second chakra control issues.



SECOND CHAKRA CONTROL ISSUES AND THE RHYSTHOMAS® PERSONALITY PROFILES

When a person with the Emotional Intelligence Specialist profile is in their defense, that is the Poor Me side of their personality. They control other people by being extremely needy.

The Charismatic Leader/Enforcers exert control by dominating. They energetically grab people at the second chakra and dominate them.

The Knowledgeable Achiever/Rule Keepers control by saying, “I don’t have needs. No, I’m fine, I can take care of it myself.”

The Team Player/People Pleasers say, “What need do you have? I will just have that need too.”

Because they often leave their body, the Creative Idealist/Thinker basically says, “What body? I have a body? I didn’t know I had a body!”

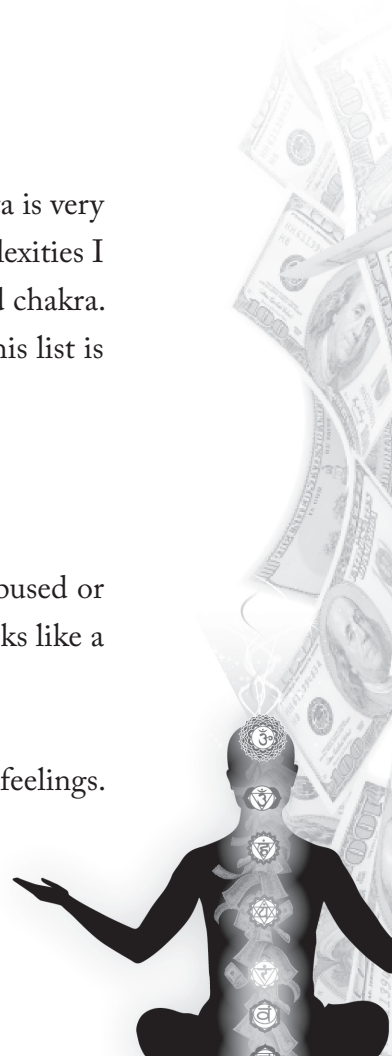
COMMON SECOND CHAKRA VOWS

With all that energy flowing together suffice it to say the second chakra is very complicated and in order to gain a better understanding of these complexities I will review some of Rhys’ teachings on vows that are tied to the second chakra. Note there are a wide range of vows around each of the chakras and this list is not necessarily complete.

Second chakra vows sound like this.

One of the vows is to get even ... an eye for an eye. Or, to never be abused or taken advantage of again. When we make a vow like that, everyone looks like a predator.

Another is a vow to never be vulnerable and always stay in control of our feelings. “I don’t have that need. I’m fine.” In that way we are never judged.



There can be opposite sides to these vows. We either hold people at arm's length, or hold people so tightly they can never leave. We either never express our feelings, or express everything, even if it creates crisis and drama. Never have a need, or always have needs.

The vow around our self-image is often a vow to either hide who we are or the vow to have no self-image. We might only see ourselves in one way, for instance identifying with ourselves as our brains or alternatively as a sexual being. In the latter example, if your self image is based on being a sexual being does that mean if we're not attractive anymore, we don't have any value left?

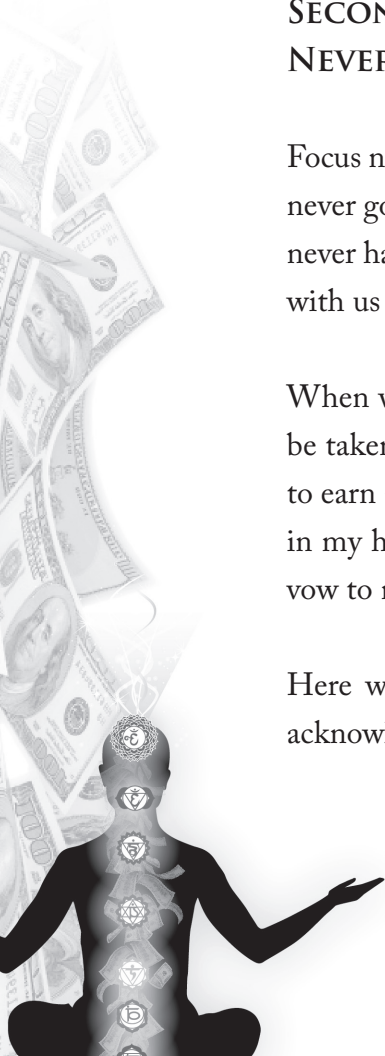
The healing at the second chakra is feeling, honoring and taking care of our needs and creating appropriate boundaries. When we know that we can create boundaries that are appropriate in the moment, then we can trust ourselves. We can allow the world to come in, relationships to come in and trust that we can accept only what's for our highest good.

SECOND CHAKRA – EXERCISE 1 – NEVER BE VULNERABLE

Focus now on the idea of never being vulnerable, of not having needs. Say, "I am never going to feel my needs." When it comes to money and relationships, if we never have a need, we never allow people to truly connect with us, to be intimate with us and actually meet our needs.

When we have this second chakra issue I often hear people say, "I never get to be taken care of. I always have to do everything myself. I'm on my own. I have to earn all the money. I have to do everything. It's like I am the guy and the girl in my house. I never get to be just taken care of." But meanwhile we have this vow to never have a need, to never be vulnerable.

Here we can see how the Achiever/Rule Keeper profile finds it difficult to acknowledge their feelings.



“Something comes up for me that says I only get to be a mother, I never get to have a career.”

So your feeling of who you *are* is what you are doing. When we started talking about feeling and self-image, you went to what I do.

When you are an Knowledgeable Achiever/Rule Keeper, the state of *being* for you is *doing*. The Knowledgeable Achiever says, “I am what I do.” Knowledgeable Achiever/Rule Keepers have the most closed second chakra because they deny their feelings. They want to know, “What do I get to do?” So you have moved up to the doing conflict.

“Bingo.”

I want you to watch as I say that to you, are you judging yourself in your head asking, “Oh my God, I am doing it wrong!”?

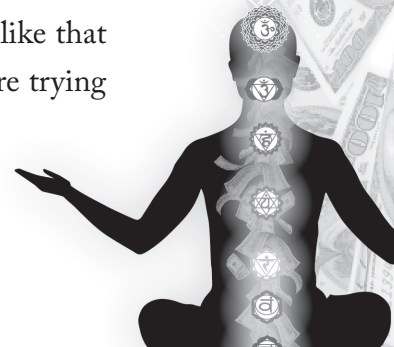
“A variation of that. But you are in the right church.”

I have to be careful when I give feedback to my Knowledgeable Achievers/Rule Keepers because in their head they move right to judgment, thinking they are doing something wrong.

Rhys uses the crystal bowls to demonstrate. He’ll play the bowl for the second chakra, and a Knowledgeable Achievers/Rule Keepers will feel it in their third chakra, in their stomach. It’s your doing, it’s who I am, I am a doer. Or he will play the bowl for the heart and they’ll feel it in their third chakra instead of in their heart. My heart is in my third chakra. It’s what I do. Love is doing.

So there is a vow in there that says, “I am not going to have a need. I am going to focus on other people’s needs before I get to the ‘Who am I?’”

When we make a vow to never have a need, we are saying to the universe, “I don’t have any needs. I don’t need money.” Money represents having relaxation, life balance, good things in our life, nurturing ourselves, and having freedom. Yet we’ve said, “I don’t really have a need. I am not going to be vulnerable like that where I show that I have a need.” Do you see the conflict there if you’re trying to attract money into your life?



You may find you made the opposite vow where feelings overwhelm you or you have a need to constantly express your feelings and create crisis.

The vow to get even often stems from a wound with our parents around money. This shows up when you feel you've been battling a person's judgment and feeling of injustice your whole life. If you had a parent or someone in your life that was a very negative role model around money, I find many people make a vow to *never* be like that.

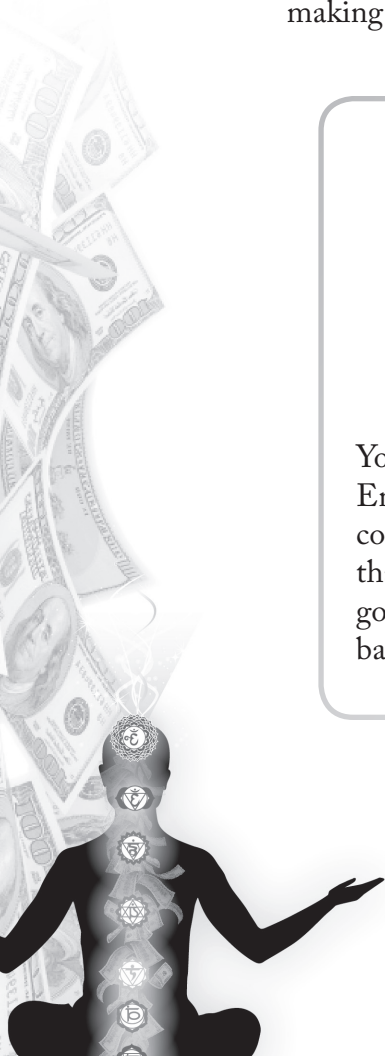
They say, "I will *show* you I can be a good person and never have money. I am going to get even with you over this!" Though it doesn't make logical sense, they never allow themselves to accumulate wealth. They set out to prove to that person they were wrong and attempt to get even with them.

These are not conscious decisions we make and it may sound illogical, but it is a pattern I see with people over and over!

This participant brings up another frequent vow I hear about, the idea that making money has to be hard work.

"Margaret, what if you have parents who said, 'The only way you are going to have money is if you work 24/7 and never have any fun.' So you have this person saying poor me, I have to work all the time and I can never have any fun. At the same time, I have that Knowledgeable Achiever/Rule Keeper feeling that says, I don't really have any needs, I can just work all of the time."

You probably have the two primary profiles of Charismatic Leader/Enforcer and Knowledgeable Achiever/Rule Keeper, which is very common. The getting even part for you would be the anger against that limit you may have expressed when you were younger. "No it's going to be different for me, I'll show you!" We go back and forth battling that, but often end up living the truth of our parents.



Another variation on working hard is the vow to always be responsible with money.

“Margaret, I seem to be coming up with the feeling that I always have to do it myself or I have to take care of myself. Then when I have money it’s almost like I feel that if someone knows I have it, they’ll spend it and basically waste it. So I like to spend it towards the things that we need first.”

Is that a vow to always be responsible with money instead of using it for fun? To have fun and enjoy life is a need. So money is something that has to be used in a responsible way, for the important things.

“Yes.”

Again, this is the Knowledgeable Achiever part that always feels “I am on my own and unsupported. It is all on me and I am responsible for everything.” The vow in there is to say, “I am going to allow myself to meet certain needs, to meet the basics. Beyond that it is wasteful.”

“Yes, and I find myself spending a fair portion of it to educate myself.”

Right. It is ok for you to be learning and achieving more, but what about play? What about just indulging?

“Once in a while. Not much.”

Let’s move on to the first tapping round.

SECOND CHAKRA – TAPPING ROUND 1 – NEVER HAVING NEEDS

On the karate chop point:

Even though I made a vow
Way down in my second chakra
To never honor my needs



To never have a need
To never be vulnerable like that
I honor who I am
And all my deep feelings
That I don't let myself feel

Even though I made this vow
To always stay in control of my feelings
To never show my vulnerability
To never express a need
And boy, has it worked
Because the universe and people
Are only too happy to treat me that way
I am just going to honor the conflict in this for me

Even though I made this vow
Way down in my second Chakra
To never be vulnerable
To avoid feeling my feelings
So I can just be better than that
And achieve more
And be more responsible
I am just going to honor
How this holds me back
From intimacy
From people
Even from money
Because I don't let myself have a need

Tapping through the points

The truth is, I have some really big needs
To be loved and nurtured
To be treasured
To feel adored
To feel sexy



Like the whole world loves me
I actually have a lot of needs
But I found out early
They weren't going to get met
By the people around me
So I made this vow
To not feel them anymore
To deny them
To never be vulnerable
Which means I am not a very good receiver
Because I am all set
I am fine
I can take care of it
And it is not actually true
I honor this old vow
And how vulnerable I really am
If I went down out of my head
Down into my body
And felt my real need
To be loved and adored
To feel treasured
To feel opulent
To feel like a goddess

Take a nice deep breath.

For several participants just saying, "I am actually vulnerable" was difficult to deal with.

"Ouch... I can't process that."

"It is not safe."

"For me that brought up an emotion. It's pretty much how I lived my whole childhood. It's really how I feel like I have to live my life ... to not want any of those things."



It is very scary to want all of that support, all that adulation and because we're afraid we're not going to get it, there is a lot of fear about wanting it. If you've not received it before, you don't feel like it will come to you now.

Do you begin to see more clearly how the wounds at the lower chakras control everything at the upper chakras?

People think we can heal the wounds at our upper chakras. But because the wound is in your first and second chakra, it probably came from your tribe, your family.

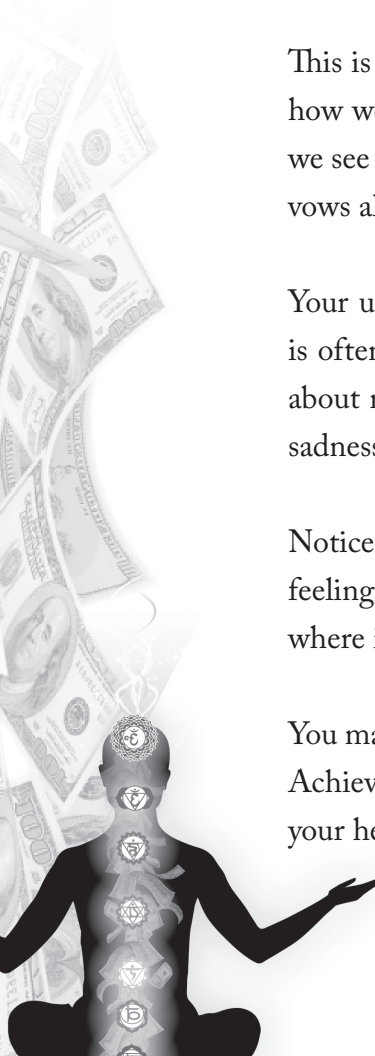
When you move up from the second chakra and come into relationship with people at the third chakra, it doesn't feel safe to have any wants. Looking out at the world from your sixth chakra, you see limited quantities in a world that is not safe. None of what you see out there is coming your way. Based on feeling unsafe in the first and second chakra, the sixth and seventh chakras say, "I see the whole world as limited in this way, because if I have a want, it is not going to be met."

This is why these lower chakra issues are so important. They affect who we are, how we love, how we speak our truth, how we won't speak our needs and how we see the world. The lower chakra vows in turn create and integrate with other vows all the way up through our energy system.

Your unconscious mind is there to keep you safe from emotional pain, which is often just as painful as physical pain. The Knowledgeable Achievers we talk about made a decision young to become little adults. This is where we see that sadness coming up of the lost childhood.

Notice if you feel any sadness in your body and where it's located. Realize your feelings are real and your thoughts are not. If you let yourself *feel* that sadness, where is it in your body?

You may find it has moved out of your head, which is where the Knowledgeable Achievers spend most of their time, and into your second, third or fourth chakra, your heart.



Let's begin another tapping round now. Think about the implications of making a vow to not have needs and how that has affected your life.

SECOND CHAKRA – TAPPING ROUND 2 – OPEN TO CLEARING THE SADNESS

Karate chop point:

Even though it doesn't feel safe
To look at this
Never mind to actually feel it
It is really sad
There is a lot of loss there
I honor all my feelings
And the energy moving through my body

Even though this doesn't feel safe
I want to run screaming back up to my head
And not feel this at all
It's too sad
And it can never be fixed
It's stupid to feel this
I totally honor my feelings anyway
And I am open to healing this

Tapping through the points:

All this sadness
Everything I lost
Because of this vow
Because it wasn't safe
Because of what they did
How wrong they did it
It wasn't safe for me
To have wants



To let myself be vulnerable
By really having a need
It's scary
It wasn't safe then
Still doesn't feel safe now
What is the point of feeling all this sadness?
I totally honor this sadness in my body
And I am open to healing it
So I can be free
Under that vow
Was an unmet need
That is still unmet
As I clear away this sadness
I can finally meet that need
I am open to healing this
And everywhere that it is rooted
In my mind, body and energy system
For my highest good
For my life purpose
For my healing

Take a nice deep breath.

Where are you feeling sadness or fear in your body right now? One participant realized it had shifted.

“It is down in my heart.”

Being in your heart is a very good place for you because as a Knowledgeable Achiever, you are sixth and fourth chakra oriented.

In the sixth chakra you see everything and being a Knowledgeable Achiever, you are very smart, even brilliant and as you see everything you feel responsible for everything. Your fourth or heart chakra also needs to be open for you to be in your power. When you live in your head, you don't feel your core, feel your body, or feel your heart. When you feel it in your heart, it means you've ...



got compassion or sadness or love or some emotion going on right now. You have at least opened up a little wall that you usually keep around your heart.

“Absolutely. It feels more like compassion now.”

SECOND CHAKRA – EXERCISE 2 – THE YOUNGER YOU WHO STOPPED HAVING NEEDS

Picture the younger version of you, the one that made the decision to stop having needs. Picture yourself and see what age comes up in your mind’s eye when you made that vow to stop having needs ... to control those feelings. And do you have compassion for that child?

Let’s listen in on a dialogue with one of the participants to illustrate.

“I am getting that the sadness is around the little kid in me having to be a little adult. And so sadness is loss.”

What did you lose, for having to be a little adult?

“I lost being a kid.”

What is good about being a kid? Sometimes as adults we say you should act more like an adult to a kid. What’s the loss? What do kids get to experience?

“Joy, being in the moment, fun.”

“Having no responsibility”

Yeah. Children are carefree. Imagine! Imagine if you gave yourself freedom from responsibility even for a half an hour? A week? What does that look like?

“Oh my God!”



Start with 10 minutes, so you don't blow a gasket. That's the calling for you. In healing this, that's what you are calling for more of in your life. It is the tiniest break from being ultra responsible.

“Is that why people do that sabotage type of thing, where they are totally irresponsible around money?”

Yes, depending on your personality type, that little child is going to come out and rebel. They yell, “Screw all this responsibility!” and then just go nuts. But it's not in balance. It's this crazy back and forth. Or if we are a real Achiever, we will manifest situations in our jobs and work that are never ending. There is never a space to be carefree. There is always something to be responsible and worry about.

“I have got that going on.”

I say to people, you could tap on money and you could work with a business coach for three years straight, but if your paradigm says, “I am not allowed to have carefree fun,” then you're not going to manifest the money and the work situation that allows that to be in place. And I don't mean just enough money, because that's responsible. I mean money for frivolous fun to blow off a day of work to play.

“Right.”

SECOND CHAKRA – TAPPING ROUND 3 – HEALING THE SADNESS

Tune into that little child now.

Tapping directly through the points.

There she is
That little child
And I feel so much compassion
So much forgiveness
So much sadness



For what I lost
What that little child lost
Having fun
Being carefree
She lost that word
I lost the feeling of carefree
And I became a little adult
Ultra-responsible
And no need to play
All this sadness
I totally honor it
Because it is honoring me
If someone was to watch the real movie of this child
They would weep for this child
It's a sad movie
So I honor my sadness
So this child can be free
All this sadness
I deserved better
I deserved fun
I deserved to have needs
I deserved to speak that truth
And to say I want
I still deserve it
I totally honor this child
And I am open to healing her today
So I can honor my needs
And recognize
I have a calling in my life
To heal this
To be vulnerable
To have needs
To allow the universe
And other people
To hear my needs
To honor that I create my boundaries



And I can create them appropriately
In each moment
So I can feel my needs safely
Ask for my needs safely
The child didn't know how to do that
But I am healing that today

Take a nice deep breath.

Take another look at that child now and see how they appear today. You might find a similar response as some of the participants.

“More confident”
“A little calmer”
“More at peace”

And does that child have needs?

“Yes.”

Are they very different from the needs you have been saying you want in your life?

“Yes.”

The second chakra is about intimacy with other people. If we can't ask for our needs and we deny them, we don't allow intimacy. In our one-on-one relationships, we're not being honest. We are not allowing people to meet our needs and then we say, “No one ever meets my needs. I am always on my own!”

When it comes to money, if we don't honor the bigger picture of our needs, we constantly say to the universe, “I just need enough to work and be responsible and do for other people. But I don't need *fun* money. That would be irresponsible!”

Sometimes I see people who come into money will find a way to get rid of it, or do something responsible like donate it, because it's not comfortable for them. They might think, “What if I lose it? I have got to save it for something catastrophic.”



It's not to say we want to go out and blow all our money in Las Vegas. This is the opposite scenario, it's saying on some level, I don't need and that is not the truth of you.

You may also find your child is still not trusting you.

“What I am getting Margaret is that child, she doesn't trust me. She is looking at me and she is not budging on her numbness or her position. She doesn't trust me or anybody else. She doesn't see it's going to change.”

What you are seeing there, which comes up often, is still a lot of judgment. The child does not trust you. She knows that if she starts having fun, you will judge her.

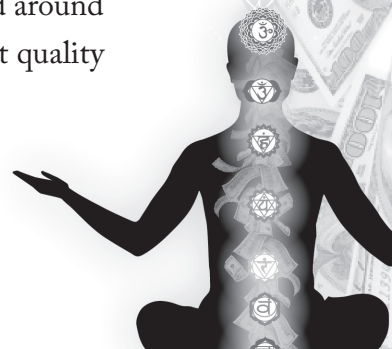
“Right.”

It is just showing you that you have some self-judgment there, which is the hallmark of the Achiever. What the child shows you is always really important. So what she is showing you is, “Ahh ... not safe yet. I am not going to feel anything yet,” because you judge people who feel their feelings too harshly.

SECOND CHAKRA – EXERCISE 3 – THE CHILD'S UNMET NEED

Take a last look at your inner child and note down how they appear now. When they seem to be calmer, or happier or maybe even smiling, notice something very specific about them, about their energy, or a certain quality you see because there is information in that for you.

Where is their energy? How do they carry it in their body? Is it focused around their head? Is it focused around their heart, or around their core? What quality is there about that child you've forgotten about?



Note that down, because you are looking at a piece of your core right there; a piece that you have denied for a long time. What does the child really want? What is the unmet need?

If your child is still feeling sad, it means you have more tapping to do around that sadness. You could probably tap and cry for a good hour. I like the metaphor that says if the audience were to watch the movie, would they be sobbing? If the answer is yes, then until you have sobbed like that for yourself, you are going to carry that wound around.

There might be some specific other loss. Sometimes when a client stays sad, I will ask, “What’s in the sadness?” and the child will bring up an entirely new issue. Or the child will say, “Actually I am pissed.” And now we are tapping on anger. As you see, you can tap further on each aspect that comes up. When I work with people individually, this is where we explore deeply into their story.

SECOND CHAKRA – EXERCISE 4 – BEING EXTREMELY NEEDY

Next we will switch the image to bring up a shadow side, changing the picture to someone very, very needy.

Think about someone in your life or that you’ve known or worked with who irritated you by being a super needy, “Poor Me.” They ask everyone to take care of them and always need to be rescued from their drama. When you react to this scenario, you’ll see any extreme judgment you might be carrying. This is the Debbie Ford shadow work in her book *Dark Side of the Light Chasers*. I integrate this into the process because this is how we get to the next step.

You could do the same process with someone who is very sexualized and flirty, because that will also trigger you. Right now start with someone needy. Perhaps they are also overly flirty.

How do they look to you? If you were being openly nasty and judgmental, would your description of them match that of the participants?



“Weak”
“Self-centered”
“Pathetic”
“Grabby, clinging”
“Invasive”
“Like I don’t exist. Its all about them”
“Narcissistic”
“Always needing attention.”

People can control by being extremely needy, or dominating and invasive. The next tapping round calls up your judgment of people who express their needs.

SECOND CHAKRA – TAPPING ROUND 4 – JUDGING NEEDY PEOPLE

Start tapping right through the points.

There she is.
Ugh.
So pathetic and needy
So obviously narcissistic
Overly dramatic
Complaining and whining
Totally self-centered
And clingy
Gag me
It is so pathetic
It’s disgusting
I totally judge her
And I totally should
She is weak
And pathetic
And so needy
She should be embarrassed



And she isn't
She tells everyone
How needy she is
It's pathetic
I judge her
I totally judge her
Or I just dismiss her
Give me a break
Get it together
How can you be so needy and pathetic?

Take a nice deep breath.

Look at that person again and notice how they appear to you now. See if the picture has changed a little. Here's what two participants discovered.

“... the picture has definitely changed. When you were talking about needy and pathetic, I was not able to say that. I said that I wished she wasn't so needy and pathetic anymore, that I couldn't judge her. So I guess I am excited about that. It is just, I wish a lot for this person. It is not like I can hold that anymore so that's a good thing.”

“Margaret, for me what happened was, instead of me thinking of that person that was needy and pathetic, I saw myself as a four year old child that was needy and pathetic. I never have seen my child look like that. It was pretty intense.”

These people trigger you intensely because they are obviously an extreme, which shows you your judgment. This is telling you that if there were just a twelfth of you that was like this, you would judge it and stomp it into the ground before you could ever hear what it was asking for.



SECOND CHAKRA – EXERCISE 5 – THE GIFT

Once again, look at that picture and ask, “What is the gift?” This person does it in an over the top, needy, clingy way, but what is the gift? What does she get to experience? Is she supported?

What is the gift in the narcissist? Does a narcissist have any doubt in their mind they are valuable? That is exactly what a narcissist would say, wouldn't they?

Realize from this shadow process you are seeing *your* shadow and this is how much you judge this part of *you*. If you have a part of you that is calling you to get more support in your life, to honor your deserving more, you would judge it so harshly you would never see the gift in it. There is always a gift in the shadow.

How often do you let yourself be supported?

What about when that person is very sad about something? Do people rush up and give her hugs? We are looking at someone who is an extreme, but we always want to look at the gift in her.

To bring it full circle, we will complete the tapping rounds.

SECOND CHAKRA – TAPPING ROUND 5 – LIVING MY LIFE

Tapping through the points again

There she is
And I really have judged her
And everybody like her
As unacceptable
I am just going to honor
That there is a really needy part of me
That is calling me



To be more supported
To be more honest
That I have needs
So people can support me
I totally honor
That I have an inner narcissist
That is kind of all about me
That would love to rake in the cash
Just so I could roll in it
I have an inner narcissist
Even though I pretend that I don't
By doing, doing, doing
And giving and sacrificing
The truth is I have an inner narcissist
That wants things
That thinks I rock
That feels really deserving
A hundred percent deserving
Of good things coming my way
There is a little part of me
That would love to just be clingy
Just for a night
Let someone else
Take care of me
And be the weak one
Just for a few hours
I totally honor
All of me
My giving side
My selfless side
My really big heart
And my narcissist
I am all of those things
I totally honor
That I am self-sufficient
And I am strong



And I will always be a responsible adult
And I am also needy
And vulnerable
And love support
So I can rest
And be irresponsible
And carefree
Maybe just for the weekend
I honor all of me
All the way down
To my first and second chakra
That I often deny
And all the way up
Through who I am
In my heart
In my beautiful mind
I honor all of me
I honor my deserving
And how much I want to live life
Not exist
Live life to the fullest
As I honor that
I call to me
Everything I need
To live life to the fullest
Money
Resources
People
Ideas
Passion
I am calling it all to me now
So I can feel myself living my life
Instead of just doing

Take a nice deep breath.



The second chakra is very complicated with a great deal to process. This shadow work moves us to the next level because we get at our judgments. The part of us that says, "I am *never* going to be that needy!"

Take another snapshot of the person you focused on to see how they look now.

Pay particular attention to this next question.

How does it *feel* in your body? Where is the energy moving?

Right now you are feeling your core. How does it feel? What does it feel like? How is the energy moving? Does it have a direction or a flow so that you can come back to this feeling later?

Several participants felt a big energy shift.

"Much lighter."
"Much more helpful."
"The energy is flowing really good. It's very excited and happy and joyful."

What would it be like if you brought this feeling to *everything* you do? This is the quality of *you*, the *feeling* of you.

I remember when Rhys first talked about this. I said, "I can't do that!" I can't share my heart with people and actually *be me*. I am an EFT practitioner! I have to be over here and they are over there. I can't bring my *heart* into it. I can do it with my family. It took me weeks to wrestle with that one.

And so I ask you, what would that be like to bring more of your heart into what you do? To share that? To own it? Speak the truth of that?

"It would feel really good."
"Freeing."



SECOND CHAKRA PRACTICE

Practice saying to at least one other person, even if it's in a fun way, "You know I have needs too!" See what it feels like. It has become a joke for me because I've done a lot of work around owning my needs, and being shocked to discover what a completely needy person I am - and now I totally own it.

Play around with this, "I have needs too, you know!" Who do you shock with that statement?

Secondly, declare loudly what those needs are! Start just by saying some things out loud while you are alone. What do you REALLY want? Not what you want to do or accomplish, what do you really want to feel, to have, to enjoy. If you want to double your income, also say WHY, what will be so awesome about that and how bad do you want it.

It is powerful to really voice this loudly and can sometimes feel scary at first. Then find someone who you trust to be supportive and voice it to them!

Each time you voice what you really want with passion and desire, ask for it from other people, the universe, the divine you manifest from the second chakra!



CHAPTER 4

The Third Chakra



To feel your third chakra focus in on your solar plexus, just above the navel and below the center breastbone, in the space below the rib cage. Yellow is the color associated with the third chakra.

THE RHYS METHOD® CHAKRAS EXPLAINS:

“Level 3, Chakra 3:

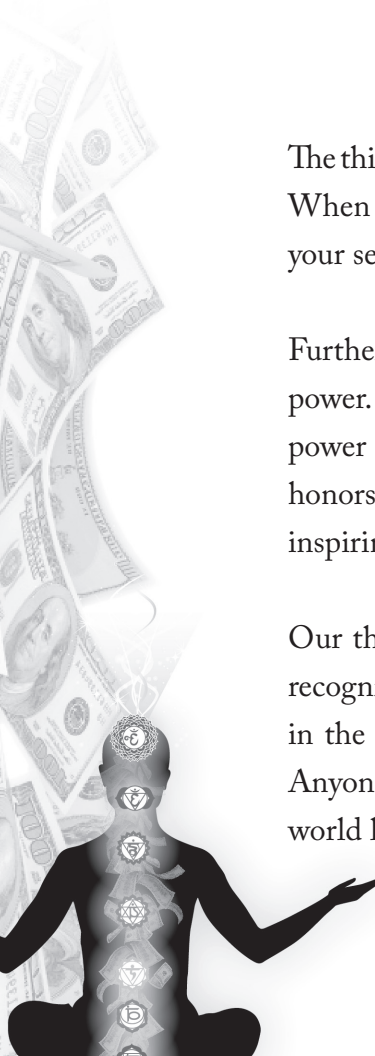
Fire, ego identity, individuality, peace, oriented to self-definition

This center represents our one-of-a-kind, never-to-be-seen-on-this-planet-again self. Jung called it the individuated self. It is our strength of character, honor and where we make and hold to vows and ideals. It is our individuality and ability to be at inner peace with who and what we are in this moment and with whom we become in the next moment. It holds our personal power, self-confidence, self-esteem and helps us live a life of non-dominating power. It is the center where you realize that no one can teach you who you are. It is your life purpose not to conform and be a follower, but instead to be a leader and express your unique qualities as your greatest gift to others and the world.”

The third chakra represents our strength of character, our ego and our individuality. When your third chakra is in balance, it is your power center where you carry your self-confidence and self esteem.

Furthermore, when we are in our true power, it is a non-dominating kind of power. In contrast, many of us are familiar with someone exerting a dominating power in our life or childhood, that disempowers others. But the third chakra honors and carries true personal power, which is always empowering and inspiring to everyone.

Our third chakra is where we come up from the first and second chakras and recognize that we are a one-of-a-kind. If you look out at the 6.8 billion people in the world through your sixth chakra, you see there is no one else like you. Anyone that looks like you, feels like you, thinks like you or that experiences the world like you. And there never has been and there never will be.



As we recognize how unique we are, our life purpose is triggered, which is completely related to our unique nature. When you look at everything in your life that makes you unique, you are seeing your third chakra.

The third chakra is our power center. It's where we take our power and we take action from our deepest desires. It is also our positive use of our will power, where we let go of obsessions, addictions, or wounding, for example. This is where we use our will power to say, "I am going to keep being conscious, to keep noticing when I go off on a tangent and sink into my dark side. I use my will power to direct my energy to stay conscious."

Third chakra issues relate to how often you freely allow yourself to be you and enjoy that on the light side. The shadow expression would be how often you suppress your desire in the uniqueness of you and uniqueness of your birthright of who you were born to be, so that you can conform in some way.

In terms of the life purpose profiles, the third chakra is the dominant chakra of a Team Player and in their defense, to be a People Pleaser.

COMMON THIRD CHAKRA VOWS

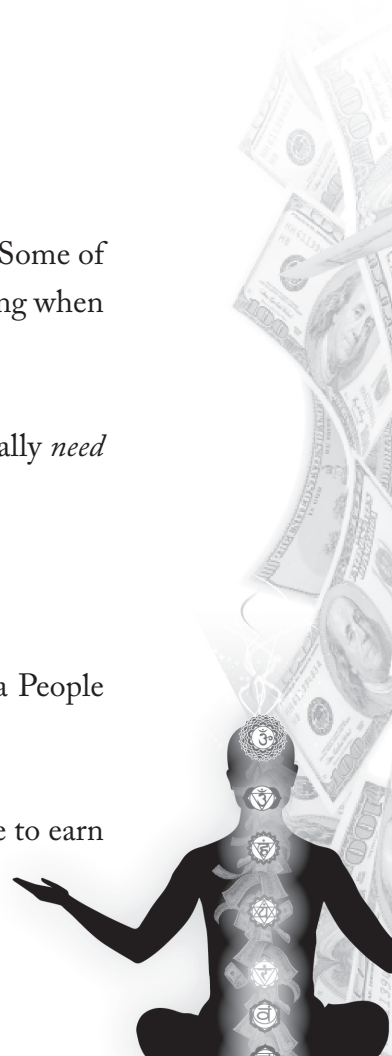
The vows in the third chakra focus on boundaries and people pleasing. Some of these vows and the behaviors they lead to are among the most debilitating when it comes to business and money.

The first one is always I vow to be who I am *supposed* to be or who I really *need* to be, not who I truly *am*.

I vow to sacrifice, to serve.

I vow that other people's needs will always come before mine, to be a People Pleaser.

I vow to live the truth that I am not as good as other people, and I have to earn



my worth by giving, sacrificing, and taking care of others.

On the flip side it is I vow to *never* surrender, to silently resist all the time. To feel stuck.

I vow to *never* be like my family.

I vow that everything has to be *my* way or I'm not participating.

It is using that power center in the negative.

Or, I vow to be invisible. It is not safe for me to be seen. I vow to keep my true unique nature hidden. Invisible.

Some of the other beliefs that go with these vows: Other people matter more and their needs matter more, which is the vow to say, I am not as worthy as other people.

It's compulsive giving, compulsive taking care of, compulsive trains of thought that I come second, I come third, I come last in my life.

This comes up with my clients around weight loss when I hear the following scenario, "For me to actually lose weight, I would have to take all of the steps necessary; make a plan, eat healthier, get myself to the gym, get enough rest. It feels incredibly selfish to take the time, the energy, the attention, the focus, on something that just benefits me being a little slimmer." All of this conflicts with all of these People Pleaser vows which always creates one emotion: guilt. The decision is usually then, "I don't have time to do all that! That's not going to fit in my life."

In essence they are telling themselves, "I say I want to lose weight but I don't want anything else in my life to change. I want to keep giving and giving and doing and doing and putting myself last." So the body is going to rebel and hold onto that weight as a metaphor for the lack of balance."

With money issues, the vows relate to not charging enough, doing too much,



giving away our services, feeling totally guilty when someone pays us, giving someone else the credit or never letting ourselves take the credit. In addition we will underplay or downplay our strengths.

Several participants voiced their third chakra vows by saying:

“The two that really resonated with me are to never be like my family, and it’s not safe for me to be seen.”

When we’ve made a vow to *never* be like *them*, we don’t actually get to be *us* because we can only be the us that is the opposite of them.

“Down playing my strengths, not charging enough, giving away, those all resonate. Giving someone else credit.”

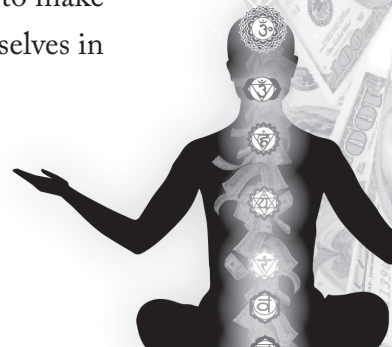
“I think the People Pleaser and not being as good as other people.”

What kind of actions do you see that translate into?

The third chakra is the Team Player/People Pleaser profile. The dominant feeling in a People Pleaser’s life is being stuck or thwarted. They will also say, “I am not angry, I just resent it.” So resentment is key. In the moment you feel resentful, you are being a People Pleaser.

The other dominant feeling is guilt. The Team Player/People Pleaser is the only profile that feels very guilty for any time they set a boundary or feel they didn’t give enough. When you’ve just said no to someone and now you feel guilty, you know you are in a People Pleaser mode. Something is triggered around the third chakra programming or a vow that you’ve taken.

The rest of the profiles are not wired to feel guilt. I don’t mean guilt when there is legitimate regret when we have done something wrong and we want to make it right. I mean the extra programmed guilt we feel when we chose ourselves in an given occasion.



It's important to realize the People Pleaser issue comes up for everyone. We have all learned that to act like a People Pleaser (or a Team Player, which is the power side of the profile) to be part of a group. A Team Player feels real compassion, real caring and is a very beautiful thing. However, we often learn in our families it is the safer way to be. An example is, we are the helping child or the good child, we are the under-the-radar child or the not-asking-for-anything child.

By being an excellent Team Player/People Pleaser, we can pretty much thrive in any organization. More than any other chakra, the third is calling us to claim our personal power.

This brings up feelings of safety as one participant discovers.

“Margaret, I'm getting something about not wanting to challenge somebody else's ego. Like if I come into my strength and my power, that somehow it would take away from their strength and their power.”

So it would disempower people?

“Or that, you know when you realize somebody likes to be boosted? If you yourself rise up then they won't get that. It is like a dynamic that I played into since I was young. It's the child/parent relationship, where the parent has the power and you know if you keep playing into it that you'll stay safe or you'll get your needs met. But you don't really.”

So it is not safe?

“Yes.”

Safety comes up a lot around the third chakra and we can sometimes feel it in our stomach or even feel nauseous.



THIRD CHAKRA – EXERCISE 1 – I WILL NEVER BE LIKE THEM

We will begin with this vow to never be like a particular person. Think about a family member or someone in your life who carries power in a very negative way. Maybe it is someone from your family of origin or perhaps an ex-spouse. Tune into the vow you've made to never be like that.

Say out loud, "I will never be like them!" Just notice how that feels.

You may describe this person's characteristics the same way as several participants:

"Critical, cold, selfish, judgmental, emotionally distant."

"Lack and scarcity, never having enough, control, hopeless, mean, dominating, critical."

This person then becomes a shadow in your life.

Let's begin to clear this with the first round of tapping.

THIRD CHAKRA – TAPPING ROUND 1 – I VOW TO *NEVER* BE LIKE THEM

Tap right through the points...

There they are
Critical and judgmental
Mean
Dominating
Lack and scarcity
And I made a vow
A third chakra vow
To *never* be like them
Anything like them



I will not be like *you*
I will be *nothing* like you
I will define myself
Against you
I can't be anything like you
I won't *let* myself
I *totally* judge you
And I should
So critical
Hurtful
Selfish
Dominating
Just mean
And all your scarcity and lack
I *totally* judge it
Who you were
The way you lived
And I vowed
To *never* be like you
Which means you are still controlling me
Because I can't be all of me
When there are so many things I can *never* be
I honor this old vow
I honor all the reasons I took it
And all the energy it's holding
Stuck in my third chakra
And I am open to healing it

Take a nice deep breath.

When we make a vow to never be like a person or a group of people, we absolutely cut off parts of ourselves. This is the core of shadow work and there are gifts in every one of those shadows.

As sensible as it seems to make that vow, do you see the inherent conflict in it? For example, if you said lack and scarcity described the person, do you experience



that lack in your own life as you replay the scenario?

It means you're still fighting the battle against that; by *refusing* to be it, we have to replay the battle. Remember, since this is our power center we can have a lot of energy behind the, "Oh no you didn't! I am *so* not going to be that. I am *so not* going to go there. I will *never* let this go!" It means we are still fighting that battle of differentiating ourselves from them, but as we try to do that there's a fight involved.

Whenever someone describes another as really critical, I know they have a huge inner critic. The word that you pick is the word that is your particular shadow.

Someone who sees the angry, dominating person has an issue standing up to power and owning their own power because they never want to be like that.

If you see a very controlling person, yet never want to own the side of yourself that needs to control, you miss the gift in that shadow. After all, there are times in our life when we must take control. If we only see control as negative, we'll struggle with taking action or being in charge.

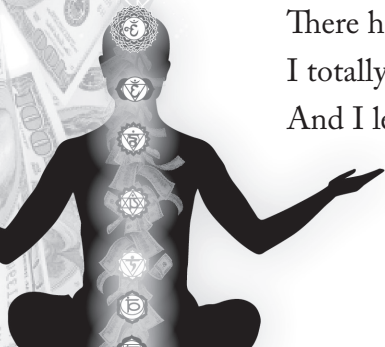
THIRD CHAKRA – TAPPING ROUND 2 – LETTING GO OF THE BATTLE

Let's move to a positive round on this one, just tapping through the points.

There they are
I have spent a lifetime
Analyzing
How justified I am
In refusing to be like that
In judging them
For doing it all wrong
Part of me likes to keep this battle fresh
And I recreate it
In my own life



And then I look at it
And get really angry
That I now have lack and scarcity
That I am now the critical one
That I am now the distant one
I totally honor
Who they were
Their challenges
Their baggage
It was their way
And I am open to letting it go
So I can just be me
Without measuring against them
There's a part of me
That's pretty critical
That's pretty selfish
That needs to be more controlling
I wrestle with my belief in scarcity and lack
I am open to honoring me
In my life
My dark and light
My issues
I get to choose
The parts of me
That are really me
That have gifts for me
I am open to letting go
Of this comparison
This vow
This refusal to be all of me
Because I might look like them
I am unique
I am me
There has never been anyone like me
I totally honor who I am
And I let go who they are



Take a nice deep breath.

Picture that person again and see how they look to you now. Sometimes that image will show you a little bit more how you are feeling about it.

One participant describes clearly the energetic hooks from the dominating person.

“For me Margaret, in the beginning I saw tentacles really close to me, attaching me to this person, and then as we began doing the second round it was as if I saw them go way in the background, and become much smaller.”

Good. The words I used in that tapping and tapping through the points is designed to do exactly what you just described. Even saying the words, I am just going to let them be there with their issues that come from their life. I use that process over and over to create separation and distance. It always works the same, so that’s great. You can see energetically what’s going on, which are the energetic hooks. Right?

“Right.”

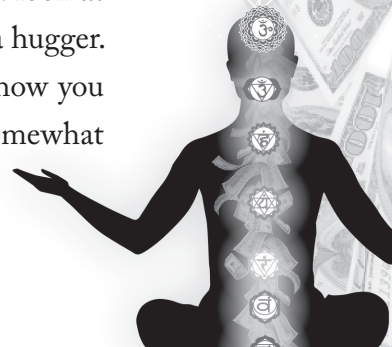
And where were they hooking you when those tentacles were coming across?

“Right in the side of my stomach. Like right on my side.”

Yes. It is usually right in the second and third chakra. That’s where people who are very dominating hook us, right there.

This type of person dominates with their will. They are the bullies with a big barrel chest we call the bully belly. They have a huge third chakra but they use it to dominate.

A true team player also carries their energy right in the middle, but you look at them and you want to hug them. Someone who is very third chakra is a hugger. You feel grounded, you feel great with them and they want to know how you are. They carry their energy right in the middle. Sometimes they are somewhat



block shaped. But very different from the bully belly where they come up from the third chakra and dominate.

One of the gifts that can come through for you is forgiveness. Here's one participant's experience.

“Margaret, I just wanted to say that I think there is a real possibility for final forgiveness in this. I've done a lot on this over the years, but this is like the last piece on this. It is working very beautifully.”

We know that something really shifts with forgiveness. It is where the seventh chakra opens and we see that there is nothing to forgive and that they were doing their best.

“Yes that is exactly the feeling I got.”

It doesn't mean that there was not real hurt in you that you can process. It doesn't mean you didn't pay a real price, and have real loss because of it. Once you process that, it is also seeing that it really had nothing to do with you.

“Yeah, it is very freeing.”

Look at the gift of the situation now. Because of those people in your life, what positive thing did you learn about you that's been a gift? It is usually just what we need for our life purpose, as hard of a lesson as that can be.

Perhaps your gifts are similar to these voiced by the participants.

“What about an emotionally distant parent? I don't quite get it. What would the gift of that be?”

Well I can take some guesses. Typically the gift is something around... I realize how important it was to recognize that I have real needs and real feelings, and a real calling to have those feelings honored. How important feelings are. How important nurturing is. Sometimes as an adult we become a parent and we say I am going to love and nurture my kids, because what I learned is so incredibly important.



Does that make sense?

Every generation surpasses their parents in consciousness. You've already broken that chain that got handed down to you by being emotionally there for your kids, which is beautiful.

"Yeah."

Maybe you've spent a long time going down one path you now see is not where you want to be at all. Here's how to look at the gift in that.

"Margaret, for me when you talked about gifts what came up was sadness, which was interesting. I've been digging so hard in my life in this area that wasn't right, that was inaccurate that I was so invested in this area for so long. So when you talked about what the gift is it's interesting, it just brought up sadness."

Like I have wasted my time?

"Yeah. Like I thought this was it. I thought I was heading in the right direction."

The sadness for me is that in that moment you recognize that you let go of that process you immediately went to self-judgment. The second we do that we sort of break our own hearts. Right? So we start to say... I should have known better back then, and your heart closes when you do that. So the gift would be around...when you look at how much time you spent focused on that there is something about your essential being that is incredibly persistent, and resilient and you kept going and you said "No, I am going to solve this." Right? There is an unbelievable strength in you that you can harness.

"Yes."

In your power, what would that strength be? What's the gift of somebody who is that tenacious?

"Courage and determination."



Yes, in the face of the unknown. You did not even know what the result was going to be, what the payoff was going to be, but you are a driver.

“Was that a gift? Can it be used as a gift?”

Yes

THIRD CHAKRA – EXERCISE 2 – BEING SEEN

Now we'll focus on another key third chakra issue – it's not safe to be seen. I don't just mean to be seen, I mean to really be seen as *me*, my uniqueness, who I really am. There are two sides of it. There is it's not safe and there is, I down right *refuse*.

To get at this core issue, imagine you are standing there surrounded by your family and people you know. If it is business, then it's the people you work with. You are saying, “You have no idea how brilliant I am. You have no idea the shining light that I am!”

How does that picture look? How does it feel? Let's tune back in to the participants and follow the dialogue.

“I'm scared.”

What's the crowd looking at you like? How do they look? How are they reacting?

“What is really interesting is that they became smaller.”

So you have disempowered them. Is that how that feels?

“Yeah.”

I heard disbelief. What's in disbelief?

“They're not engaging.”



Is that rejection?

“Yes, they are also pulling their love away.”

Anyone have people accusing them of being selfish or tooting your own horn?

“They think that I think I am better than them now.”

“They’re laughing.”

Your picture is probably similar as people commonly express a whole gamut of feelings on this.

All of your programming around it’s not safe to be me means we come to that other vow that says, “Because of all this, I vow to be who I am *supposed* to be, who I *need* me to be, who *they* want me to be. *Not* who I truly am.”

One participant helps us see how honoring and processing the wound from long ago lets us move into the present moment.

“Margaret, when I was little I didn’t realize how intuitive, or how kinetic I was. I would get attention from men and I felt that I was violated but didn’t realize it was energetically. And so that was when it wasn’t ok for me to be seen. The thing that I saw was just me hiding in the closet where I was safe.”

This is a real big one for you because the wound that’s there needs to be honored and processed. There might be more tapping of course for you to do on the specifics of that.

When we do this next round of tapping you are going to tune into that older picture. Because the reality is when we honor that wound and we can let that go, we come back to the present moment where you are not a little girl anymore. Unconsciously that is what is playing in the background, that’s the level of seriousness. I am going to be invaded. It’s a level of seriousness that adds much more power to this idea that I can never ever really be me. I can never really shine. It is totally not safe.



“I flashed into myself as a cute, a short woman, or a short girl at the time. Even though I was liked I didn’t feel I was being taken seriously. Oh, she’s so cute. It left me uncomfortable about wanting to be me because I wasn’t taken seriously. I was seen as a flirt or cute.”

These are the kinds of conflicting images and issues that happen when we are developing our chakra. They run the gamut from very intense, to medium or two to three specific things. In any case, we don’t get to be all of us.

THIRD CHAKRA – TAPPING ROUND 3 – IT’S NOT SAFE TO BE ME

Tap straight through the points.

There I am
Trying to own my power
Stepping out as me
Oh my god
It is not safe
They are coming at me
They are bullying me
Taunting me
Threatening me with their silence
Rejecting me
It is very clear
I’ve made a huge mistake
I feel them pulling away
Maybe I am disempowering them
I’ve just hurt them all
Or maybe I’ve angered them
And they are taunting me
Laughing at me
Humiliating me



Threatening me
They want me to stop
This is not ok for me
There is no way I can handle this
I'm terrified
I'm frozen with terror
It's not safe
It's never been safe
I have wounds about this
Real wounds
It will probably never be safe
Because I never really recovered
I cannot be me
I need to pull this back
I've got to apologize
I'm reeling it all back in
I know how to play who they need me to be
I feel stuck, but safe
It's not safe to be me
Not out in the world
Not unique and brilliant
The world does not want that
All this fear
And these old beliefs
Wrapped around my 3rd chakra
They kept me safe
I needed them back then
I totally honor them
And I am open to healing this

And take a nice deep breath.

Look at that picture again and see how intense it is. You might feel it down in your stomach. If you feel dizzy, it probably means this was a bit much for you. It's saying, "This is not safe to feel, I'm going up in my head about it."



As Rhys Thomas teaches, the wounding and the vows at the lower chakras create the upper chakras. They can only live the truth of the lower chakras. When we have this wounding we look out at other people in the world with our sixth chakra and what do we see? We see bullies. We see taunting. We see predators. We see disempowerment.

So our sixth chakra just got colored with that wound. And we come up to our fifth chakra and we speak the truth of that. We come up to our fourth chakra and the way that we love reflects that wound. This is why these lower three chakras are so important.

What do you see in that picture now? How do the people look? How are they looking at you? Sometimes it gets a little more specific, and a little bit calmer.

You may find you are *actually* refusing to speak up.

“I’ve got one that I know I need to clear for myself which is that it feels safer and more open in the space, but I also got I am not going to speak. That’s where I really was held, I am not gonna speak.”

There are two sides. There is the real hurt and the real wounding and then there is the “I just frickin’ refuse!” One of the vows of the third chakra is to silently resist. People Pleasers are stubborn. You are using your will there to resist. You are not imposing your will on other people, but you are using your will to say, “I am so not gonna tell you who I am.”

“Like a huge energetic withholding.”

Is that good in any part of our life? The themes I explore are always around business and money, but it is always more than that. This is an energetic withholding of your self in your life.

Again, look at the people in the picture who are looking at you. How are you looking at them now? Are you judging them in any way?

If we are getting close to speaking, usually what comes up next is self-judgment.



They are going to ask me for more. They are going to ask me to prove it. What if I get stuck and I am not smart enough?

This is where you see your own judgment. It's the down side of your inner self-critic, because you are projecting that right onto everyone else.

THIRD CHAKRA – TAPPING ROUND 4 – I REFUSE TO SPEAK UP

Tap right through the points.

Even though I probably could speak.
Why should I?
They are just going to judge me
Pick me apart
They are all a bunch of skeptics
Maybe they are willing to listen now
But I don't trust them
I know how judgmental people are
They are going to size me up
And try to trip me up
And I will feel like a fool
I can't back up these claims of brilliance
Brilliance is not my birthright
It is something proved and earned
And I don't judge myself as having done enough yet
They could call me on this
And I will be standing there
With my mouth hanging open
Stuck and frozen
Like a fraud
They will judge me
Criticize me
Pick me apart
Now I am not talking



I refuse to talk
I am gonna stay silent
And judge all this from afar
It is safer for me
Safer from judgment
If I just withhold myself
Let someone take the spotlight
Let someone else put themselves on the line
Let someone else earn the big money
I am just gonna hold back
That is the smarter thing to do
It is just not safe
And I know myself
I cannot handle criticism
I'll be humiliated and embarrassed
I will crumble
I can't handle it
I'm not gonna talk
I am gonna stay silent
And I can be stubborn about this
You want to see third chakra will power, I've got it

Take a nice deep breath...

How does that round feel?

It takes you to a deeper place than what we usually tell ourselves. "I have a fear of standing out. I have a fear of being successful. I am afraid of owning my power." And there is truth in that, but underneath it there is an absolute stubborn refusal. There is a, "screw that, I know better," refusal.

In fact both aspects are present. There is the real wound that creates the real fear, the real hurt, the real rejection that happened at some point a long time ago. And then there is the screw that, refusal. I also put in there what's really going on, which is to say that I can't handle it. Because if you could handle it, if



you trusted yourself enough to know that other people's criticism and judgment doesn't have that much to do with you ... if you know who you are ... you wouldn't be worried about it.

If that were a room full of three year olds would you care what their judgment was? You showed them your project that you completed in your job, and how good you are at what you do and they said, that's boring. You wouldn't really be crushed. You would probably be *willing* to talk to a group of three year olds. Right?

The next step is to allow other people their freedom too.

THIRD CHAKRA – EXERCISE 3 – FREEING OTHERS

Put yourself in that picture for a moment. Imagine that you fling your two arms out, with your palms up and say, "I free you all to have your own opinions." Actually free them like a prophet. "I free you all to have your own opinion." Be completely yourself. When we own who we are, we give *everyone* permission to do the same. That's why it feels so good to be around people who are enthusiastically being themselves.

When we talk about the third chakra, we've talked a lot about owning our power. The important thing is when we are willing to recognize that we *are* that unique and actually *be* uniquely us, we recognize our life purpose is directly related to that uniqueness.

The power in that third chakra - that ability to be who you are without all those programmed fears of judgment, and I can't handle it, and if they judge me I will be crushed and it's not safe - when we let those go, we actually take action. It's your action, your power center. All that energy right in the core of you is your action center.



DISCOVERING WHO I AM EVERYDAY

The positive vow we make at the third chakra is not really about taking action and owning our power from a chakra standpoint. The vow is to discover who I am everyday. I am open to discovering the true mystery of who I am, that I am unique in *every* moment. I am fresh. I am alive. I'm new. I'm different.

It is a very dynamic positive choice at the third chakra. In addition to all these wonderful things, it means owning our power and taking action because the third chakra is about your uniqueness and that's what your life purpose is connected to.

This is why I love Rhys Thomas and his teachings so much. I haven't heard anything like this about the third chakra and it's not something I would have come up with on my own. I would do a positive round about owning my power, but I wouldn't do a positive round about discovering the true mystery of who I am. About discovering who I am *everyday*.

That is just brilliance!

Rhys says that it is in that moment that you finally realize, "I have no friggin' idea who I am anymore or what the hell's going on in my life!" that you became conscious. Because the goal is to discover who you are everyday ... that you're always transforming and fresh and alive. And so is *everybody* else!

The intimate love relationship buzz-kill is when we look at our partner and say "Oh yeah, I know all about him!" That's when love changes.

Let's move now into a final positive round.



THIRD CHAKRA – TAPPING ROUND 5 – I HONOR WHO I AM

Tapping through the points again

Even though I have spent a lifetime
Believing that I am static
And hiding it
Withholding it on purpose
Judging it as not perfect
I totally honor who I am
Completely unique in this world
Unique in every moment
A constantly transforming miracle
The truth is
I am alive
Fresh and new
Different every single day
I am a complete mystery
And I am open to discovering myself everyday
I am open to honoring who I am
My feelings and my actions
As totally unique
I am open to honoring
That my body and soul together
Express my uniqueness
And that's my life purpose
I am open the gifts of my third chakra
My power center
My desire to go be *me* in this world
Which is my life purpose
I totally honor who I am
Unique in every way
Alive and fresh
Transforming in every moment
I am a true one-of-a-kind



And the world absolutely needs me
Needs me to be *all* of me
I am open to this for my highest good
And the highest good of everybody I touch in my life
As I own who I am
Full of joy and passion
I give everyone permission to do the same
And that is a beautiful way to love other people

Take a nice deep breath...

Notice how those words feel. More importantly, how does it feel in your body now? Where is the energy moving?

You may feel the energy centering in specific chakras like these participants.

“I feel it in my throat and head”

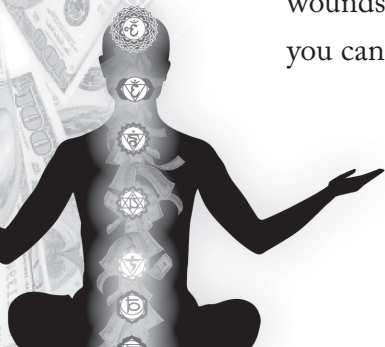
That is perfect for you, because you are fifth chakra, charismatic leader. You just nailed your energy center.

“Mine is the heart.”

When you are being totally you, you are a heart-centered person, which means you embody the opposite of criticism.

Again Rhys tells us the second we criticize ourselves we close the heart. The heart chakra shuts and we literally break our own heart. When you are really being you, truly feeling who you are, you embody that there is nothing to forgive. There is a divinity in everyone and everything.

If this process was very intense for you, it's probably a lifelong, deeper wound. Recognize you have more clearing to do. You want to identify the stories, the wounds, the events that add up to this story, that add up to this wound, so that you can tap on them very specifically.



After tapping and clearing these blocks one participant had an excellent question about what comes next.

“I have one quick question, about the uniqueness of ourselves. After this tapping do you think we will see signs of that? Or how do we bring that in?”

We don't actually have to go looking for it. It's there, when we let go of the belief that it is not there. When we let go of the criticism that we are not good enough. It's already there. It's your body, your soul, your mind, your heart, the way that you love, the gifts that you have. Your life purpose is never a job. It is for you to be you.

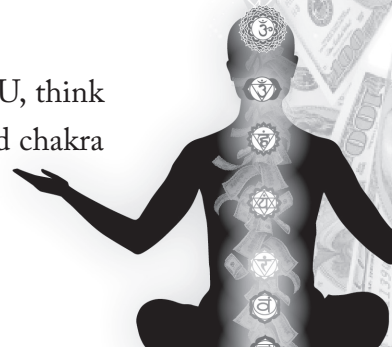
If you still don't quite believe in your uniqueness, try tapping on the opposite belief. “Even though I believe I am not unique, I am open to experiencing my own uniqueness.” Then somebody in your life, from somewhere in the universe, will come up to you and say, “You know what is so special about you?” The universe will give it to you.

THIRD CHAKRA PRACTICE

At the end of this third chakra work tune in to how it *feels* in your body because that's more important than what you are thinking. This is the *feeling* of energy *moving* through your body. Most of your thoughts are to protect you from actually feeling this. So remember what this feels like and bring this feeling to everything you do.

Guide your attention now to this feeling of energy moving in your body. This is how the energy is always moving in you, but you don't feel it because of all these thoughts, and wounds and stories going on. You're feeling *you* right now. And isn't that amazing? Recognize as you feel it that in your third chakra you remember that you are a miracle!

Now from this place of grounded solid energy, this place of total YOU, think about some of those true desires you identified at the end of the second chakra



chapter. Imagine reaching out with your power, your energy, your action to go get some of those things! Feel the enthusiasm that arises when you honor what you want and feel your personal power to go get it, to make it happen, to take action!

You have not done one thing yet, but you are feeling the real feeling and energy of enthusiasm! From this place, you can manifest anything! From this enthusiasm you are unstoppable, charismatic, fun and energized. People will line up to support you! Feel it, and bring that feeling with you now into work, into your goals, into your relationships and watch miracles happen!

When you feel and remember that you are miracle and reach out to the world taking actions from your deepest desires and highest aspirations, you manifest from the third chakra.



CHAPTER 5

The Fourth Chakra



THE RHYS METHOD® CHAKRAS DESCRIBES OUR FOURTH CHAKRA located in the center of the chest, right behind the sternum. The heart chakra is associated with the color green.

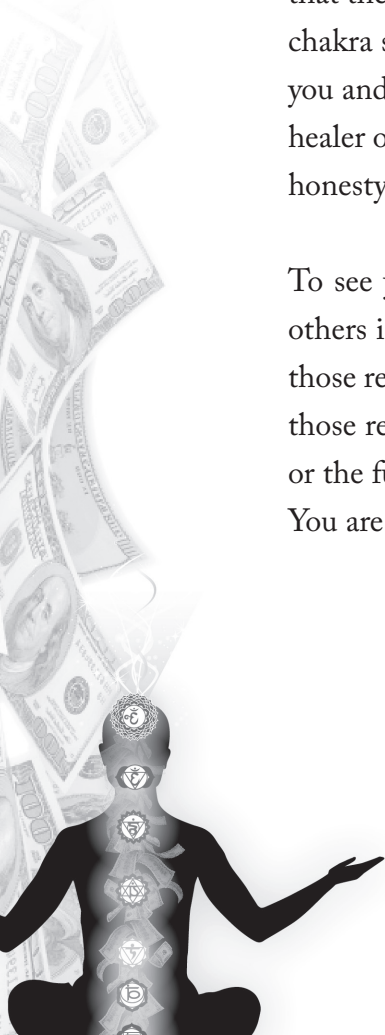
“Level 4, Chakra 4:

Air, social identity, forgiveness, love, balance, oriented to self-acceptance

This center represents how we come into and maintain relationships as well as our ability to hold love, compassion and forgiveness for ourselves and the people in our lives. It is where we let love be the bridge between Heaven and Earth, the mind and body, the masculine and the feminine, light and dark, good and bad. This is the center that balances all twelve levels and inner forces in our lives and creates a stable inner life environment of self-acceptance and the love and acceptance of others.”

As Rhys explains, it represents the ability for you to hold love and compassion for yourself and in the relationships in your life. Fourth chakra healing is the compassionate act of forgiveness of the self first, and then others. Rhys teaches that the fourth chakra is really your core, the center. It’s the balance point in the chakra system where you integrate your lower self and your higher self. It loves you and everyone else, unconditionally, in the present moment. The heart is the healer of all wounds. When the heart is open you live in the present moment in honesty and integrity even if that sometimes means being vulnerable.

To see your heart chakra, look at the relationship you have with yourself and others in your life. Notice how forgiving and compassionate you are in each of those relationships, starting with yourself. How easy do you find that balance in those relationships? When your heart is closed you are living in either the past or the future and you are seeing only what you don’t want to forgive in yourself. You are seeing only what you don’t want to forgive or accept in another person.



VOWS AND WOUNDS OF THE FOURTH CHAKRA

The fourth chakra is also the Knowledgeable Achiever/Rule Keeper profile. If this is your profile, then you are fourth and sixth chakra dominant.

The biggest negative fourth chakra vow for Knowledgeable Achievers/Rule Keepers is to be perfect *and* perfectly critical of yourself. It's a vow to be perfect, critical when you're not and disappointed in yourself when you are not. Thus critical and disappointed are an aspect of the second part of this vow to be perfect. This stems from the belief that "I only deserve ___ love, money, relationship, pleasure, for example ___ if I'm perfect."

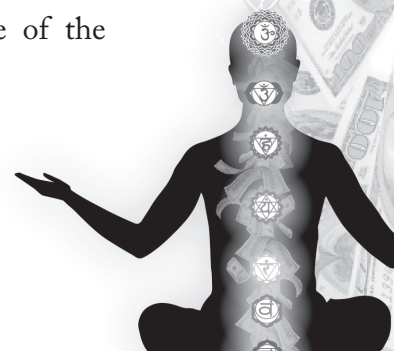
A vow for the Charismatic Leader/Enforcer profile is the vow to be uncompromising in love and relationships. *It has to be my way*. Or a vow that true love doesn't exist, it's just a compromise. There is no such thing as love without compromise.

For some of the Team Players and Emotional Intelligence Specialists there can be extremes, to *always* love no matter what or on the other side, to never love myself, to *never* love another again.

With vows, look at the extremes. When we talk about the positive vows, which we will later, we're dealing with forgiveness. You can't replace a vow with a vow. In discussing the idea of your life's work, you will replace the vow with a positive goal you really feel is your truth. You make a goal to love and accept yourself in the present moment. A goal to forgive yourself, not for what you did, but for forgetting, forgetting who you are. You make a goal to be open to your deepest, darkest needs, as well as your highest aspirations.

As you read about these negative vows - the vow to be perfect, to only deserve when you're perfect, to be perfectly critical of yourself, and the vow to be disappointed when you're not perfect - note what comes up for you. What are you feeling now?

You might find your energy moving around in your heart, as one of the participants did.



“Yes, it triggered a lot of sadness for me. Like it resonated so true, it felt really, really sad. A new awareness that that is how I’ve been treating myself for just far, far too long, in that limiting parameter of perfection.”

Yes, whenever sadness comes up, it’s telling you that you are starting to feel how much you have lost by living that lie. As Rhys says it’s based on a lie. What have we given up for this?

When we talk about having to be perfect, the way we know we are or aren’t perfect is we analyze and judge. The Knowledgeable Achievers/Rule Keepers are fourth and sixth chakra dominant and are very smart people. Their life purpose is to get things done and to embody mastery. They figure out the best processes and/or systems and in that strength they are able to see the big picture, to see how things work. They can analyze and evaluate. Do you see how that self-judgment becomes the defense for the Rule Keepers?

Whether sixth chakra dominant or not, remember that the mind has two real functions. As Rhys teaches it, the mind is there to keep you safe and it’s there to evaluate and judge things. That is what it does for everyone. We look at things, we evaluate, we judge, we’re scanning the horizon for danger, for opportunities, for all sorts of things.

There is the beautiful quality of the sixth chakra that lets us evaluate, decide where to put our energy, where to put our time and how to do things right. On the dark side it’s the judging and evaluating and criticism, in a rigid way, that says, “I’m not lovable yet. I’m not perfect yet, so I don’t deserve yet.”

This is a very big dark side because you vibe to the universe is always, “I don’t actually deserve yet.” And more specifically it’s, “I actually deserve all the crappy results I am getting in my money, my life, my relationships, I am getting what I deserve because I am not perfect yet.”

Perfectionism can get in the way of moving forward in our business as well.



“I’d like to say what it brought up for me is I used to be pretty successful and then a lot of things happened over about 10 years, and now I’m trying again. I keep thinking everything has to be absolutely perfect. Whether it’s advertising, sending out letters or making follow-up phone calls. Whatever it is, I’m almost ready to do it and something keeps telling me, ‘You’re not ready yet, you’re not doing it right, you’re going to fail.’”

The critical voice always keeps us stuck.

“Absolutely stuck, I get right to the point of doing these things and I start to back off because wait, maybe I should have done this or that. I know it’s a feeling of failing or rejection. I don’t know because I work with the public.”

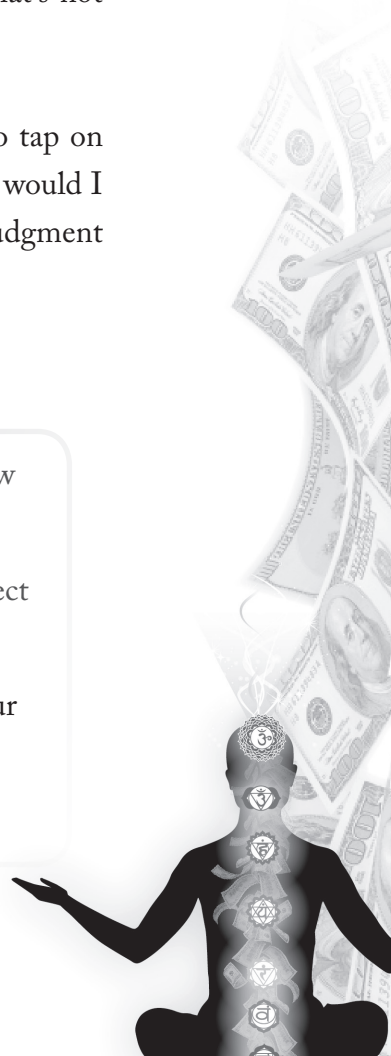
In the sixth chakra we know we’re doing the right things, that it makes sense, that we have high standards, that we know how to make it perfect. I’ve noticed in working with Achiever/Rule Keepers that they’ll tap on everything except their blind spot, their own self-judgment, because it’s in their unconscious. It’s the judgment about themselves or the situation that says “Well no, that’s not how it should have been. That’s not how I should have done it.”

This typically is not something that comes into their consciousness to tap on and clear because they’re *right* about it. The mind justifies itself, “Why would I tap away this criticism? I did a bad job and I deserve it and I need that judgment because I’m right.”

A parent’s judgments can add a double-edged sword:

“Margaret, my mom expected me to be perfect and this is now what I’m remembering everything and when I was little and she was very judgmental of me when I wasn’t living up to her standards. No wonder, I’m doing that now. It just makes perfect sense.”

When we have a parent who was an Achiever/Rule Keeper and our profile includes a Rule Keeper, then we are already predisposed to having a high standard of achievement. That parent amplifies our own inner critic.



Here is the moment of consciousness.

If you take only one thing from this book, let it be this awareness: *The instant you criticize, your heart chakra closes.* You break your own heart.

Whatever you're doing in that moment – it might be in a driving, achieving, or analytical way – but your heart is not in it in the same way. You are not focused on embodying mastery, you're focused on achieve, achieve, achieve and people feel the difference.

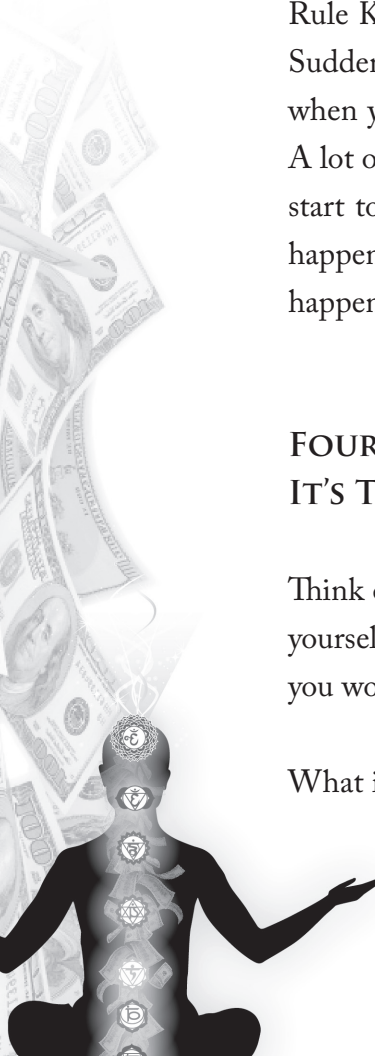
We all know it because we've felt the difference and are not sure what it is. "I know I'm doing a good job, but I don't feel my heart is in it. I feel a little dismissive and annoyed at these people." Have you ever been working with clients and said in your mind "Geez, what's *wrong* with these people? Why don't these people get it? Are they idiots? I have the greatest service in the world and they totally don't get it!"

I've worked with a lot of business owners who find when they get into their Rule Keeper, all the energy changes with their customers /prospects /patients. Suddenly the customer/prospect/patient feels judged. Talk about a buzz-kill when you're the person who wants to receive the services and you feel judged. A lot of my Achiever/Rule Keepers don't start out their business that way. They start totally heart-centered and passionate. Then over the years things start to happen and they go into defense. That's when they say, "I don't know what happened. My business just totally dried up."

FOURTH CHAKRA – EXERCISE 1 – IT'S TOTALLY UNFORGIVEABLE

Think of something that you are unwilling to forgive yourself for; you betrayed yourself or someone else or you let them down. In the quietness of your mind you would say, "Yes, it is totally unforgiveable! Unacceptable!"

What if your unforgiveable thing is something you have no control over?



“Margaret? What would you do if it were something physical? It’s unforgiveable to not look perfect. It’s unforgiveable to have lines on your face or to have your thighs not be perfect or getting older, certain things that you can’t control. ‘I’m right, I’m definitely right!’ How would you deal with that? I think that’s such an overlying thought that I’m not perfect and there’s nothing I can do about it.”

Right. So it’s unforgiveable that I’m not perfect. I want you to remember that from the Achiever/Rule Keeper perspective it’s something that you did. What did your body do? How did your body disappoint you, let you down?

“Oh, it’s just visually not been perfect since I was born.”

Here we have at a real basic, basic level, your first chakra level, saying “I am *not* going to love. I *Refuse*.” So your story is going to be about “I disappointed myself. The unforgiveable thing is my body. It’s my actual, physical body.”

“Yeah, I heard that and I learned that if you don’t look perfect you’re not as loveable.”

Remember that *disappointment is not a feeling but a thought, a criticism or judgment in your mind*. However, they are self-justifying thoughts so they can be just as difficult to get rid of as feelings/emotions.

If you were going to tell the story or watch the movie of that unforgiveable act, where would you be from 1 to 10 on the intensity scale for this story?

This next section clarifies subtle differences in the words the participants chose to describe their feelings. It is worth tuning in to the actual dialogue to help you understand your story better. The first person responded to the question about intensity.



“An eight.”

And what would the emotion be in that eight?

“Sadness and disappointment.”

Sadness is an emotion. Disappointment is a judgment, a sixth chakra creation. “It’s not how it’s supposed to be, I refuse to see the divinity in it.”

We’re definitely going to do a lot on the disappointment but recognize it’s actually not a real feeling. It’s a judgment. The sixth chakra judgments as Rhys’ says are taken as “undeniable truths.” In that way, these thoughts are almost harder to break because they’re self-justifying thoughts.

Anybody else? What would be in that story?

“What about frustration?”

How high would that be? And is that frustration at yourself?

“Oh, yes. I would rate that as a 10.”

Okay. Frustration, always different from anger, always means the same thing over and over and over. Not just that, but a pattern of that.

“Spinning my wheels.”

Anybody else?

“I got it wrong, I did it wrong, I got it wrong.”

What’s the emotion in that “I got it wrong” story?

“That’s what I was trying to figure out. I’m not sure if it goes along with frustration or something else.”

When we’re really in that Rule Keeper mode there’s almost no emotion there. It’s just “No, I got it wrong.”



“Mine is I’m not good enough and I’ll never be good enough. I guess that’s a judgment too for myself.”

“Mine is anger at ignorance.”

“I also feel like I’m in a cage, like I’m locked in a cage and I just can’t get out because it’s just like wasted time and it feels very, very uncomfortable.”

So you disappointed yourself? Or you betrayed yourself? Which one would you say?

“Both. I mistrusted what I was picking up and I didn’t carry on, I let somebody completely take my power.”

Okay, so you’re a Charismatic Leader/Enforcer. That will probably be more your primary. Yours is going to be slightly different from these Achievers. For the Leaders the unforgivable moment is always when you somehow betrayed yourself. You weren’t strong enough or you let someone take your power. That’s unforgivable. I was a people-pleaser! It can be about being perfect but it’s usually more about I didn’t own my power, live my passion and that’s unforgivable for me. Charismatic Leaders will talk about regret, being caged or time was wasted.

“For me I think its fear and that turns into the procrastination of, I’ll get to this in a little while, and that’s been going on now for like a year.”

Is the fear the unforgivable act that you were in fear?

“Fear of what’s going to happen when I’m reaching out to potential customers or clients. It’s almost like they’re going to be able to see through me, that I don’t know a lot, which I do know a lot but yet I still have this fear that they’ll come up with questions that I don’t know the answer to that I should. Then it turns into procrastination as far as sending out letters, making phone calls. I say I’ll get to it later. Let me perfect the script. Let me see what I’m going to say and it just hasn’t, hasn’t happened yet.”



My question is, when you look at yourself in fear, is that what you judge as something that you're doing that's unforgivable? That's really, really, bad for you, to be in fear? Again, you've got that Charismatic profile. One of the unforgivable things for Charismatics is to have fear, to show fear or for people to know they are afraid. They are very much the warrior and feel they "should have" done it.

"How about fear that you're a failure? Because I've got that going on too, like not working. Is that like kind of the same thing?"

What's the unforgivable act for you? Is it being a failure?

"Now that I think about it, it is being scared. Fear. Yeah, that's the judgment, 'How could I?' and 'Silly me, stupid me'."

Right, I'm supposed to be *fearless*.

"YES. Absolutely."

Before we start tapping, give your story a title:

I refuse to forgive myself for _____.

Rate how intense you feel when you think about your story from 1 to 10.

Finally, what is the emotion in that intensity number?

FOURTH CHAKRA – TAPPING ROUND 1 – ON SOMETHING YOU REFUSE TO FORGIVE YOURSELF FOR

Begin on the karate chop point:

Even though I have this story
And it is unforgivable
And I have gone on a long time
Refusing
To forgive myself for this



And that makes total sense
I accept who I am anyway.

Even though I have this story
This story of failure
Fear
Not being good enough
Wasting time
What the hell is wrong with me
And I don't forgive myself
I honor who I am.

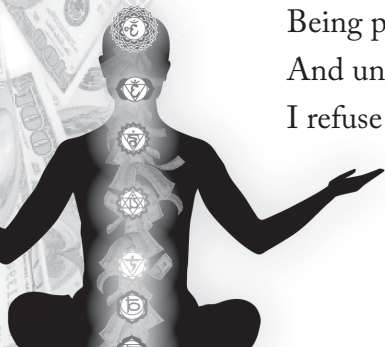
Even though I made a vow
A fourth chakra vow
To be perfect
And disappointed in myself if I am not
And that vow requires
That I judge and evaluate everything
I honor who I am
This story proves it
I am not perfect
And it is so disappointing

Tapping through the points:

There I am
I totally judge myself
And I should
It is unforgivable
I ruthlessly judge myself
And I refuse to stop it
Because that's what I deserve
I buried the story away
So I can't be judged for it
Nobody else sees it
So I have to be ruthless



Ruthless on me
I screwed up
I got it wrong
Once again
I wasn't good enough
I wasn't smart enough
I wasn't strong enough
I totally failed
I do not forgive myself
It will not make sense to forgive myself
I made a vow to never forgive myself
When I am not perfect
I have a really high standard
And I've got to keep that standard high
And very rigid
So forgiving myself
Will be letting myself off the hook
And I have got to keep this pressure up
I refuse to forgive myself
I refuse to let go of my vow
I love my vow to be perfect
I am striving towards perfectionism every day
And eventually
May be in a 100 years or so
I will finally achieve perfection
And then I will get XXX
I will get the prize
I will get love
Because I will finally deserve it
I made this vow
To not deserve
Until I am perfect
Doing it perfect
Being perfect
And until I am perfect
I refuse to forgive myself



And this story is just another piece of evidence
And I am right about this

Take a nice deep breath.

This participant was surprised at the reason behind her people pleasing ways.
Plus she discovered a new tapping point you may want to try as well.

“What happened for me was I had this idea that I was so angry about being a people pleaser. When we started doing the tapping it was as if the words reversed and the reason I’ve been such a people pleaser is because I’ve been so hard with my judgment and criticism on myself. It was sort of like what lead to the people pleasing. ‘Well, if I can’t love myself I’d better absolutely try to get it from everybody else by pleasing everybody else to the max.’ It was a pretty interesting reversal of what I thought.”

Yeah, it’s actually the judgment, right? It’s the judgment that beats us down. It’s the judgment that keeps us stuck.

“Yes, for me in the people pleasing, exactly.”

“I really felt like I also wanted to tap right on the fourth chakra at the same time as going through all the points because it just really felt like there was a ball of energy right there. I mean I don’t know if that’s another one of the tapping points but I needed to tap on that point at the same time.”

Great point. That’s called heart-centered tapping. You tap on the line between the two nipples. A lot of people at a conference I was just at are talking about that point and focusing on it ... heart-centered tapping.

Look back at the story now and notice how unforgiveable you look. You just may view perfectionism in a new light.



“I see myself as maybe using ‘everything has to be perfect’ as an excuse because nothing ever is really perfect exactly and it’s keeping me from facing my fear of being rejected and doing the business.”

“It made me see how ridiculous it is, ridiculous to be a perfectionist and how in truth it is limiting.”

When we’re perfectionists, we’re in the Rule Keeper mode – our defense -a rigid view of how things *should* be, of perfection. However, when you are in your power, in your core and everything is flowing, one of the gifts of the Knowledgeable Achiever is they see the big picture. They see the unfolding and divinity in it. They see the perfection in human imperfection. So when we start to break up some of that head judgment and can look back at the story and say “I see a little of compassion,” the heart begins to open.

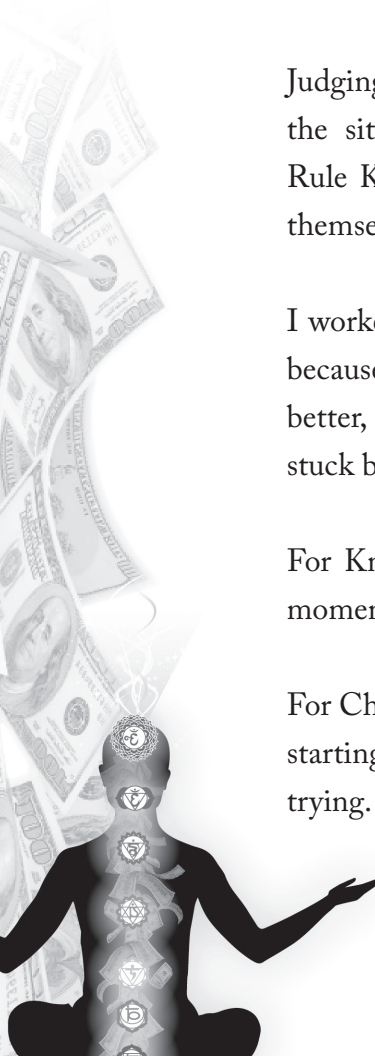
Now look at the picture again and notice if you were already, back then, going into self-judgment? Were you judging yourself in that picture?

Judging ourselves is one of the ways that keeps us stuck. You could have reviewed the situation and said, “Wow, I made some mistakes.” Instead Achiever/Rule Keepers will hold onto something that happened and continue to beat themselves up, sometimes for years.

I worked with many financial advisors who had lost their edge after the crash because they were still carrying the guilt. They’d say “I should have done it better, I should have seen it coming.” They don’t forgive themselves and stay stuck because they can’t trust themselves.

For Knowledgeable Achievers it’s important to look back and see if in that moment you were already going into self-criticism.

For Charismatic Leaders it’s important to look back and see if you were already starting to doubt yourself in that moment. If so, you may find you stopped even trying.



When we look back and notice the self-judgment we say “Wow, I started doubting myself halfway through ... and then I kind of gave up,” or “I started criticizing half way through. I got judgmental of myself, then rigid and then I got angry and started yelling at others that they were doing it wrong. And they stopped supporting me.”

I want you to see that even back then you started to go into defense and that probably played into what happened in that event. So you weren't as conscious back then as you are now.

For this next round, tap through the heart point. Make all five fingers into a point and tap with them on the heart point, which is in line with the nipples, right in the middle of the sternum bone.

FOURTH CHAKRA – TAPPING ROUND 2 – OPENING UP TO FORGIVENESS

Karate Chop:

Even though I have this story
And I have judged it
And myself
As unforgivable
Not how it should have happened
Way below my standards
I am open to accepting who I am
With compassion
The truth is
I was always doing my best
With what I knew
And where I was
I was doing my best

Even though I have this story
And it has been a piece of evidence

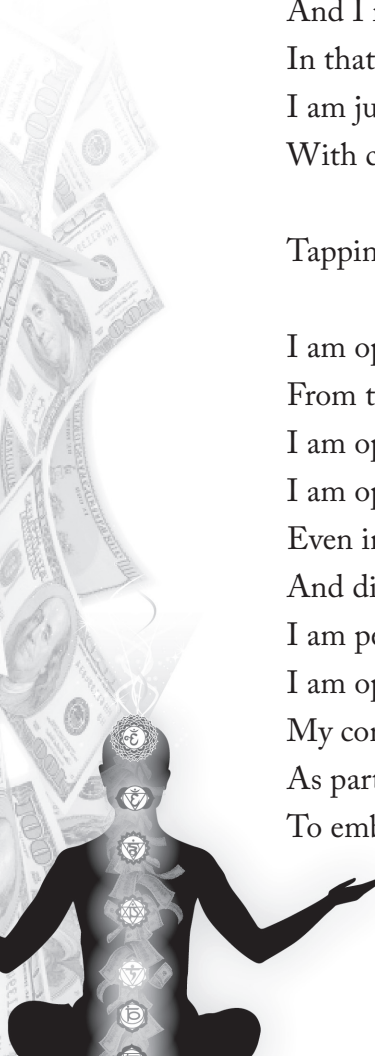


That reminds me
That I am not there yet
I am not perfect yet
So I don't deserve yet
I accept myself
Right now in the present moment
With compassion
I am open to the idea
That I could extend forgiveness
To myself
The same forgiveness
That I often extend to others

Even though I have this story
And it reminds me
That disappointment is lurking
Around every corner
Not how it is supposed to be
And I refuse to see the divinity
In that story
I am just going to honor myself anyway
With compassion

Tapping through the points, including your heart:

I am open to seeing the big picture
From the microscope to the Universe
I am open to forgiving myself
I am open to seeing the divinity
Even in my imperfection
And divine Order
I am perfect in my imperfection
I am open to seeing my own brilliance
My commitment towards consciousness
As part of my life purpose
To embody mastery



To embody who I am
In every moment
I am open to forgiving myself
To opening my heart
And saying it is ok
There is nothing I could ever do
That's unforgivable
I have seen this story
As part of my evidence
That I don't deserve yet
As I forgive myself
I honor how deserving I am
Right now
In the present moment

Take a nice deep breath

You might not have been ready for that round yet. If you felt resistance to those words then go through that tapping again of “No, no, no, no, no, I'm not forgivable.”

“Margaret, I've gone through some of this a lot this week. Forgiveness on myself. It's been real intense crying and I feel like it's a grieving period. Is that normal? Like this really deep stuff?”

Yes, because it's the sadness, the broken heartedness that you've never felt because you've stayed up in your head.

What's your profile?

“I think I'm the Charismatic Leader.”

So for you, you are in your Poor Me, which means you can grieve like nobody's business. When I go into my Poor Me and I tap on my broken heart, that's like a weekend. I recommend that if you are going heavily into the grieving you should do it little bits at a time or it will feel like it won't stop. Do some, and then check in how you feel the next day.



The other thing I would recommend is getting a healing. If you know someone local, an exceptional Reiki practitioner or I have practitioners listed on my site and they could even do a heart chakra specific healing.

“Margaret. I’ve got immense pressure in my forehead and feels like my head is going to explode.”

Yes. That would be your sixth chakra. Refusing.

“Yeah.”

You might have a little bit more on the Thinker side of the Achiever.

“Yes because it’s going into my throat as well and I can feel it’s all around my jaw and all up in my head. And I do feel very emotional as well.”

Let’s tap through on the next round.

FOURTH CHAKRA – TAPPING ROUND 3 – ON SADNESS

Tap through the points:

This tightness in my throat
I don’t want to speak the truth of this
These are words I have never said
I can’t forgive myself
Allow that to be my truth
If I start going there
There’s going to be too much pain
I am going to feel a lifetime
Of broken heart
Every time I have broken my heart



I don't want to feel that!
This feeling in my throat
Telling me of the sadness
The sadness of expressing
This lie
That I have to be perfect
That I am not lovable
Or deserving
Until I am perfect
The sadness in that lie
It had broken my heart
It's caused me lot
It's caused me
Years of fanatic activity
Doing and doing and doing!
Treating my body like a machine
I don't want to feel this
It could overwhelm me
I'd rather stay up in my head!
This feeling in my throat
This feeling in my heart
Feeling the price
The loss!
That I have had
Because I believed this lie
I lived it through my actions
I closed my heart with criticism
I spoke the truth of this life
With my fifth chakra
And I looked out at the world
Through the truth of this lie
And saw it everywhere
Imperfection
Disappointment
And things to be judged
I am really feeling



The loss from that
I have lived it as truth
I am seeing it as a lie
And I am feeling that
Down through my fifth chakra
All the way to my heart
I honor my heart
And all the ways it supports me
And all the ways I have broken it
I am sorry
I forgive myself

Take a nice deep breath.

FOURTH CHAKRA – TAPPING ROUND 4 – ON FORGIVENESS

While we don't get the feeling of being supported in a group when we're not learning and sharing in person, the truth is, we are a group. Anyone who reads these words at any time past, present or future is connected energetically with all others who read the book and participated in the conference call.

In this next round, tap on your heart chakra right on the breastbone in the center of your chest. With intention, use your sixth chakra to visualize a room full of people ... all the people you are connected to energetically through this book and those who listened to or participated in the teleconference. Look at all these people you're connected to right now and say, while tapping:

I forgive you
Please forgive yourself
Its okay
I forgive you

Now look through that crowd of people and go right down to one person standing there. It's the mirror image of you in the spotlight. Say the same thing:

I forgive you



Its okay
Please forgive yourself
I forgive you

Feel that expand outward. The energy of forgiveness is an extremely high vibration and it's one way. Even though you don't know the other people, you're actually connected in this moment and can use that group intention.

Now change the picture and hear all the people in the whole room say to you:

I forgive you
It's ok
Please forgive yourself
I forgive you

Come back to the present moment and notice your breathing. How does it feel around your heart? The following story is relevant for all of us, but especially those in the helping professions.

“Hi, I’m a Rule Keeper, secondary Team Player and you said at the beginning that with the Team Player they make vows to never love again.”

Yes.

“It’s just been absolutely incredible for me because when we first began, my story was about relationships I’ve been in. All the disappointment. All the self-judgment and I believe that you’re absolutely right. I think I was doing fine until we got halfway and that’s when the vow played. And the whole point with this tapping for me today was bringing this information into consciousness. I feel like jumping up and jumping for joy that I’ve come into consciousness with this because I couldn’t forgive myself for the relationships I’ve been in and I held myself accountable for everything they did wrong, I did wrong. And now with this information I can begin right now, this minute to forgive myself and I can move forward with my heart open and understanding that I can forgive myself for having the vow in the first place and that I did it to protect myself. I’m so grateful. Thank you so much.”



You're welcome. This is Joan who is an unbelievable Reiki healer. What's amazing about Joan, Reiki energy is seventh and fourth chakra and she gives an unbelievable, as Rhys says "It's a Joan healing."

She's already an amazing healer and it's a heart centered healing. What happens when someone like Joan, who's already able to hold that space and give an amazing healing, when she uncovers and really forgives herself then that means when she works with somebody who has issues forgiving themselves...maybe another Achiever/Rule Keeper, the moment they step into the room, before the healing even starts, she carries an even stronger field. Not just being able to project love and forgiveness out to a client but love and forgiveness of the self. Very, very nice, thanks for sharing that. This is the process when a healer does self-work and becomes even more healed. Fantastic, thank you.

This Rule Keeper realized her People Pleasing was to silence her own inner critic.

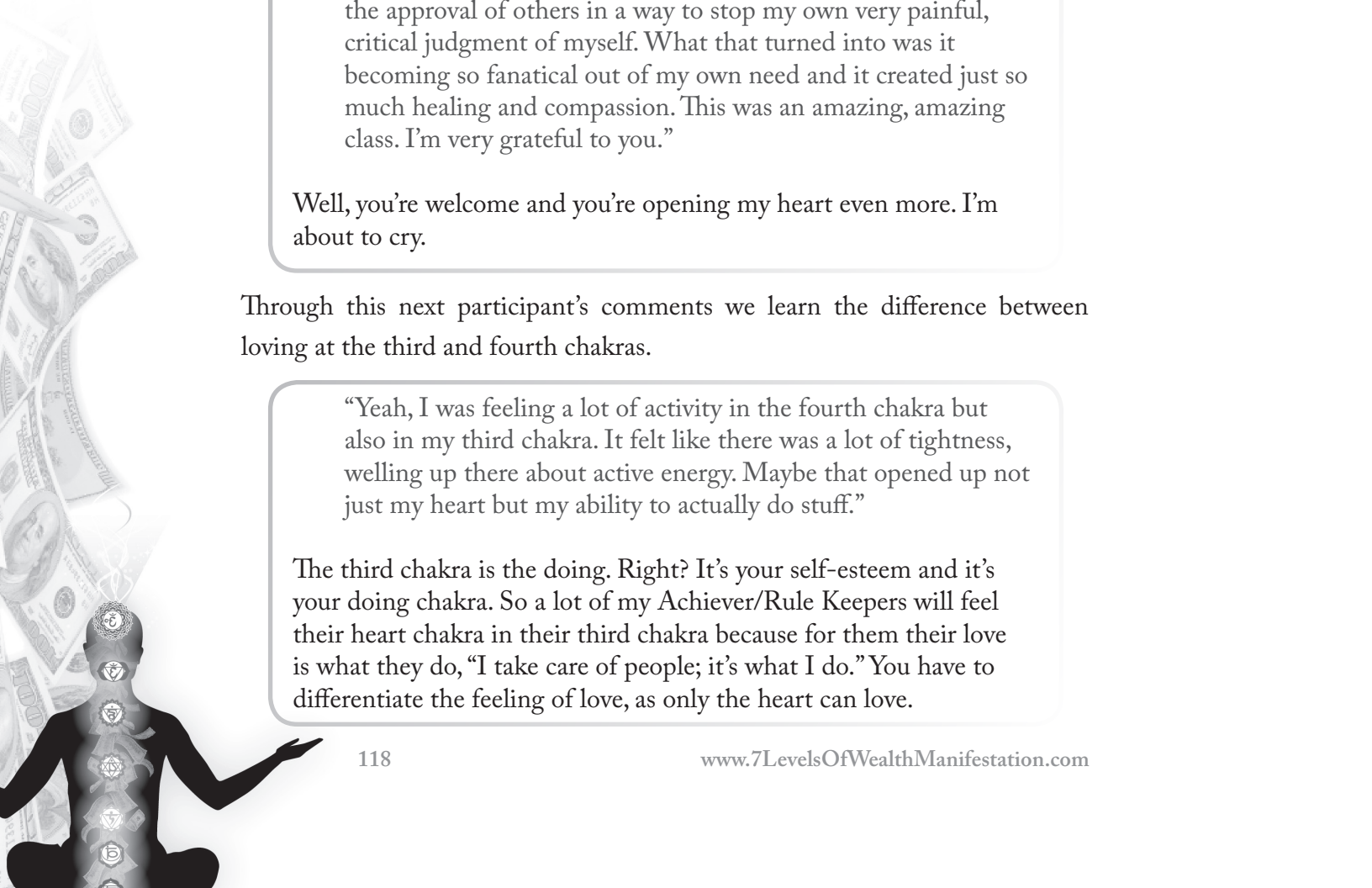
"I am a Rule Keeper and a Knowledgeable Achiever. What I really learned about was my People Pleasing and that it was for the approval of others in a way to stop my own very painful, critical judgment of myself. What that turned into was it becoming so fanatical out of my own need and it created just so much healing and compassion. This was an amazing, amazing class. I'm very grateful to you."

Well, you're welcome and you're opening my heart even more. I'm about to cry.

Through this next participant's comments we learn the difference between loving at the third and fourth chakras.

"Yeah, I was feeling a lot of activity in the fourth chakra but also in my third chakra. It felt like there was a lot of tightness, welling up there about active energy. Maybe that opened up not just my heart but my ability to actually do stuff."

The third chakra is the doing. Right? It's your self-esteem and it's your doing chakra. So a lot of my Achiever/Rule Keepers will feel their heart chakra in their third chakra because for them their love is what they do, "I take care of people; it's what I do." You have to differentiate the feeling of love, as only the heart can love.



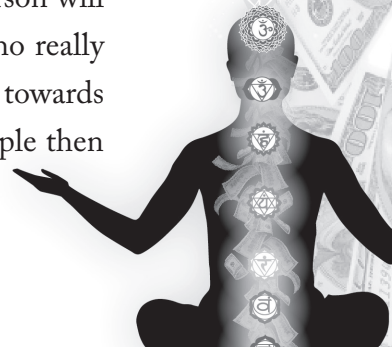
Rhys talks about how we can love from other chakras but that's not really love because only the heart can truly love. It might be a calling for you to take notice if you process love as what you do. Do you "feel" love when you do something for someone? You love someone with your actions, which is wonderful, but not if all your love is third chakra love. Anytime we have energy going around the fourth chakra it's great.

And this participant voices what many people may still be feeling. She's not ready to let others off the hook!

"Margaret, one of the sticking points I have when I'm doing the tapping... I know at one point you said that I needed to acknowledge that I was doing my best and even more when we're tapping on something like 'everyone is always doing their best.' Where I have trouble with that is I don't believe it. I don't mean to sound so negative. I truly do believe the best of human nature but at the same time I see things in many others, and myself, people trying to take shortcuts and trying to get something for nothing. I know I judge others and myself when I do know I could have done so much better and for whatever reason I didn't put myself forward. So I just feel very conflicted to be saying, 'Oh I know you were doing your best,' and that's why, I'm just afraid."

This shows us so clearly that releasing these long held beliefs can take time. It's important to honor your own process. This isn't a contest and there's no rush here. That's why I said that you might not be ready for Round 2, Opening to Forgiveness. There is more tapping to do on "No, people *aren't* doing their best," and "I *didn't* do my best and I *refuse* to see it that way." It just means that you are becoming conscious that it's a stronger sticking point for you and there's more strength behind it. If you're taking a look around and you're saying, "No, they're *not* doing their best, they could do better, they're being lazy," then that's a bigger wall for you to get through.

Tapping through all this more than once might be needed because the refusal is so big. The *No* is too big. The refusal to see the divinity in a lazy person will be pointing you towards your shadow. People who drive you crazy, who really trigger you and you cannot let go of your judgment of them are pointing towards the shadow parts *of yourself*. When you can't see the gift in certain people then



that's your shadow work.

As we tap through the issues of one chakra sometimes a different chakra is triggered.

“Margaret, I was feeling more in my second chakra than my throat and upset too.”

What would you call that feeling you were feeling way down in there? What would the emotion be?

“Sadness I think. And, something I've lost.”

Yes. The second chakra is where we come into relationship and feel the world. It's more about control issues and seeing our value in the world. From the perspective I use to teach these classes, the vows of the second chakra are the vow to get even, and a vow to never have needs. If you've broken your heart around a vow to never have needs, to never ask for your needs to get met then you are going to feel that more in your second chakra.

“Yeah, yeah, I see it.”

If that's true for you, I suggest you go back to the second chakra chapter and go through it again with this event.

Are you feeling overwhelmed to understand all this information? You might agree with this Achiever's question.

“Margaret, this thought just came into my mind, kind of before I had a chance to really realize it. I thought if I'm really going to get this stuff, I'm going to need to go on that web site and understand each individual chakra completely before I'm going to really understand what I'm doing, which is when it dawned on me... Am I thinking with this perfection head about this? I have to know all the chakras or everything else is useless?”

This is an excellent question to help the Knowledgeable Achievers see the difference between mastery and moving into the defensive position.



Knowledgeable Achievers have the gift of wanting to master things. Their life purpose is mastery. It only becomes a problem when they go into defense and say, “If I don’t know it, know enough, or understand it that makes me *not* smart or not smart enough.”

As a Knowledgeable Achiever you will never be able to turn off your love of learning, your desire to totally dive in and master something. Your work is to learn it without going into defense, which is the self-judgment around the learning or saying, “When I master this *then* I’m going to be _____ (smart enough, good enough or deserving enough).”

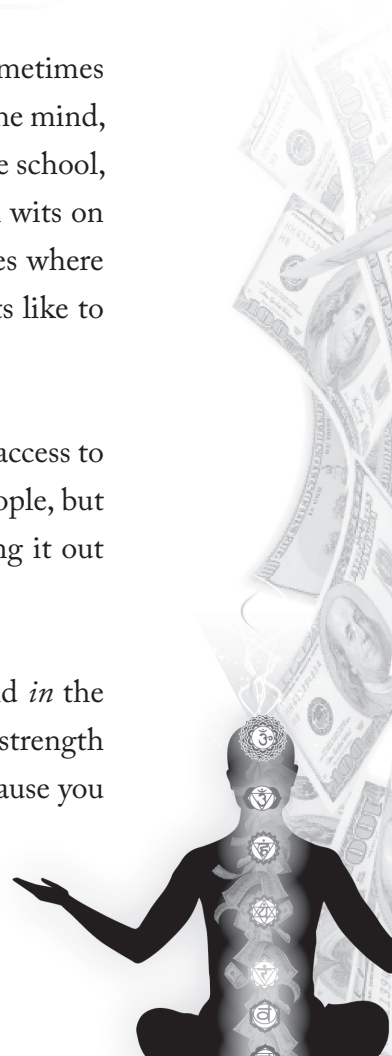
Another participant wants to know more about her Creative Idealist profile combined with a Charismatic Leader.

“Margaret, I took the Rhys Method quiz and I am the Creative Idealist and then Charismatic Leader. I’m wondering if you could comment on that? They don’t say much on Creative Idealist so I thought I’d be interested to hear something.”

The Creative Idealist, when you have a Charismatic Leader behind it, sometimes presents as an angry thinker. You can go into mental battles, a battle of the mind, battle over which theory is correct. When Rhys has an open house at the school, he’ll get an Angry Thinker that shows up and just wants to battle with wits on theory. So the Creative Idealist has a whole specific set of unique issues where their biggest fear is to actually be down in their body. Creative Idealists like to be way up in their head.

Creative Idealists have access to the seventh chakra’s unlimited infinite access to universal consciousness. You can explain *huge*, complicated ideas to people, but you have to be able to bring it down into your body to be able to bring it out into the world.

The Charismatic Leader is fifth and second chakra, very grounded and *in* the world. It’s actually a great combination. It’s like a warrior with a lot of strength there. The Creative Idealist/Thinker is more about fear and anxiety because you don’t feel safe being in your body.



A Thinker/Achiever often carries tremendous amounts of anxiety. It's not anger anxiety. It's anxiety anxiety, like fear.

It's important for Creative Idealists to recognize that when you're expressing all your amazing ideas just from your analytical mind, it's not as powerful for the people listening unless you're talking to other Creative Idealists. There is no emotion, it's purely analytical, pure genius, but when you come down into your heart and talk from your strength, it's a totally different feeling for everyone around you. Healing your heart helps you be more in your body.

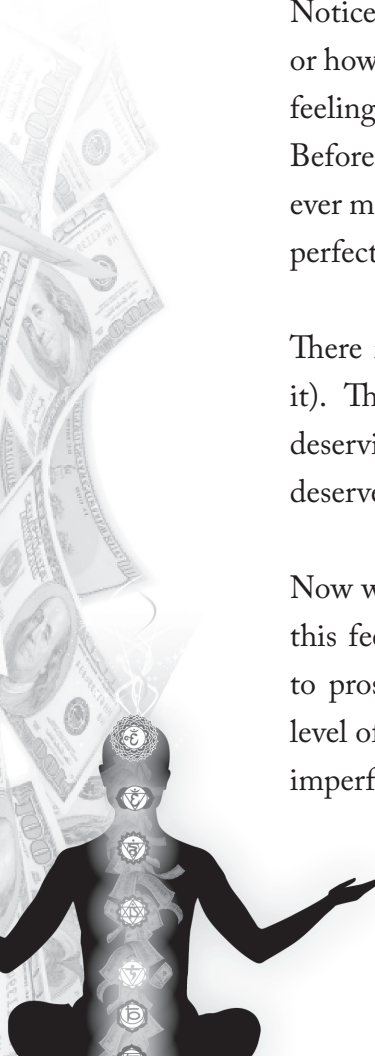
So remember to be conscious of your defense on each. The Charismatic Leader/Enforcer will go into battle as their defense. A Creative Idealist's defense is to move into your head, leave your body and fly out the seventh chakra in order to escape and disassociate.

FOURTH CHAKRA PRACTICE

Notice how you're feeling right now around your heart. This is not about business or how good you are, how smart or accomplished. This is all about the heart and feeling your real feeling of deserving, right now, because it's your heart's truth. Before you accomplish another thing and even with every mistake you have ever made (and will make) your heart wisely knows that you are totally loveable, perfect and therefore totally deserving in the present moment.

There is nothing to achieve first and then be deserving, (because you earned it). There is nothing to fix or perfect first so that someday you will finally be deserving of reward, love, nurturing, relaxation, etc. Right now you totally deserve.

Now would it be if you brought this feeling into your business? If you brought this feeling and congruence of your complete deserving next time you spoke to prospects or customers or patients? What would it be like to carry this level of heart energy, to have that "I totally forgive myself, love myself, even my imperfection, and I honor my deserving" inside you?



What would it be like to carry that energy into marketing and self-promotion, when you are speaking about business or into your finances?

When you do this, you bring more of you to every situation and people feel it. Rhys teaches that you transform from being a wonderful technician at what you do into a healer, no matter what your profession is because you actually bring *you*, all of you.

The first step is connecting with that feeling of bringing our humanity and heart into whatever we do.

The second step is consciousness. Pay attention to how quickly you can turn on a dime, moving from this feeling to self-judgment. Your mind can so easily take hold of the idea and say, “Now I’m going to be perfectly perfect at having my heart open all the time.” That’s a real Rule Keeper. This is how people can get into a spiritual mask. Remember the goal is to be conscious.

One of the things Rhys talks about is to have the goal be working towards mastery so you are always unfolding. Being conscious of how quickly you go into self-judgment will show you how profound the up side is of tapping to release this constant stream of criticism and self-judgment.

Here’s a great exercise to keep this energy and manifest from the 4th chakra. Spend a week becoming aware of how often your inner critic runs the story, “could do that better!” and stop in that moment and recognize you just told the universe that you don’t deserve yet. So I want you to say outloud, “Oops, I mean I love learning and improving and I am totally deserving right now, even before I learn and improve! I love myself right now and I totally deserve to feel good!”

Each time you honor and feel how lovable, loving and deserving you are, you powerfully manifest from the fourth level!



CHAPTER 6

The Fifth Chakra



THE RHYS METHOD® CHAKRAS DESCRIBES OUR FIFTH CHAKRA located in the throat and is associated with the color blue.

“Level 5, Chakra 5:

Sound, creative identity, oriented to self-expression

This center represents our ability to communicate our heart’s truth and inner self creatively into the minds of others, so we can be seen and understood. It includes our language – both verbally and through creative expression – and what we do for work in the world. We literally create ourselves in the minds of others. In this center, we directly choose what is good for us and what is not. We are able to create our lives through our words and intentions as a wonderful work of art or as a disaster and know that both are a choice of how we use this power. Truth is felt and thought is conveyed simply and directly through language.”

The fifth chakra represents our ability to communicate our truth and creativity right into the minds of other people so we can be heard and seen and understood. Many people teach that the fifth chakra is speaking your truth and while it is that, in addition Rhys Thomas teaches the fifth chakra is more about how you create yourself out in the world. The fifth chakra is the manifestation channel.

It’s your willingness to speak the truth of both your deepest feelings and your highest aspirations; to say “YES” and mean it and to say “NO” and mean it. It also takes courage sometimes to speak our inner truth, especially when it goes against some of our programming about who we’re supposed to be and how we’re supposed to act. This is where we see how the fifth chakra is actually completely controlled by our first chakra.

Think about all those wounds and vows in the first chakra; to speak the truth of my tribe, it’s not safe for me to be me, it’s not safe in this world. All those fears and programming commands our fifth chakra. Rhys teaches that *all* of your chakras speak out through your fifth chakra, your voice.

We humans are an amazing, vibrating energy field. The second you open your mouth the entire vibration of you, all your chakras, everything in you turns into



words. Your wounds, your vows, your deepest feelings all spill out along with your highest aspirations.

On one hand we're called to use our voice to be fearless and proclaim our power and our gifts for everyone to see. On the other, we can also fearlessly call out our weaknesses, own our shortcomings and our beautifully perfect imperfections. When we do that they lose power over us.

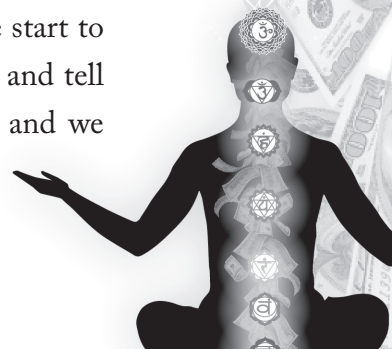
At the second chakra, we discussed vows to not feel our needs, to never have needs, and to never actually feel deserving because we have to earn it. Moving up to the fifth chakra, when we speak the truth of those vows, the universe responds in kind. By the same token, when we speak our truth about what we truly want in the world, about what we deserve, what we feel we're being called to, the universe delivers that as well. This is the expression "Ask and you shall receive" in action.

Rhys gives an easy way to understand this. Picture an inner artist in you with your life as a canvas and you as a master painter. Watching that artist in you paint the canvas of your life, you see your fifth chakra. Rhys asks, "Is your artist painting a new canvas every day? Fresh and alive and new or are you trying to fix an old painting? Are you painting over yesterday's painting because of the wounds and the vows of your lower chakras?"

The fifth chakra is where our entire energy vibration speaks through our voice and because of that it's how we actually manifest and create ourselves out into the world.

For example, say you want to write a book. You first start by actually making that choice, "I am going to write this book." Sometimes we have an idea and it goes around and around but we don't commit to it and make a choice. The process begins when we actually use our voice to speak that truth into our own bodies.

Our internal voice creates it within us and as we become more clear and alive and impassioned about wanting to write this book we take action. We start to manifest it on the paper. Next we have to go out and find a publisher and tell them "I'm writing this unbelievable book, it's going to be amazing!" and we



manifest that picture in *their* minds.

This is no different than anything we do around our business related to sales. When we need more customers and more clients we have to create that picture in their minds of the problems we're able to solve, or the amazing service we deliver. Getting them to see it, conceptualize it, and feel it is the best way to do sales. You've actually created yourself in their mind and shown them what you do and how you can help them.

FIFTH CHAKRA VOWS

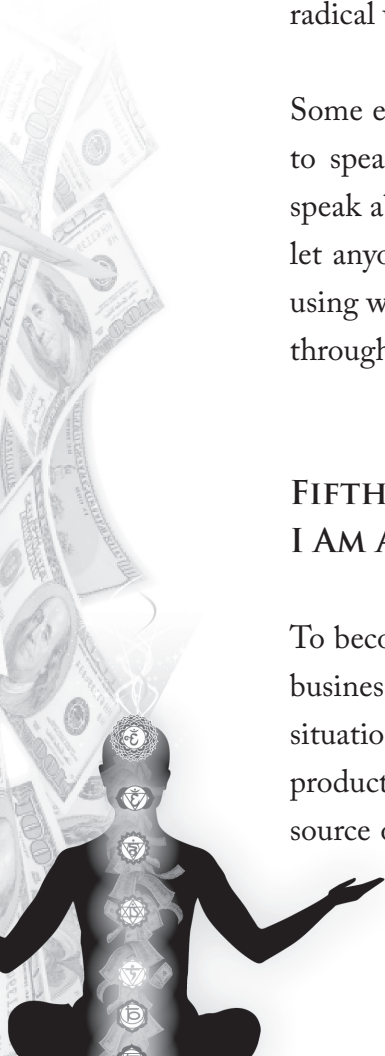
The vows at the fifth chakra have to do with speaking the truth of all my other chakras, all my other vows, and all my other wounds.

It can also be a vow to not speak my whole truth, to withhold or lie about my truth. When we don't speak the truth of our deepest feelings and highest aspirations we actually use our fifth chakra to lie to people. This can perhaps a radical way of thinking about it!

Some examples of times we don't speak our truth are the vows that say: I vow to speak my tribe's truth, which is the first chakra programming. I vow to speak about my feelings appropriately, based again on my tribe. I vow to never let anyone know who I really am. It can be a vow to always defend ourselves using words, to always be defensive with our words or to keep control of things through our words, which can be manipulative.

FIFTH CHAKRA – EXERCISE 1 – I AM AWESOME AT WHAT I DO

To become aware of fifth chakra issues, we will apply this to a straightforward business situation, similar to the one we did for the 3rd chakra. We will use a situation of where you are using your voice, your 5th chakra to selling whatever product or service you offer. You may have a part time business with another source of income. Focus here on the way you want to earn money from doing



what you love to do. (Or if you are an employee imagine you are at work.)

Imagine you are standing in front of a room full of smartly dressed business people. They are the perfect, targeted market for your product or service, the exact demographic you would love to have as clients or customers. Picture the room, the atmosphere, the décor. There you are standing in front of 30 or 40 people seated in chairs all looking up at you. View this as if you're watching a movie on a screen. You're standing there and you say to everyone out loud, "I am totally *awesome* at what I do."

Now note down how you look in that picture. How does it feel? How do you look physically? What are the emotions and the feelings inside as you say, "I'm *awesome* at what I do!"? Many times I've heard things like, I melted onto the floor in a puddle or I ran out of the room or I'm translucent or I'm small and deflated.

One participant is petrified!

"I look at this picture and I have two different feelings. One feeling is 'Okay, I'm here, I'm doing what I want to do, I'm owning it and it's very powerful' and the other feeling is 'I'm ready to throw up.' I'm so petrified I'm not sure I'm going to be able to get the words out but I have both things there when I look at that picture."

What would you say is in that petrified feeling if that feeling could yell something at you like "Oh My God!" Would it say, "Get out of there!"?

"No, it's I'm so vulnerable they might actually see who I really am."

So, there you have it, right?

"Yeah, right, that's the feeling, it's so scary to let myself be seen."



Think about this a minute. If you have this deep fear of really being seen, that means the only way you can sell is by telling people about what you want them to buy. It's telling them the facts and the features of your products because you're not willing to self-express and manifest who you are, the uniqueness that is you. By not being willing to be totally real and honest, you can only achieve the least effective and dry side of sales, which is try to sell them your product or service. This is why most people shy away from sales.

Another participant feels other people have the final decision.

“What I get is okay, I tell everybody I’m awesome but they will decide that because it’s so subjective. As soon as they see the good they’re going to have their opinions about what awesome is and is not, it’s out of my control. They could tell me I’m wrong and it becomes false then. That’s what I’m aware of. They are the jurisdiction over just what is awesome anyway.”

Is there a feeling in there along with that thought pattern?

“It feels like fog. It feels like sound, I mean it’s uncertain and infirm. I feel that in my core is the lack of solidity.”

So really the outer world decides? They have the final say?

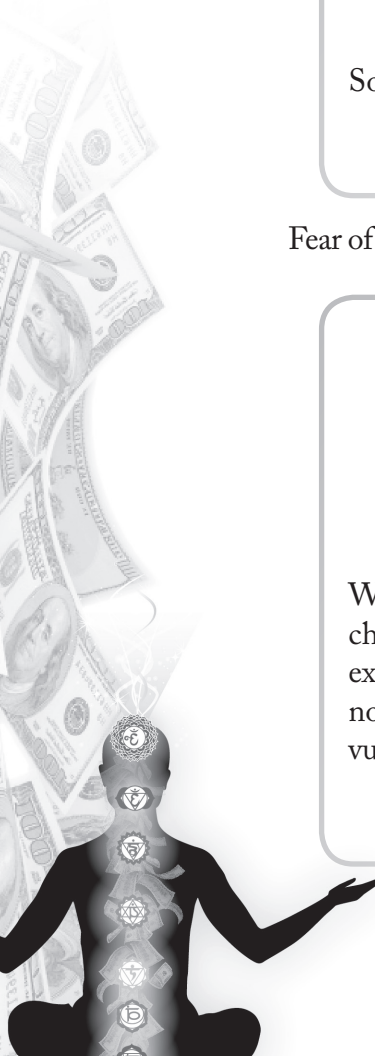
“Yeah.”

Fear of being rejected or laughed at can stop you from expressing who you really are.

“I’ve of come to the place where I feel that I am awesome and I do put my heart and soul into everything I do but I always have this fear of rejection and being dismissed. The feeling of being laughed at, wow, even in regular conversations I still have this thing that if someone were to laugh at me it goes right to the core, instant, like something happened when I was a kid.”

When we said you’ll speak the truth of your wounds of the other chakras through your fifth chakra that means you’re willing to express only so much that’s safe, right? You’ll express enough but not the full truth because otherwise you won’t be quite safe. You’ll be vulnerable to be dismissed, laughed at, some sort of pain.

““That makes sense, never thought of it that way, thank you.”



These issues are what I deal with over and over with sales people or business owners who have to sell their product or service. These are true core issues that arise the second we get up there to speak. If you have a real fear of public speaking; you get terrified, your knees buckle, your mouth is dry, and you just want to run away, this first tapping round for the fifth chakra will begin to ease some of that. It's a very specific way to turn off the fight or flight trigger.

Check in with your audience again and notice how they are looking at you. Can you see in some of their expressions they're ready to be skeptical and decide you're not really worth your salt? Are you seeing some of them making a face, getting ready to laugh at you or reject you? Do others look interested in what you have to say? So often we can scan a crowd and see a mix of responses. Yet our attention goes straight to the skeptic with their arms crossed and a frown on their face.

Before we begin the tapping round, if you have real issues with public speaking or this triggers some trauma, then this is the opportunity to reach out and schedule a session with an EFT practitioner. When the issue is fresh and very immediate in your experience is an excellent time to clear it out once and for all. There are resources at the back of the book.

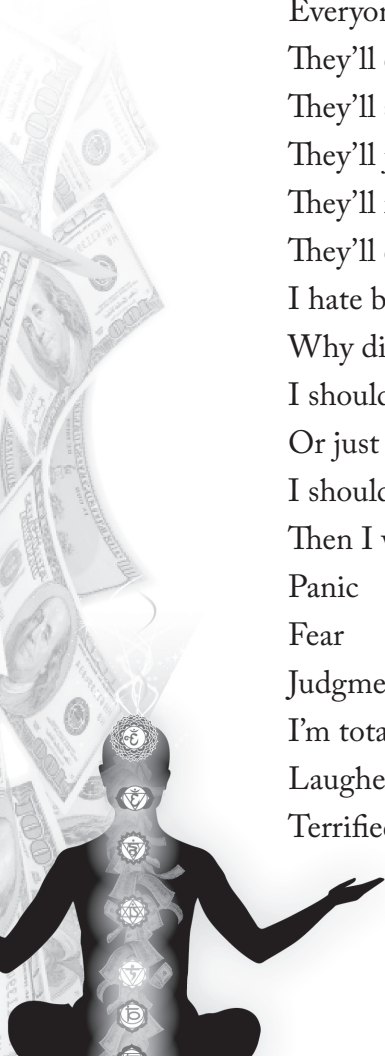
FIFTH CHAKRA – TAPPING ROUND 1 – FEAR OF SPEAKING IN PUBLIC

Tapping right through the points:

There I am
OH MY GOD
Petrified
Vulnerable
They're looking at me
Oh My Lord
I could be rejected
Laughed at
Judged



They might actually see me
And judge me
And reject me
And it will be so painful
I've got to get out of here
My fight or flight is going off
Heart pounding
Legs shaking
Voice quivering
Chest pumping
Hands sweating
My entire nervous system is expressing this truth
I am vulnerable right now
Terrified
Life or death danger
That's what it feels like
I can't just stand up there
And say "I'm awesome"
Everyone else
They'll decide
They'll size me up
They'll judge me
They'll reject me
They'll dismiss me
I hate being dismissed
Why did I make myself vulnerable?
I should have stayed invisible
Or just dimmed down the truth
I should have said "I'm medium at what I do"
Then I wouldn't feel so scared
Panic
Fear
Judgment
I'm totally going to be judged
Laughed at
Terrified



My fight or flight
Has made this connection
And it's going off
Life or death
Right now
I'm not safe
Vulnerable
I've got to get out of here

And take a nice deep breath

This is exactly how I work with people who are afraid of public speaking. We mix in both the body symptoms and those thoughts that are creating those body symptoms.

How does your picture look? If you were at a 10 before of fear and expecting rejection, where are you now?

One participant has a common reaction in realizing he needs to tap more on this issue to release it.

“Well I guess I feel like I needed to do that again, ten times before it sort of floats out.”

Yeah and you may. Absolutely, tap through it again and again. Does your picture look any lighter?

“I just feel like it changed a small amount and I would have to do that a lot more, it only just began.”

Sometimes the first time we voice something and tap on it is really eye opening on how much it resonates. You know your instincts are right on. We'll get a little bit of a reduction and we need to do more.

In fact the fight or flight response connected to public speaking is one of the easiest things to turn off. So there's a major upside to tapping a lot on this issue.



Yet another common reaction is discovering the crowd actually gets nicer. What does that mean for your business?

“The thing that struck me before we started this was “Who do you think you are?!” I mean people can’t just stand up and say they’re awesome. I would be judged just for saying that and especially I judge myself. But when I did this tapping, afterwards the crowd seemed nicer and more open to me.”

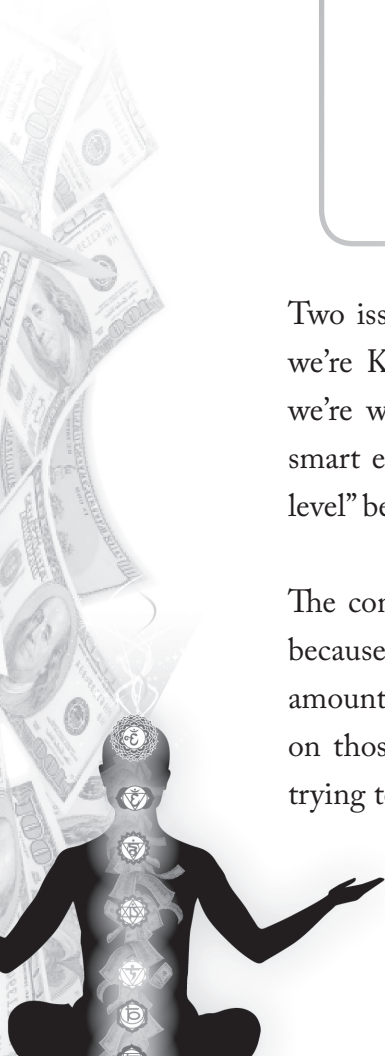
It’s a very common reaction to have the group look suddenly nicer. Think about what you are manifesting when what you imagine is nicer people who are open to your message. This is what we then manifest.

You might not have a problem with speaking in front of a group, but other issues come to the surface.

“What became clear is that it’s not being with the crowd, being with the group and getting up in front of them that is uncomfortable, it’s if the material that I’m presenting is not good enough, that I’m not knowledgeable enough to sell it. If they don’t choose me it’s because my presentation isn’t good enough, which definitely I think goes back to also feeling like I like to control what’s going on.”

Two issues are operating here. First is the fear of being judged. Often when we’re Knowledgeable Achievers/Rule Keepers and we’re really smart people we’re worried about being judged, about having enough information, being smart enough. The core is “I’m going to be judged as good enough on some level” because that’s our own internal talk.

The control part of it is, “I’m going to make sure I’m never judged like that because I have control over that.” Some people will focus on having a tremendous amount of training, learning and information in their presentation. They focus on those rather than coming from who we really are and use all these facts trying to be perfect so they can’t be judged.



FIFTH CHAKRA – EXERCISE 2 – UNCOVERING YOUR FIFTH CHAKRA VOW

Look at your picture again and become aware of the fact that at some point you made a vow. The vows might be to not speak my whole truth or to withhold my truth, to never speak in fear of getting abused, to never let anyone know who I really am, or to keep control using my words. Take a moment to see if you can recognize the vow you made.

This participant tries to hide behind the product so he is not seen.

“One of my vows is about sticking to the product. I think, ‘Okay you guys all have your own ideas about what’s good and valuable and I’m not going to be able to change your mind and convince you to see things my way. Why don’t I just give you the facts and you can fit it into your scheme of things and do with it whatever you want?’”

While there are a certain number of very analytical people who buy in a very analytical way, based on facts, all the other people in the room didn’t get to connect with you. Is the vow to stand behind the product so I’m not actually being seen?

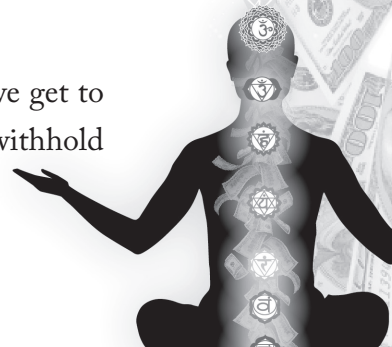
“Yeah. The feeling is I’m separate from you. Detached. Also if I’m hired or purchased or selected, it feels like a personal validation. So that’s the fear of having then a personal rejection, not just of the thing I’m presenting, but of me.”

So, it’s the vow that “I’m not going to let myself be seen.”

“Yes.”

When you stay detached, you’re not actually speaking the truth of who you are, your feelings and what you’re trying to manifest because in fact you do want something from this event. You want to manifest something from speaking to these people.

More than just money or clients, we want to manifest the work that we get to do, that we love and are passionate about. Rhys says when we decide to withhold



our truth it's a lie. This is a sales moment so of course we're not going to tell our whole life's story. Still we are not speaking the truth about how valuable we are, how passionate we are, and what we really are looking for.

The distinction between manipulation and inspiration becomes clear with this participant's vow to never let people know who she is.

“When I'm standing in front of those people and really let them see me I'm also feeling like 'Oh My God, they're going to think I'm not good enough,' so I have to hide or say what I think they want me to say as opposed to being genuine and being authentic. That vow is very strong for me – 'Never let them know who I really am, just give them what I think they want to hear'.”

This is an aspect of the Charismatic Leader. If we turn this around and recognize when we say, “I'm going to tell these people what they want to hear,” do you see how that's a little manipulative? We could also say persuasive but this is what Charismatic Leader/Enforcers do. We pick and choose from the truth and use it for a specific reason. “I'm going to control, to keep control with my words.”

When you can let go of the control and manipulation, you get to the other side, which is charisma. It's captivating and inspiring people by being the truth of who you are.

By allowing yourself to be you, you'll be inspiring to listen to. All persuasive public speaking courses or books teach what captivates audiences are emotions, passions, truth, humanity and stories. Every one of the great speakers I heard at a conference recently told a story and shared a deeply personal part of themselves.

Old vows to stay safe come to play here as well.



“What I got was being ‘less than,’ I think it’s an old first chakra wound that my family was always sort of hidden because they knew they were ‘less than.’ So to get up in front of them my first go at the visualization was to feel ashamed because I was being too radiant and too grand.”

There was a vow that says, “I cannot sparkle too brightly, it is not safe.”

“Yes.”

This is another very common vow I hear, “Oh My God, I was trying to be too radiant, too brilliant, show too much of my light!” It probably goes back to childhood, even when you were a toddler when you figured out that to shine that brightly was too dangerous.

Think about toddlers or young kids, they just sparkle don’t they? “Look At Me!” is what they’re all about. If you’re a Charismatic Leader or an Knowledgeable Achiever child you were standing out in front of everyone being a goof or singing and saying crazy things. If it wasn’t safe for you to express that, you made a vow to hide in the background.

Sometimes people find it difficult to feeling anything at all.

“I’m having trouble feeling. I feel like I’m detached and I’m not coming up with a feeling. As a child I was totally shy, totally withdrawn, I’d hide behind my mother, even around relatives so I don’t know if that reveals something or not.”

So you’re looking at this picture and you’re not really feeling anything. You are actually feeling the feeling of what it’s like to disassociate, to not let yourself feel things, to say, “I do not have a second chakra, I’m not going to feel this,” “I’m not going to feel this in my heart, no way.”



People who have either the Thinker or Rule Keeper defense, or some Charismatic Leaders with a Knowledgeable Achiever profile often stay up in their heads to avoid feeling. “It’s not safe for me to let myself feel this, so screw that I’m *not* going to feel this.”

To break through that tap a round on “I so don’t want to feel this, I’m not going to feel this, there’s no way I want to feel this.” Then look at the picture again and say to yourself, “I know you don’t feel it but *if* you had to guess, what *would* that version of you be feeling standing up there?” It tricks the mind into giving you the answer.

Think about the greater lesson in this for your business. What does it feel like to listen to a speaker who is completely detached? Do they sell their business well? Imagine an accountant, would you really want to have an accountant where you feel nothing from them? And that’s the most analytical person you could be hiring. My accountant makes you feel like a million dollars. When you walk through that door you just got a healing because you were in the presence of an incredible Team Player.

All of this relates so directly to money because it relates to our ability to speak about our business and actually get more clients, which brings more income.

It’s also important to realize we made a *vow* about these issues. A vow has an incredible amount of strength and energy backing it than we may be aware of by just thinking “Oh, I have a fear about it,” or “I had a trauma so I stay hidden,” or “I like to play small.” It’s “I frickin’ *refuse* to do this.” A vow is a super belief so it stays locked in until we release it.

FIFTH CHAKRA – TAPPING ROUND 2 – HONORING AN OLD VOW

Tapping through the points:

There I am

I’m seeing the vow that I made



The vow to never really speak my truth
For fear
Of being attacked
Judged
Hurt
Rejected
The vow that I made
To speak the truth
Of the pain in all my other chakras
To speak the truth of my wounds
Of my fears
Instead of my heart's truth
There I am
I see the vow
Playing through my voice
To never let anyone
Know who I really am
Know how I love what I do
How much I am dying to do it
I would be too vulnerable
There I am
I want to hide
I'm scared
My fight or flight is going off
And I see the vow
I refuse to speak my heart's truth
I refuse to really let myself be seen
And I have a lot of evidence
Why this vow makes sense
It wasn't safe to be seen
There was a lot of judgment
A lot of terror
A lot of vulnerability
I don't want to go there anymore
People really aren't that safe
I see this vow



A reaction to all those traumas
A really smart decision I made
A long time ago
I'm just going to honor that vow
All the ways it's served me
And I'm just going to honor
All the ways I use it
To hold myself back
To manifest my life
In a limited way
I totally honor this old vow
And I'm open to healing it
For my highest good
There I am
There they all are
I honor myself
I honor everyone listening
It's okay

Take a nice deep breath

In that round, we didn't tune in so much to the feelings, but what Eckart Tolle would call observing the Pain Body. We're speaking about that vow, seeing it, honoring it, being open to healing it and just being okay that it's there. Remember, when we're tapping, we're using our fifth chakra with our internal voice to speak new truths inside of us.

Notice how you feel. How did it change the picture even though we didn't work specifically in the picture?

Were you emotionally opened the way this participant was?



“It became very emotional for me and absolutely opened the floodgates.”

When the sadness comes up just keep tapping. To honor that sadness, my question is “What did you lose?” “What did you lose because of this?” And answering that question can make the floodgates open again.

“My self-expression.”

Your self-expression manifests everything from the universe that will line up with that self-expression. Perfectly. People, business, everything you need to have more of that self-expression. If the price for you was your self-expression, make the connection to how that relates to Law of Attraction Manifestation. This fifth chakra is incredibly powerful.

Another participant finds the courage to voice the truth.

“What came up for me is this idea of lying. My whole life I’ve always made up stories like when I’ve quit a job I’d make up some stupid story about why I was quitting. I could never be authentic in my truth because I found something else, this idea of always lying and making up stories because I was afraid to say the truth in a way that would honor myself and honor the other person.”

I’m really glad you voiced that because it takes a lot of courage to say it and Caroline Myss teaches in the fifth chakra is courage. The people who often get to what you just said are people who in their defense are incredibly focused on how much they hate when people lie. It’s their shadow. They get completely offended when someone isn’t truthful and then they have this moment where they realize, “Oh My God, I don’t actually tell the truth a lot to get out of things and I am a justification a minute to justify why I didn’t tell the truth in that particular instance.”

What just came through in your voice is your Charismatic Leader, which more than any other profile is more apt to manipulate the information in a way that will serve them. And then we also heard



the fifth chakra courage. As Rhys says to call yourself out on not only your gifts and your power but also your weaknesses has it lose power over you. So to say to somebody “You know I have a really hard time being honest when I don’t want to hurt someone’s feelings,” does it lose power over you?

“Yeah. And when you can be honest and at the same time hold compassion for yourself when say you’re rejecting somebody. To be able to be honest in your rejection of them in a way that is not cutthroat because you know you can reject people in a way that is kind and compassionate. But it’s always for me been so much easier to just make up something, lie and say “yeah, whatever” and it makes you unauthentic in your life to do that.”

Yes, and sometimes it’s a way we keep that cycle of really shameful self-judgment, of “I’m awful” going.

“Also being afraid of our power because if you can be honest in a way that is genuine and you’re not afraid of your power, it taps you into your power. You know that you can feel power and still have compassion for yourself and the other person.”

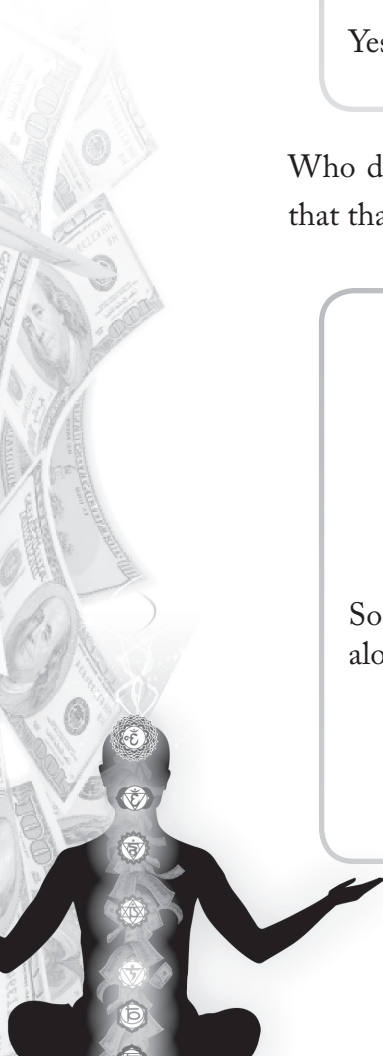
Yes, absolutely. Thank you so much for expressing that.

Who decides your value? This participant discovers he has more control over that than he thought.

“In that round I became aware of if I go ahead and speak my truth and if I don’t get chosen, win the bid or anything, I can go ahead and be secure with myself and be fine with myself and then of course I’m just with myself, alone, and why would I want to be with just myself? Nobody else wants to be with me, what’s so great about that? I don’t want to be just with me.”

So is it, there’s a personal rejection in there, which means I’ll end up alone again?

“Yeah. What I recognize about it is that I’m giving them the authority to decide if I’m worthwhile and they are saying, “No thanks, not today sir.” I take it as a personal rejection and say,



“See, they say I’m not worthwhile so they’re right and here I’m alone and who wants that anyway?” I can see if I were to be able to say, “I’m valuable and I know I am, even though they didn’t want to buy what I’m selling today. That’s fine, I still have a valuable service here that I do,” then I’ll be okay being alone and know that I’ll find somebody eventually or pretty soon who is going to want it.” “I’m valuable and I know I am, even though they didn’t want to buy what I’m selling today. That’s fine, I still have a valuable service here that I do,” then I’ll be okay being alone and know that I’ll find somebody eventually or pretty soon who is going to want it.”

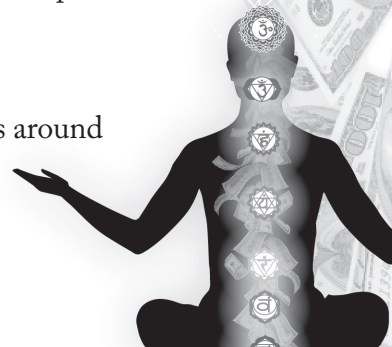
If you are a strong Creative Idealist/Thinker see and feel how your view on “They might reject me” is also how you protect yourself from coming into relationships with people in general. Thus, you end up feeling alone.

For everyone, but in particular Thinkers, Rule Keepers and Enforcers, please realize in addition to talking about your business, you are there in that room to network. What if you tell yourself, “Okay, so they don’t want my product but this is a room full of amazing people that I could connect with. I have no idea how they could impact me as a friend, as a business colleague. They could connect me with somebody else.”

What if you look at this room and see that each of those people has a little gift for you? Or maybe three do? After you present your business and you get to talk and network with these people, what would it be like to reach out anyway, even if they don’t need your product at that moment? They might know someone who does or they might be doing a Master Mind group that you suddenly feel connected with or want to be a part of.

When we step out of the “Oh My God, I’ve got to sell or I might be rejected or they might not want it” mindset, the room becomes full of people who might have an amazing gift for you. We enter the process with a much more open heart and open field.

The deeper issue for Creative Idealists and some Charismatic Leaders is around



your relationships with people, not just your products. You start thinking “If I get a customer and I start to build a relationship with him then I start to feel vulnerable right there.”

When we get new customers we *want* to have a relationship with them; we can get referrals and sell more to them in the future. So beyond the selling, it’s the relationship side of business that is scary for you. And that’s why you “stick to the facts ma’am.” “I’m just going to give them the facts and I’m outta here.” You don’t even give people a chance to get to know you.

Next we see clearly how all our vows and wounds get expressed through the fifth chakra.

“What came up for me is, if I win then others have to lose. If they buy my thing and don’t buy the other guy’s and I’m supposed to take care of people, I need to make sure to not win in the first place. Or if I do win, to pull back and let them go instead of me. I’m too aware of the other people’s emotional situation that I’m supposed to take care of.”

We’re seeing here some of the other vows expressed through the fifth chakra. First is scarcity, a first chakra vow that the world is scare. “If I get the business someone else doesn’t.” The third chakra vow says, “I am somebody who has to put other people first, to take care of everybody.”

This shows us clearly what Rhys teaches. All of your chakras come through your fifth chakra. All the wounds and fears of all the other chakras come through the fifth chakra into your expression and what we express out is what we’re attracting into our life.

Before we do a positive tapping round, go back into your picture and see if it’s a little bit calmer. If it’s not, that’s ok. Tap through it and know that when you repeat the earlier tapping rounds you’re getting closer and closer to this becoming congruent for you.

This round is one to use again and again, any time you are going into any kind of



sales or networking situation. Whenever you're networking and someone asks, "What do you do?" you don't want to bore them with features and information only. You want to speak about what you do with persuasion, energy and passion behind it.

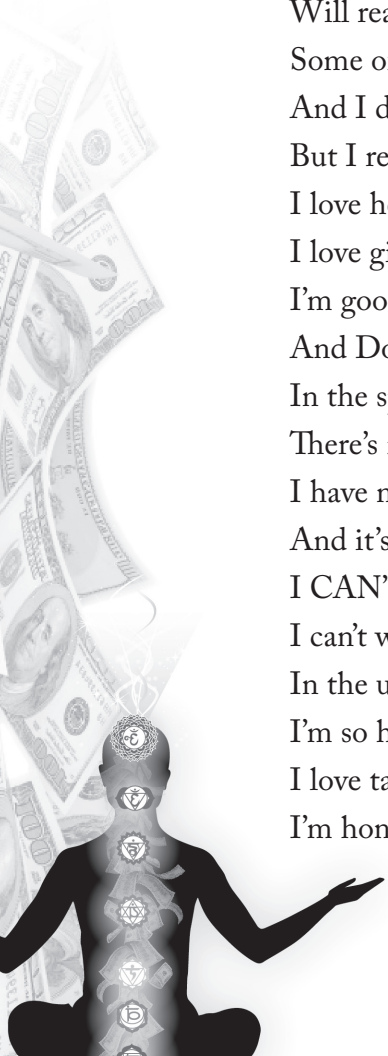
FIFTH CHAKRA – TAPPING ROUND 3 – I LOVE WHAT I DO

Tapping through the points:

Here I am
Marketing myself
To all these people
The truth is
I really love what I do
I've really trained in this area
I've got a lot of experience
I've done some amazing work
I've been proud of that
And really felt to my core
This is really good
People have thanked me
For how well I work
How good I am at this
And I love it when that happens
I actually am
Really good at this
And when I'm in the flow
When I'm in the zone
I really crank
I'm on fire
I'm totally in it
And I love it
I love what I do
And I can't wait to do more of it



Yes I need more clients
And yes I need the income that they pay me
But what I really love about standing up here
Is knowing
That I'm going to get to do more
Of this thing
That I love
Be IN that flow
On fire
Doing what I do
In the unique way
That only I do it
It's an amazing experience
It all comes together
I can't wait to do more of it
I see all these people
And some of them
Have a real need for what I do
Will really be open to hearing me
Some of them might hire me
And I don't even know them yet
But I really can't wait to help them
I love helping people
I love giving an amazing result
I'm good at figuring out what they need
And Doing just what they need
In the special way I do it
There's nobody that works like I do
I have my own way
And it's AWESOME
I CAN'T WAIT TO SHARE IT
I can't wait to transform your lives
In the unique way that I can
I'm so happy to be here
I love talking about what I do
I'm honored to share that with you



I'm human
I'm flawed like everybody else
I'm a little nervous standing up here
But I love sharing my passion
And I can't wait
To do that next job
And do an amazing job
And be on fire
And hear: Thank You
From someone who really means it
That's what I love!

Take a nice deep breath

Notice you didn't hear any features and benefits in there. The most persuasive sentence you can say to market yourself for your business is "I LOVE what I do." That statement gives a thousand different unconscious pieces of information to everyone because nobody loves what they do and does a bad job at it. Most people who love what they do are into it, they're passionate, and they're on fire. Yes, you need the clients, yes you need the money, yes you need the income but it's not really just about that.

I don't care if you're a chiropractor or an interior designer, decorative painter or a CPA. You know there is a flow you get in and you're cranking. It's just fun for you. Otherwise you probably shouldn't be doing it. When you focus on speaking about that you're attracting to you in every shape, way and form opportunities to be brilliant more.

Look at that picture again. How did that round feel and how do you look?

Do you feel so relaxed you could take a nap as this participant did?



“I’m feeling really relaxed. I almost feel like if I closed my eyes I could take a little nap. And that’s a little unusual for me.”

It might seem like only a comment about feeling relaxed. When you let go of all that hyper vigilant control, the tension in your body and tension in your voice about what you have to control and everyone’s perceptions, what would it be like to speak totally relaxed?

“A lot of fun being able to speak the truth and just do it without any worries about the reactions. You just do it and whatever happens, happens.”

It’s what we call a third chakra strength, with our inner voice and our outer voice we say, “This is who I am, this is what I do and nobody’s opinion changes that.”

This is very subtle. When you speak in your real core soul quality, you’re relaxed. While we always have our energy up a little when we speak, the audience is not going to hear this tension in your voice. They’re not going to see this tension in your body.

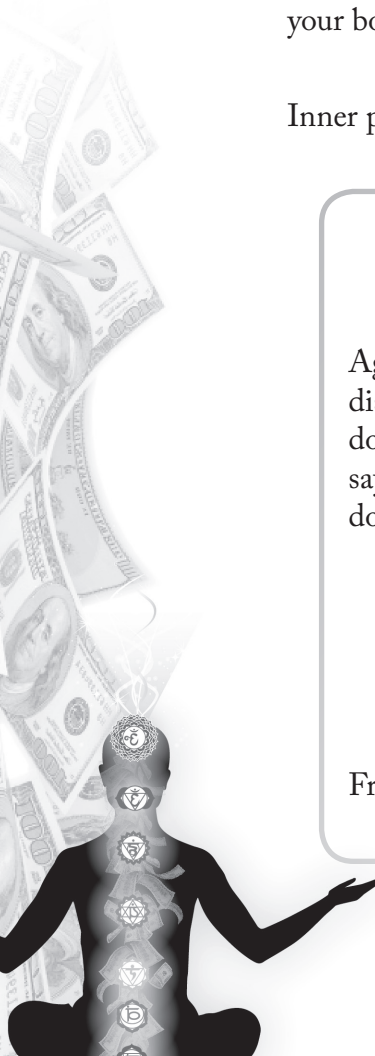
Inner peace brings us to a state of heart connection with others.

“I felt a tremendous amount of peacefulness. It feels really good.”

Again that’s third chakra. When other people’s opinions don’t disturb us we have inner peace. “I’m at peace with who I am.” How does the picture look with you standing up there more peaceful and saying all of those things? How does the whole room look? What does your energy field look like?

“The room looks great because when I’m at peace I come from love and it presents me to that. It’s in the zone that I want to be in where I feel confident and able to be with people in the best way.”

From that manifestation level, that heart connectedness with the



Law of Attraction you will manifest people who connect with you on that level. People who feel and are passionate the same way you are.

“Yeah, it was great.”

Speaking of heart connections, this participant gives us a powerful image to send love to our audience.

“When you talked about the heart connection I had a visualization of a heart string going out to each person in the audience, like there was a personal, individual heart string to each and every person, sending love and that connection.”

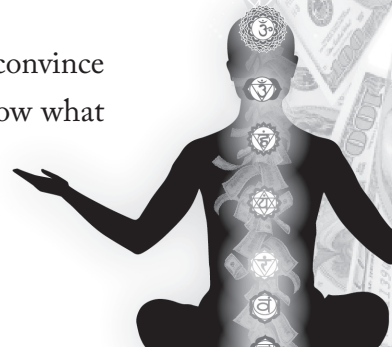
In the early videos of EFT training from the 1980s, William Tillert was the Department Chair at Stamford in Material Science Engineering for 40 years. He was there because tapping uses the quantum field.

Before speaking in public he recommended you imagine a heart pumping. You are pumping love out from your heart and the people in the room are pumping love back to you. It's an ongoing cycle and describes what is happening in the quantum field.

Stay with that image for a moment. Picture yourself standing on that stage looking out to your audience. Recognize the people who are beaming at you, receiving your message and saying, “This woman/man is unbelievable!”

Now notice some others in the room whose fields are closed. They don't let you in, do they? Notice that their own first chakra fears, wounds, and feeling not safe have created a tight, closed shell ... and that has nothing to do with you. They're not actually connecting with anyone. But from our own old beliefs, we'll actually manifest exactly those people then spend all our time trying to convince them.

Or we'll pick a partner who treats us like crap and we keep trying to convince them that we deserve better and we're actually really smart and we know what



we're doing. Personally, I'm done with that. I want to attract people who are totally connecting with me and seeing my brilliance. Boy that's way more fun!

Did you find yourself feeling totally excited, yet scared you were overdoing it? That's your defensive side kicking into action.

"After that last round I'm in front of the room, I'm beaming, and I'm very, very excited. Then there's a part of me that says, 'Maybe you're too excited now.' I'm just a little confused about this feeling that I have. I'm feeling really powerful and maybe I'm too excited."

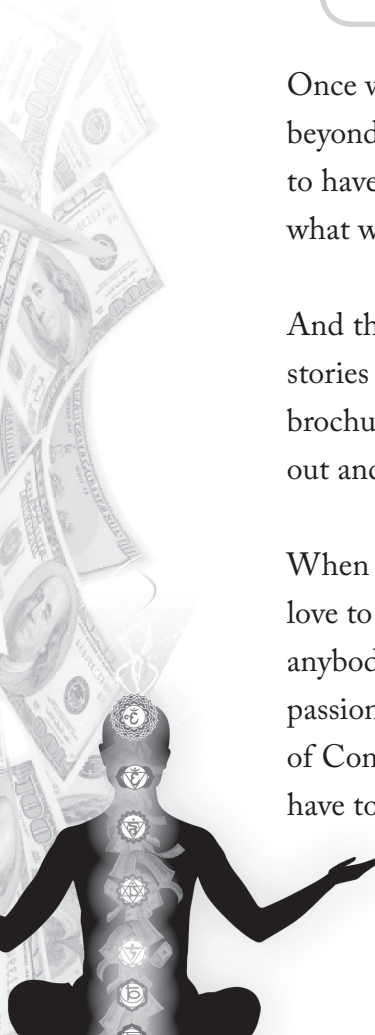
Yeah. You just felt how your defense comes up, your mind comes up and gives you some really logical sounding reasons to batten this down a little bit, "Maybe you're getting a little too excited. This is too much energy to channel."

Notice it and tell yourself, "Ok. I've got this part of me and I'm just going to honor it. Oooh, there's that thought pattern again! It's literally been ingrained in the neuro-pathways of my brain because I've practiced it so many times. I'm just going to be patient with this one."

Once we're willing to speak our truth about what we do, our passion, and move beyond the realistic "I do need money to survive," and "I do need more clients to have more money," we begin to manifest more and more opportunities to do what we *Love*.

And that recognition brings us to realize we can't just do it once. I get so many stories from people who tell me, "I took so many actions, I made all these brochures and I mailed them out," and that's it, they waited. They mailed them out and then nothing and they went back to disappointment.

When we feel how passionate we are and really want to do more of what we love to do, there has to be the willingness to shout it from rooftop to rooftop to anybody who will listen. That's when we're really marketing our businesses with passion. We're willing to go to *anything!* *Any* networking event, *any* Chamber of Commerce, *any* speaking opportunity, even if we're terrified because we just have to shout it from the rooftops.



We will move now into one final round.

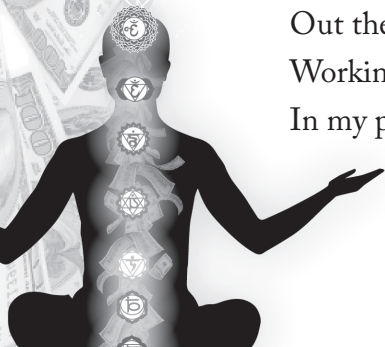
FIFTH CHAKRA – TAPPING ROUND 4 – LETTING THE UNIVERSE HEAR ME LOUD AND CLEAR

Tapping through the points:

I honor how much I love what I do
How much I really want to do more of it
I am dying to get out there and work in my brilliance
I have never really said it that way
I have never really said it that loud
I've been afraid
That's okay
But I totally honor now
How much I want
And desire
Anticipating
Opportunities
To do what I do
To shine with my brilliance
To be totally me
Doing what I love
And I'm letting the universe
Hear me loud and clear
I can't wait to do more
I'm now allowing
Myself to be heard
From hilltop to hilltop
Whoever will listen
I will express my truth
I love being me
And doing what I do
It lights me up on fire
I shine like a star



In my own unique way
And I'm open to opportunities to do that
I'm calling all clients
All customers
Opportunities
Events
People
Who will allow me
To get more of what I love
To do more of me in the world
I'm asking
I'm open
I'm shouting it from the rooftops
I can't wait
To double
To triple
My business
Do more of what I love
And be me in it
I can't wait
To see who shows up
The opportunities
The events
The people
The networks
The advertising
I have no idea
But I'm open
And I'm letting the universe
Hear me loud and clear
This is what I want
This is what I love
Being me
Out there in the world
Working with other people
In my pure brilliance



And that is AWESOME!!!

Take a nice deep breath

Remember for everyone the fifth chakra is your Charismatic Leader chakra. It's where you own your Charismatic Leader, where you use your words to speak the truth of what you want, share your passions and that is persuasive, charismatic and captivating to people.

Notice the difference there, how easy and exciting it is to just think about what you really want, which is you doing you out there in the world. Do more of that and let the universe fill in the details, the opportunities. Again, this is "Ask and you shall receive." Use your fifth chakra to manifest your world by saying "This is what I want. This is what I love. This is what I can't wait to step into and I'll say it from roof top to roof top."

What happens after you ask and it starts showing up?

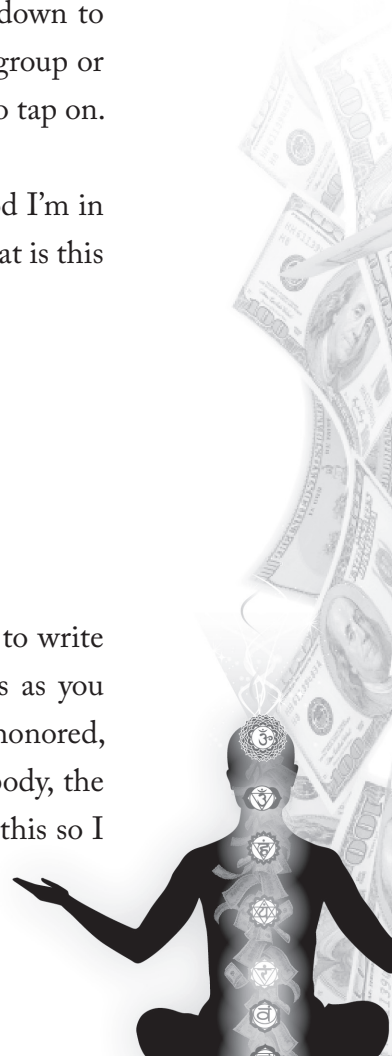
If the phone rings and someone says "We want you to come on our blog talk radio show and talk about your business," or "We want you to come down to the local Hyatt or Holiday Inn and speak to our business networking group or the Chamber about your business," you would most likely have issues to tap on.

Say yes, be willing to step up and then tap on whatever comes up, "God I'm in panic, I'm in panic, it's all coming back," tap, tap, tap. Keep asking, "What is this triggering in me?" and tap through your fears.

FIFTH CHAKRA PRACTICE

Before moving to the next chapter, here's a few exercises you can do.

First, to enhance your fifth chakra speaking in public, take a moment to write down something along the following lines adding your own specifics as you wish, "I love what I do, I'm in the flow, I can't wait to do more of it, I'm honored, I'm humbled that God actually gave me the abilities to do this, the body, the skills, the brains, the emotions. I am grateful the divine gave me all of this so I



could be me in this.”

Then the next time you have to speak in public or a challenge comes up, tap through your issues and read what you’ve written also. Tell yourself, “Okay, I’m feeling this anxiety and I’m going to go tap on it, but this is who I really am so I’m going to read this too.” This will help center and ground you and bring up the fifth chakra courage to speak your truth.

Next, add to that your intentions in what you do and what you want to create, both your intentions for yourself and for everyone you touch through your abilities or through your business. Intention is a powerful aspect of the fifth chakra.

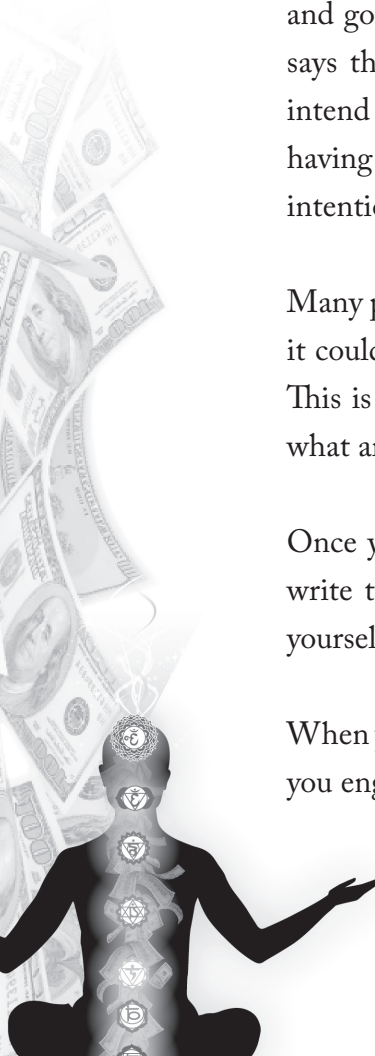
Secondly, take stock of how you are using your fifth chakra. What kinds of things do you say about yourself, the world, money? What are your habitual expressions and ask yourself if they speak of things that you manifest more of?

The fifth chakra is where we use our voice and speak the truth of our intentions and goals, first inside to ourselves and then out to the world. Deepak Chopra says that at the fifth level of spirituality, which is the fifth chakra level, “we intend a thing and it manifests”. So fifth chakra is where we cross the line from having an idea or an inspiration and actually choose it, actually say, “It is my intention to...”

Many people use the expression “our inner world creates our outer world”. Well it could be said more accurately that our inner TALK creates our outer world. This is the power of the fifth chakra. So what are you speaking into yourself, what are choosing manifest with your words?

Once you identify some of these negative expressions, make the choice to re-write them with new ones and practice saying your new expressions both to yourself and to others!

When you speak the truth of yourself, your deepest desire and highest intentions, you engage the quantum field and manifest at the fifth chakra.



CHAPTER 7

The Sixth and The Seventh Chakras



This chapter will focus on the sixth and seventh chakras together because they are so closely related. Here we will also discuss how these two upper chakras become the mouthpieces of our lower chakra wounds and vows.

THE SIXTH CHAKRA

THE RHYS METHOD® CHAKRAS DESCRIBES THE SIXTH CHAKRA, located in the center of our forehead, also known as the “third eye” and is associated with the color indigo.

“Level 6, Chakra 6:

Light, archetypal identity, oriented to self-reflection

This center represents our ability to see and perceive patterns in the world. It is often referred to as the third eye center of psychic sight, but its primary role is to see all that you are in the present moment and then process your world through thinking and analysis of your life data and experience in order to keep you safe and on track. It is the primary center for the virtual reality when you are out of balance, and the primary center for you to be able to see your life purpose unfolding before you when you are healthy. At this level, you see how you fit into the world at every level as well as if you are in the right place to express your life purpose at this time. It teaches you to see when to ‘pick up your bed and walk,’ and when you need to put your roots down in fertile soil.”

The sixth chakra is often called the third eye because it is the center of psychic sight. Many people think psychics are focused in their sixth chakra but that is not necessarily true. They can be at their second chakra, for example, and really feel what is going on with people.

We receive spiritual guidance, flashes into absolute awareness through the sixth chakra. Rhys says to gaze upon an open sixth chakra is to see the flash of intuition like a twinkling star in the night sky, which is so beautiful. It brings clarity and meaning to life and your place in it.

The sixth chakra is the eagle eye, twenty thousand feet view from above. When



it's open, it's like a beautiful lens that light is shining through. Although people connect much spirituality to our higher chakras, our sixth and seventh chakra, as Rhys teaches they are still only slaves or "mouthpieces" of the woundings and negative vows made at the lower chakras.

THE SEVENTH CHAKRA

THE RHYS METHOD® CHAKRAS EXPLAINS THE SEVENTH CHAKRA found at the top or crown of our head, associated with the color violet.

"Level 7, Chakra 7:

Knowing, universal identity, infinite possibility, oriented to self-knowledge

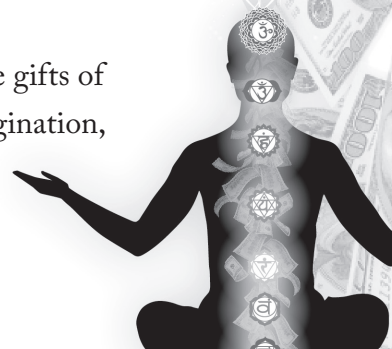
This center represents our connection to infinite wisdom, possibility, spirit and the divine. From this level, all the lower six levels are awakened to infinite possibility in each of their life experiences, infinite ability to see, to express the self, to be in relationships, to transform and be the self, to feel life flowing through you and to live a healthy, vibrant life. At this level, the mystery of life is seen in every object. Nothing is static. The seventh level center brings meaning and purpose to our lives and gives us infinite ways to express it."

The seventh chakra represents our connection to infinite wisdom and possibility. It brings the meaning and the purpose into our lives.

For your heart to be open, your seventh chakra must also be open. So a closed seventh chakra always brings limitation and pessimism, seen through people who are very pessimistic.

An open seventh chakra is the conscious awareness, as much as we can manage, of the infinite system of abundance that we are completely embedded in.

Imagination, mystery and the ability to give meaning to the infinite are gifts of the seventh chakra. Rhys teaches that in the seventh chakra your imagination,



your consciousness and your genius “live hand in hand in the brilliance of that aspect of our minds, and we’re open to infinite possibility and thought.”

I love his quote where he says, “To see your seventh chakra, imagine that your brilliance is sunlight dancing on the ocean’s endless horizon.” That is your seventh chakra and it is how your brilliance comes into connection, hand in hand, with infinite possibility.

VOWS OF THE SIXTH AND SEVENTH CHAKRAS

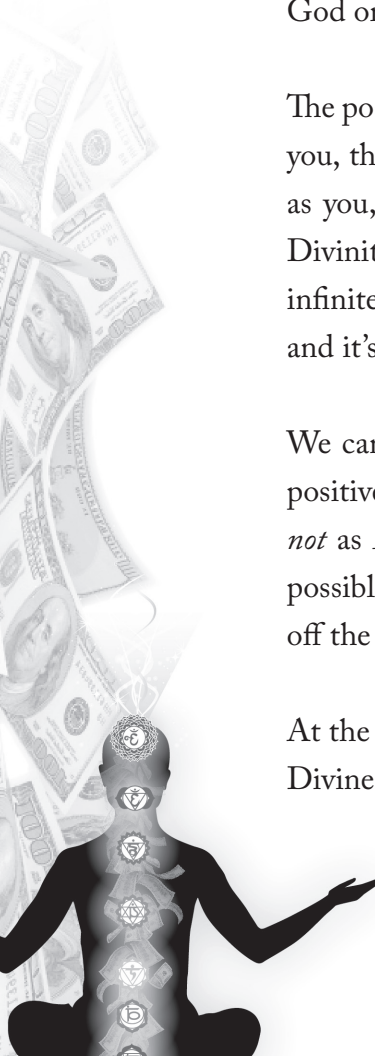
Negative vows at the seventh chakra are around the Divine or God, or believing absolutely in limitation. They state, “I believe in limitation.”

In the first and second chakra there was limitation and scarcity, “I was limited,” “People like me are limited.” Another negative vow is “I don’t trust God.” “God” – or the Divine or whatever word you want to use – “is limited in *my* particular life.” The belief is that everything connected to infinite possibility, or to Spirit, God or the Divine is somehow limited.

The positive opening at the sixth chakra is seeing how the Divine works through you, through your qualities. It is seeing events as Divine, seeing that Divinity as you, as your life unfolding all the time. It’s the openness to feel and allow Divinity to flow through you and to see everything you live, you know, you see as infinitely possible. To know there is never anything that isn’t infinitely possible and it’s infinitely possible in every moment.

We can see the deep connections between the sixth and seventh chakras. The positive tapping we’ll do on the sixth chakra is around seeing the world *as it is*, *not* as *I* am with all my limitations. Seeing the world as brand new, infinitely possible, seeing myself in that, my place in that, that there are miracles unfolding off the radar. This is what unlimited means, I can’t see it but it’s on its way.

At the seventh chakra, everything I see I know is infinitely possible. I allow the Divine to co-create with me.



After this powerful visualization, you'll see clearly how the sixth chakra becomes the mouthpiece of the vows made at the lower chakras.

SIXTH CHAKRA – EXERCISE 1 – A VISUALIZATION: HOW YOUR VOWS FILTER YOUR WORLD THROUGH THE SIXTH CHAKRA

Imagine you're looking through this beautiful, beautiful lens that light is pouring through and through that light you look out onto the most beautiful, beautiful scene in nature. Now imagine that in your first chakra you had a foundational belief from your experiences that the world is not safe.

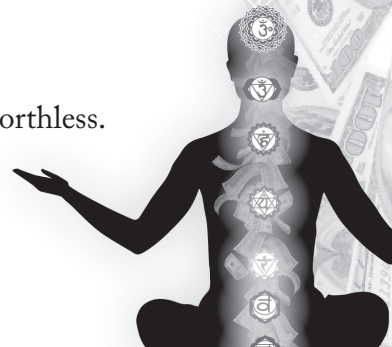
That means maybe up in your third chakra where you are supposed to see your uniqueness, your individuality, and how unbelievable you are, you actually made a vow that you are not that special and maybe to stay invisible.

What happens to that beautiful lens of the sixth chakra? Imagine you pick up a black magic marker and just color off three or four big squares in the middle of that beautiful lens. Now there are big, black areas that you cannot see through, because what's on the other side of that you've made a vow to completely not see.

Again, the third chakra is where you see you're a unique individual and the sixth chakra shows you that unbelievable uniqueness. It's an amazing contribution that the world needs and you've made this vow to blacken that out, "I'm not going to see it. I refuse, I do not want to see that." The negative vow at the sixth chakra, basically, is the vow to filter the world through my fears, through my wounds.

Next imagine you've got this lens with some areas blacked out. In your life, maybe at the first, second, or third chakra you made some kind of vow around your worthiness in this world, how much you're worth, how valuable you are, how you deserve to be treated, that you are in battle over.

There are people you battle with who try to tell you you're absolutely worthless.



It knocks you down and you rail against it. You battle it and are depressed because they won. Then you overcome and go back to the fight again. So there's a vow to do battle, to fight, or to prove your worthiness.

Now imagine you take a big scoop of Vaseline, which is an oily substance if you're not from the United States, thick, petroleum jelly. Take several more sections of that big beautiful lens and rub this Vaseline on it. You can still see through it but everything looks blurry, distorted. "I'm going to see through my sixth chakra but everything is going to look distorted to me, so it will agree with this programming."

We can still see through our sixth chakra, but we've made these vows based on our lower chakras, because of our wounds – our real traumas – that we will only see through it in a very limited way.

There are areas we have completely blacked out and we're just not going to see that. In other areas we see but through a distorted, filtered lens that makes everything look kind of strange. We think we're seeing what everyone else is seeing but we're actually seeing it in a way that agrees with our personal programming.

Now imagine the Windex, the glass cleaner comes out, and you clean your whole lens again. Deep sigh of relief! You're back to this beautiful lens, your beautiful sixth chakra.

Just imagine what it would be like to be totally clear.

The twenty thousand feet view where you rise up like an eagle and see yourself. See your unique talents and skills and support and how it radiates out. See that you totally fit in this world and how important you are. Then use your amazing sixth chakra to travel all the way up into space and look down at the whole earth.

"Oh my God I can see the whole earth and it's humungous with my sixth chakra!"

"Wow, I can go even further out and I can see the whole universe, I can see the



whole solar system, my sixth chakra is unbelievable! And I can still zoom in and see me right on the earth and I could even zoom out more and I see galaxies.”

Now think about this: even with this unbelievable, clear sixth chakra and your ability, are you seeing what the Divine sees?

In that unbelievable view, the universe, galaxies, anything your imagination can fill, are you even close to what the Divine sees, all that is unmanifested, all that is potential, all that is manifested, all that will be manifested? Can you see even close to what the Divine sees? I don't think we can.

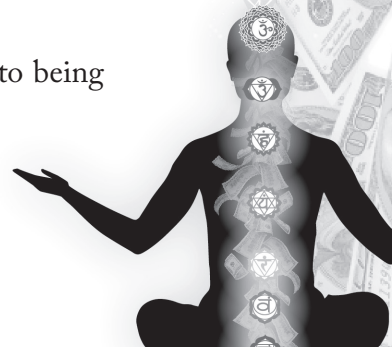
This then is another important part of the sixth chakra – you are still only seeing a tiny, tiny, tiny, tiny fraction of what is possible. All the rest of it is off your radar. The sixth chakra says by seeing the world as unlimited, my ability to manifest is unlimited. My ability to contribute, to be needed by the world and to have support is unlimited and I'm only seeing a tiny percentage of that on my particular sixth chakra radar. Everything else is off the radar. That's why it's unlimited.

You're seeing a tiny postage stamp on earth with your sixth chakra as opposed to the Divine's view.

And finally, viewing the world as unlimited allows us to look at everything we're seeing with our sixth chakra as a new, fresh, unfolding miracle. At the same time recognizing there is so much more that I can't even see and I have no idea, but it is there, and it is on its way and I can call that to myself. The sixth chakra is amazing.

What did this visualization bring up for you? It might be something similar to the following two participants, but whatever it is, it's a good idea to write down your thoughts or images that came up. It's important to know what your core attitudes on these issues are because they absolutely affect your ability to manifest.

This Creative Idealist says, “Opening up to beauty is just opening up to being torn apart.”



“When you were talking about wiping the lens clean again, taking off the black mark and the Vaseline my experience at that moment was that it is unbearably beautiful, too beautiful to take in. I felt myself opening back up to the original vulnerabilities.”

You have a very strong Creative Idealist, which is totally sixth and seventh chakra, so this is huge for you. But, if it doesn't feel safe to be in your body, you can't ground while you're experiencing it.

“Yeah. And it makes me think that I have a belief that goes 'love is pain.' Opening up to beauty is just opening up to being torn apart.”

What's in that belief? What's the torn apart mean? What happens next? Is it “I can't bear the separation from that beauty when it's time to get back to my world?”

“Yeah, yeah, that sounds right. Certainly I go on retreats, it's beautiful and then you come back home and it's all concrete and cars and horror. It just feels like I wish I hadn't gone on a retreat.

To open up is to just let in all the garbage as well. It's to let in ... to experience everybody else's' pain too, you know? It sounds like it's having to suffer the lower chakras because the beauty and wonder is all in the upper chakras. Then we get dragged back down into the decay and the agony and everything.”

This is going to be very similar to anyone who is an Emotional Intelligence Specialist (EIS) as well, which is the pain of coming back down to a world that seems unconscious, hurtful and dark. It's so beautiful I want to live there forever. For an EIS that might be just the beauty of love in their heart, they could find that in a painting, or in a beautiful child so it will be a similar thing, “I have to come back down to this scary, mean world.”

A Creative Idealist's wounding is really the first chakra. The lower self is a dangerous, horrific place. Yet this applies to everyone because we *all* have first chakra wounding. Whether it's triggered by money, or success, or by anything in our life, there is that first chakra programming, literally in the nervous system that says, “The world is not safe.”



At the sixth chakra you're allowing yourself to feel the seventh chakra. The beautiful light comes in and when it hits your sixth chakra you think "*But Oh My God*, there's also an infinite number of ways there could be *darkness*."

The seventh chakra means there's divinity in everything, even in war, in pollution and so on. But your response is, "I only want to see divinity in the light, there's no divinity in the dark."

Think of God, the Divine, Spirit or Source Energy as you understand that. What is it for you? How does this fit with that vision because somehow even that is being seen with a limited view? The Divine actually makes mistakes or the Divine gives *some* people pleasure in life and other people punishment.

So often this kind of work leads you back to the lower chakra issues to clear and through this you see how everything moves up through the chakras and even affects your connection to the Divine.

Battling to prove "I'm even worthy to be here" shocks this participant.

"One of the things that came up for me was just the basic theme of, it's embarrassing to say it, "There's no God, and if there is a God he really doesn't care about me," or she. Then another piece of it that came up, which was a big shocker, is that I have to prove my worthiness. That really resonated. I've got to get out there and do battle and, and prove it. Prove, prove that I'm even worthy to be here."

That's where we took the Vaseline and said, "Instead of just seeing my unbelievable uniqueness and how that is totally needed by the world, I'm going to see that through a distorted picture." This really *is* a lens through which you're seeing the world and it affects your attitudes. Even more importantly, remember that we are absolutely manifesting *unconsciously* from that lens.

So we will manifest the battle about our worthiness. We will manifest the people and circumstances that will *absolutely* manifest the dark side.



Again, the seventh chakra is seeing the Divinity in everything and seeing Divinity as within, as *Me*. The Divine and *Me* are the same! This battle stance says, “Definitely *not*, if there is a God he doesn’t care about me!” A feeling of anger and animosity rises instead.

Charismatic Leaders find themselves in battle with the Divine. We might be telling ourselves “Oh I allow the Divine to co-create with me” but unconsciously we’re saying, “Yeah, I’ll work alongside the Divine right until he switches sides and suddenly I’ll take him down.” Or “I will trust and allow the Divine to co-create with me, *until* I see him doing something wrong and it doesn’t meet to my satisfaction and my time frame.”

This comes back to the importance of our attitude. When we listen to advanced teachers of the Law of Attraction, you’ll hear them saying things like, “Wow, I just got fired today! Oh My God, something *unbelievable* is on its way! I wonder what’s going to happen with this!!” They are open to the miracle showing up.

Seeing something as profound as the sixth chakra lens, we want to move quickly to “I’m going to honor the divinity in me that is always growing and changing, and then to forgive myself, I’ve just been doing the best I knew how.” That’s the first step because if we move right into “Oh my God I’m doing this wrong too” then we’re back to seeing through that negative filter. The second we say “I should have figured this out way long ago,” “I should be way over there next to Deepak Chopra,” it’s very difficult to make any change because we’re saying “I do not accept myself.”

SIXTH AND SEVENTH CHAKRA – TAPPING ROUND 1 – HONORING OUR LIMITING FILTERS

Begin on the karate chop point.

Even though I have this amazing sixth chakra
This beautiful lens
I’ve made vows to darken it
Obscure it



And filter it through my wounds
Through my fears
I'm just going to honor that
I've never seen this before
This is new to me
So I'm just going to honor it

Even though my sixth chakra
Is unbelievably beautiful
I've been filtering it my whole life
I can't help it!
I've made a vow
To see the world in a limited way
To see the Divine as limited
To see my ability to manifest as limited
WOW!!
I'm just going to honor that now
And I'm open to healing it.

Tapping through the points:

This vow to limit my view
To see the world as dangerous, as dark, as scarce
To see the darkness as winning
To see people being victimized
To see fear and aggression
I made a vow to filter infinite possibility and see it through my fears
Which means I'm seeing the world as more like me
Than as it truly is
I totally honor these vows
I honor the millions of times these vow have been proven true
Absolutely true for me!
The millions of times they've been reinforced and I've said, "Yup, I was right"
I'm just going to honor that
I'm now using my sixth chakra to go up to twenty thousand feet
And look at myself



I've been doing the best I know how
I'm open to forgiving myself
For filtering the world
Filtering infinite possibilities through these old wounds that I accepted as truth
Through my real fears
That I believed are real
I'm looking down on myself
And boy have I tried my best
And I'm still learning
And growing
I'm open to forgiving myself
And clearing away
some of this muck on my lens

Take a nice deep breath.

Trusting God or the Divine is not easy for this participant.

“I have this very vivid memory of being in the Church and sitting there as a little kid but it just really makes no sense to me to see that. This nice minister was saying “God is here for love,” but they killed Jesus up there on the cross. And so I thought I have totally got to not be that, I've got to hide from that because you're gonna come get me. I guess it's kind of that whole thing of not trusting. I think I made a vow that I didn't want any part of that. So I had to hide from that.”

Most organized religions that we encounter, those with a lot of doctrine, are going to be what Rhys calls “first chakra religions.” In his book *How to Know God*, Deepak Chopra talks about spirituality as the first level. Most religions are literally at the first level of spirituality, which are laws, punishment and loyalty. If you're not doing what the rules say, similar to your family rules, the dad in the family, you're going to get clobbered. If you are doing the right thing, which often just means attending the services, saying certain prayers, having certain sacraments, acting and speaking a certain way you will be rewarded. You say



and do these things whether that's your truth or not. God is an angry dad and don't bother him after work.

We'll do a positive round now that touches more on the seventh chakra. I'll mix the word God or Divine but use whatever word makes sense for you.

SEVENTH CHAKRA – TAPPING ROUND 2 – NOT TRUSTING GOD

So Karate Chop Point again:

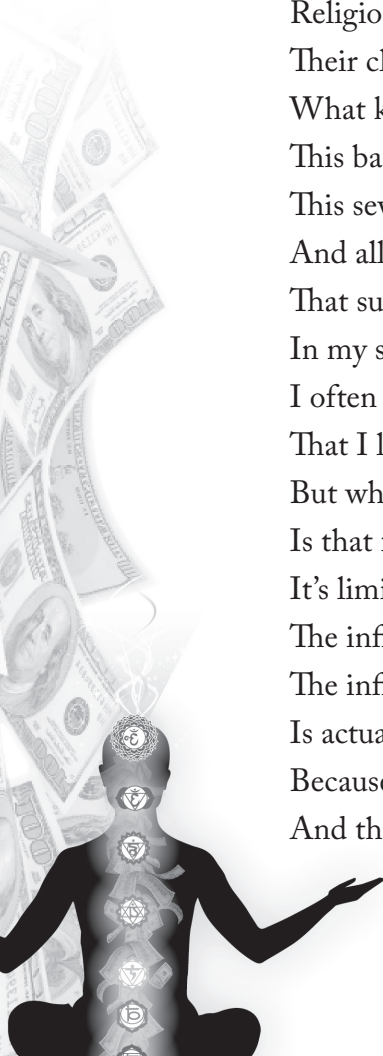
Even though I made this seventh chakra vow
To see limitation even in the Divine
To see God as not trustworthy
Certainly not part of me, in my life
I'm not that sure I want to open my seventh chakra
With this view of God
With this view of the Divine
I'm just going to honor
That this seventh chakra view
Comes all the way from my first and second chakra wounds
I was a little kid
I'm just going to honor that too
Even though I have this vow in my seventh chakra
To not trust the Divine
To believe and see evidence
Of limitation
Of unfairness
That the divine is not part of me
I totally honor this vow
And how it closes down my seventh chakra
I'm not sure I want to allow in
Something I do not trust
Something that could be dangerous
Or something that's always been



Something I have to give my power to
An entity who wants me to be powerless
Or else
I'm just going to honor this vow

Tapping through the points:

It's hard to believe in miracles
Because those come from the Divine
I don't really see the Divine as part of me
Part of my life
I feel sadness about God
I feel unfairness and battle about God
I see all the limitations
That are real
Income limitations
The way people are limited
By their race
Religion
Their class
What kind of Divine would allow that?
This battle with God
This seventh chakra mistrust
And all the evidence I've seen
That supports limitation
In my seventh chakra
I often say
That I love the idea of infinite possibility
But what I really mean
Is that for ME
It's limited
The infinite possibilities that exist
The infinite support that the Divine gives
Is actually limited in MY life
Because that's what I see in my first and second chakra
And that started when I was really little



I kind of didn't have a chance with this one
So I'm just going to honor it
And forgive myself
I'm doing the best I know how
My first chakra
Really creates my sixth and seventh
I'm just going to honor that
There's no way I could have figured all this out
But I'm open to being conscious about it
So I can start the shift

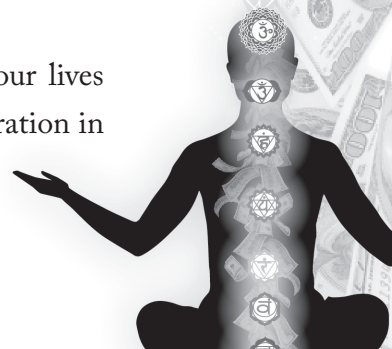
Take a nice deep breath

In order to be open to the Divine co-creating, we have to be open to a Divine that is unlimited, that loves us in an unlimited way, is supporting us in an unlimited way. But if the first and second chakras say, "*That is Not True!*" did we even have a chance? Much of our religious training and our social training is focused on what's acceptable in the world and about scarcity. In addition, all of this training began when we were very, very young so we've held these views for a long time.

Part of accepting and forgiving ourselves then is recognizing that "Hey, I actually haven't had a whole lot of support on this!" Those of us who are courageous enough to be releasing our limiting beliefs and opening up to infinite possibilities can feel isolated from sharing that process with friends, family or coworkers.

Think about it. How many people do you know personally who truly *believe* they manifest their reality because they've lived it, breathed it, and felt it? Even if it's just first chakra "Hey, I get stuff done and I've manifested real things in my life by where I've directed my energy." Then going beyond that level, how many people in your life would tell you, "I *really* manifest my life. Miraculously in an unexpected, I'll never be able to figure it out way – what I focus on I am able to manifest."?

As we change our attitudes, we begin to see people showing up in our lives who *do* resonate with all this. We attract them to us by having that vibration in



ourselves. You might feel drawn to a discussion, mastermind or business group, connecting with and supporting others who are consciously living that truth.

It's also an important role you can play whether you are in the healing professions or not. Your own openness and belief can hold that energy for others to believe in themselves.

For example, when I am working with clients I can hold that channel for them, one hundred percent see them, and congruently believe they can reach their goals, but I'm human and when it comes to my life, I need someone to do that for me.

I can carry this energy for my clients yet for my particular business, I think, "That's impossible!" "How could that ever happen?" Because it's me and my business and what I want to do, my own fears come up. When my own business coach works with me on goals and things I want to accomplish she one hundred percent, congruently believes and has masses of evidence to support that belief in her body, that absolutely I will manifest my reality. I can borrow that belief to use for myself.

So beyond the technical side of what we do, there is a healing we can offer others just by staying open to infinite possibilities for them.

What did that first round of tapping trigger in you? This participant discovers a deep well of anger at the Church underneath her sadness.

"What's coming up for me is a lot of sadness and then underneath the sadness is a lot of angry blame for all the people who carried the whole Catholic message of conformity and you know 'sit straight in your pew or you'll be pinched' and things like that. And I'm trying to find when this separation occurred because I remember being a part of God but I don't remember when I first wasn't."



You may have made the vow around your traumas to battle that, to prove them wrong, or to never be like them. If they represent Divinity and God and closeness with God, “Oh my Lord I never want to be like that!” This is pointing to some real trauma to tap on, to voice what’s coming up in the second chakra. Voicing that anger, that blame, that ranting and raving and even sounding out that hateful energy and releasing it can actually turn your core into this beautiful spiritual energy.

As dark as it might sound when you’re tapping on it, what you’re seeing is the pain of the belief that “I’m separated from the Divine.”

Voicing it in an angry, hateful, spewing-venom way while you’re tapping on it will give you the best access to forgiveness.

After the tapping take a look at those people again. Recognize that they were living in that first chakra world, around fear. Their version of religion was strictly ruled, and handing their power over to whoever was in charge of the church; that became God. So every one of the teachers you had were as spiritual as they could be, based in the first chakra.

This participant struggles to balance feeling anger and hatred with spirituality.

“I’ve been trying to bring in a lot of spiritual energy from the fifth dimension that I’m just now trying to understand that concept, but as I do that, it’s been helping me see a bigger picture like you’re saying, that there’s more possibility.

I feel like I’ve been living in so much hatred and on some level just that angry so I guess that part about the Divine can help you, lighten us and bring joy. I hope so. I can see how I’ve been living that way a lot of times in my life when I give up my joy, my happiness or give my power away I go back into that anger. I think it has a lot to do with not trusting God. So I guess by bringing in the joyful, that bigger picture of what you’re talking about, will cause us to kind of help lighten that up.”



Tapping is an amazing tool to clear issues of the lower self. If you've never tapped through some of those stories, where you feel like its deep black hatred, I absolutely would. When we say, "I'm going to try and be more spiritual" we can separate ourselves into a lower self and upper self energetically. We try and use spirituality or meditation to clear those lower chakra issues but we forget an important point.

As we begin to fully realize the Divine is within *us*, we never give our power away again, even to the Divine!

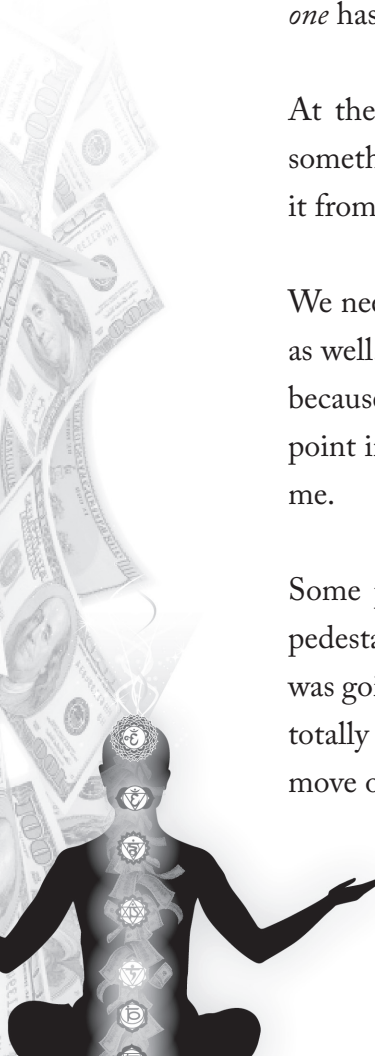
The other side of the seventh chakra vow to never trust God is people who say, "I give *everything* to God!" "No, *everything* is going to be handled by God." In this they give *all* their power to God.

We stop doing that when we recognize at the third chakra how *unbelievably* special and unique we are. We look out from the sixth chakra and say, "Oh My God, I see how I fit in the world and how valuable I am, and how much the world needs me." You're finished giving your power away to *anyone* because *no one* has *your* life purpose.

At the sixth chakra we start to *allow* the Divine as opposed to seeing it as something or someone you have to give your power to, or that will try and take it from you.

We need to stop giving away our power to others and that includes *any* teacher as well. While I'm the "teacher" in this situation, I'm exactly like everybody else because I am living it and working through it too. There often comes a certain point in working with clients where I will *not* let them give over their power to me.

Some people go from guru to guru but after they've put that guru up on a pedestal, they have to knock them down. "Oh My God, I thought this person was going to be my guru – and then they did this and they did that, and now I'm totally disappointed in them!" Instead of seeking their own power within, they'll move on to the next guru.



This applies to giving our power over to healers too. If you've worked with healers of any kind over the years, yet still felt powerless afterward, you might have been handing your power over to them, expecting them to do the healing for you.

When you forgive, you come into love. If you have experienced horrific levels of deep pain, deep trauma, and deep hatred in this world yet can access love and forgive, it brings an unbelievable light to everyone else. By overcoming that pain, you understand forgiveness in a way most of us will *never* understand or have access to.

As Rhys teaches, the positive opening we want to have at our sixth chakra is to see the world as brand new and fresh in every single moment. To know there are miracles unfolding that are so far off your radar the only way you could feel about them is curious. The excited anticipation of curiosity, of "I wonder what's going to happen" is a *great* energy to attract miracles.

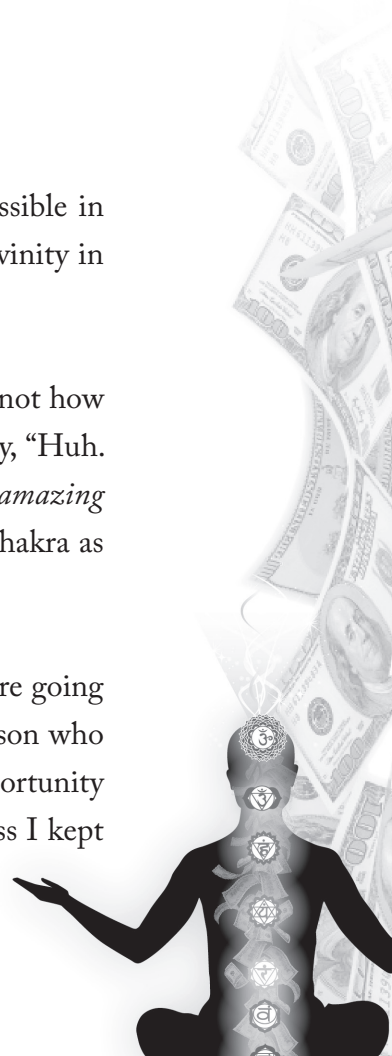
From our sixth chakra viewpoint twenty thousand feet up, we can say, "Oh, *now* I can see how all those things are coming together. There *are* miracles off my radar that are manifesting, I just can't usually see them."

How can you see something that hasn't even been manifested yet?

With an open seventh chakra, we see that everything is infinitely possible in *every* moment. Seeing the divinity in yourself allows you to see the divinity in *everything* and *everyone*.

This is very, very different from the attitude of "Well that stinks, that's not how I wanted that to go!" We can look at something that happens and say, "Huh. Not quite what I was thinking buuuut, it's gonna be fine. Something *amazing* is going to happen here," versus labeling things as we do in the sixth chakra as disappointing, limiting or a failure.

In my own life I've been excited about things that I was 100% sure were going to happen that *never* happened, ever. I totally thought this or that person who contacted me is going to make my business. This is going to be the opportunity of a lifetime, and *nothing* came of it. At those times during that process I kept



an openness of “I want this or something better, this or something better,” “It’s all going to work out, if it’s not meant to be, I don’t want it to happen” and something amazing would continually manifest. Sometimes I’d only remember the incident from looking back at old notes, realizing, “Oh My God! I thought *that* was going to be the thing and that guy never even called me back!”

Now I could have gotten stuck, gone into battle, got depressed, and obsessed about it, but instead those are the kinds of things I tap on. Letting it go. Infinite possibility baby! This has worked for me in *unbelievable* ways because there is no logical explanation for how my particular career has unfolded. The things that have come in, that have happened to support me have been absolutely miraculous. And even within that there were ten *other* things that *seemed* miraculous but never actually went anywhere.

Let’s move into our final tapping round for the sixth and seventh chakras.

SIXTH AND SEVENTH CHAKRA – TAPPING ROUND 3 – OPENING TO INFINITE POSSIBILITY

Begin on the Karate Chop Point:

Even though I have all these vows
In my sixth chakra
To filter the world through my fears
I forgive myself for that.

Even though I have all these vows
In my seventh chakra
About limitation
Even when it comes to the Divine
I’m going to forgive myself for that
So I can be open to a whole new unfolding.

Tapping through the points:



I'm open to seeing the world
As brand new
And fresh
In every moment
Which is how it really is
The same things never happen twice
I'm open to seeing miracles unfolding
Knowing they come from far off my radar
Unfolding in every moment
I'm open to seeing the divinity
In every person and every event
I'm open to seeing the divinity
In every so called mistake
That I have made
That others have made
I'm open to seeing infinite possibility
Wide and expansive
In every moment
Miracles are lining up to support me
In the most unexpected ways
I cannot see how that could be possible
But I'm only looking at a postage stamp
There is so much off my radar
And I'm keeping my sixth chakra open
To watch it unfold
From far off my radar
From the Divine un-manifest
Until it curiously explodes into view
Blossoms on my radar
And I'm going to say "WOW"
Look at that tiny miracle unfolding
It's growing from an acorn into a tree
Right before my eyes
I'm open to seeing miracles
Unfolding around me
To feeling safe and divinely held



In this world
Beyond this world
By the Divine
The safer I feel
The more I see
Infinite possibility
I'm totally open
To this work
Rising up inside me
Creating change
All the way up and down my chakras
As I adopt an attitude
Of miracles
Of infinite possibility
And I allow the Divine to work through me
So I can hold the miracle
For other people
I can carry this energy
For other people too
And that would be a miracle

Take a nice deep breath

SIXTH AND SEVENTH CHAKRA PRACTICE

An excellent idea is to take this tapping script and focus it on a specific issue in your life or a goal you're working on. For example, choose a goal and go through the whole round of tapping with that in mind. As you tap on limitations, make them specific to your goal. On the positive round, focus very specifically on that goal and allowing miracles in the context of your goal. It's a powerful process.



MANIFESTING MONEY FROM ALL 7 LEVELS OF MY BRILLIANCE

FIRST CHAKRA:

When I think about money in my first chakra:

“I’m open to feeling totally safe and supported, and loved and held like a family around money; that I’m standing physically, my first chakra physically, materially connected to money. At a way that feels TOTALLY safe and secure and loving. Totally taken care of and there’s almost a loyalty about the way that money just shows up to support me and I viscerally feel it. I connect it to my body, my first chakra, my hands. It’s in my life, I’m standing on this foundation and I’m totally open to allowing money to be that beautiful, safe, supported, connected part of my first chakra.”

SECOND CHAKRA:

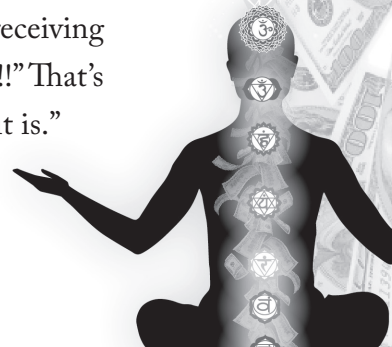
How do I want to feel about money in my second chakra?

“I’m totally open to sensually feeling the pleasure that money brings in my life. The excitement, the physical things I get do, the vacations, the leisure time. The way money makes me feel fabulous because it’s just fun. I’m open to feeling like I’m seducing and charming money into my life because who I am is so valuable and sexy and beautiful that money and me connect in a way that is just like making love.” That’s a fun way to feel about money!

THIRD CHAKRA:

How do I want to feel about money in my third chakra?

“I’m open to allowing money to be an energy at my third chakra that absolutely matches and reflects how unbelievably unique I am in this world. That absolutely connects with me acting my desires. The desires that come up from my second chakra, my real true desires. That money is this beautiful energy that exchanges with me as I take action on my deepest desires, with my unique, unbelievable, valuable stuff that I bring out into the world. So I am totally open to receiving money for those efforts and looking at that money and going “YEAH!!” That’s how amazing, how unique what I do is in the world and how valuable it is.”



FOURTH CHAKRA:

How do I want to feel about money in my heart chakra?

“I love that money has freed me of old baggage and I now allow it to be a miracle in the lives of someone else. I love knowing that some bit of my money that I donate, or that I hand to somebody in my life, or give them a little job to do, a younger person, that that allows me to be generous in a way that feeds my spirituality. That when I give money to someone, or I receive the kindness of somebody who wants to buy me lunch as a thank you, that I feel the love in that. That money as an energy can actually carry love in it. That I could send somebody in need money anonymously and absolutely pour love into that twenty dollar bill for someone that’s off in college, a young person, a neighbor, somebody’s who’s in need. I LOVE that. I love how money lines up to allow me to make a difference in the world in the big or small way that I can. So that all the money that is flowing to me and through me, I’m just going to infuse it with love, as crazy as that might sound.”

FIFTH CHAKRA:

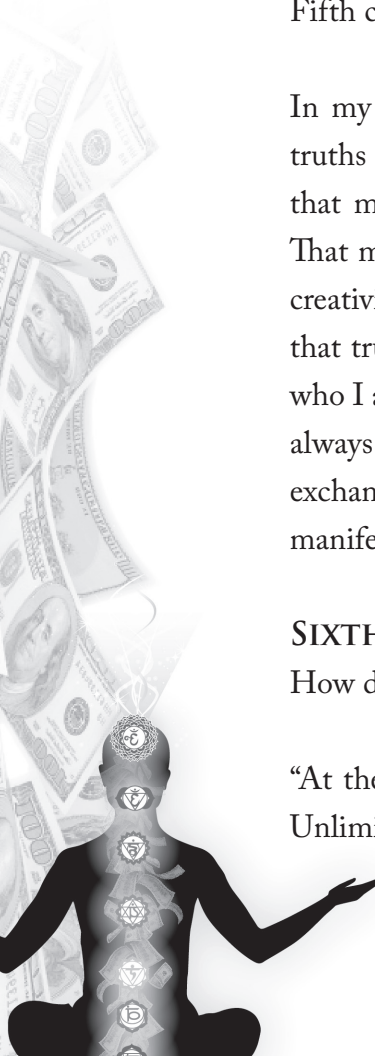
Fifth chakra is the manifestation channel where I speak my truth.

In my fifth chakra I will now speak the truth and manifest from all of the truths of my lower chakras when it comes to money. That money is an energy that makes me feel a multitude of things, which changes in every moment. That money is being manifested to me as the connection of my brilliance, my creativity, my action in the world, my feeling about the world and I will speak that truth of myself. So in my fifth chakra I’m going to speak the truth about who I am and create in this world and absolutely love that as I manifest there is always the energy of money manifesting back to me. That money is a continually exchanging manifestation energy. I manifest out, money manifests in and it manifests right back out again. I love that feeling of manifestation.

SIXTH CHAKRA:

How do I want to feel about money at the sixth chakra?

“At the sixth chakra I’m seeing unlimited opportunities for money to appear. Unlimited ways that, as I look down from twenty thousand feet and see myself



and my unique value, my unique abilities, my unique self, my life purpose, I see how valuable that is in the world. I look down on that whole picture and I see infinite number of ways that money is miraculously unfolding to support every single thing in my life and my life purpose. Every bit of the lower chakras and my life purpose is being supported by the infinite number of ways money can manifest for me.”

SEVENTH CHAKRA:

How do I want to feel about money in my seventh chakra?

“I see infinite possibility in every single moment, that there is a divinity always unfolding - even in money. That money is an energy that has the Divine in it. Just like all of us have a lower self and a higher self, yet the Divine is in us. That I can allow money to be a Divine energy in my life. That all of my chakras are good and in that divinity I can enjoy the energy of money from my first chakra all the way up to my seventh chakra. I can recognize that money is lining up for me miraculously to support not only my lower self and my physical needs in this world but my highest spiritual aspirations.”

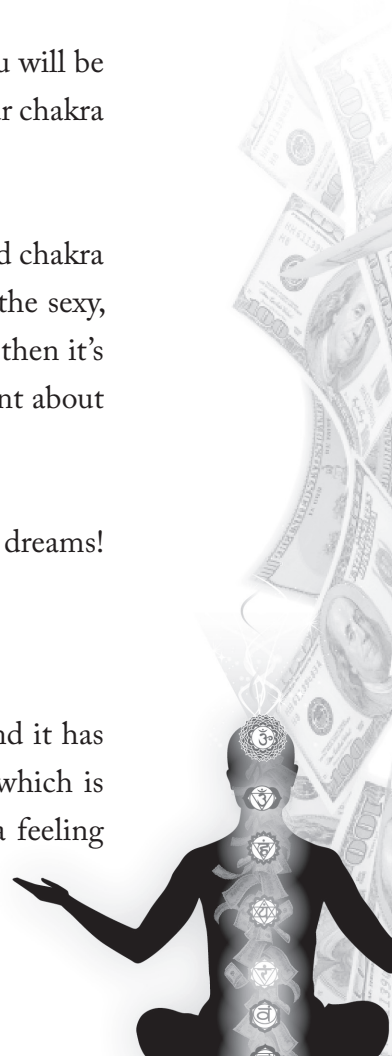
While you definitely want to feel the energy at each of the chakras, you will be more drawn to those that match your personality type or profile and your chakra dominance.

For example, if you're an Emotional Intelligence Specialist, a real second chakra person, the most dominant one for you is going to be around feeling the sexy, seducing, charming money energy. If you're a real Charismatic Leader then it's going to be about that fifth chakra manifesting channel, that excitement about manifesting and how money connects.

Feel the one that's the most fun to operate in and start manifesting *your* dreams!

CONCLUSION

As we end of our journey of The 7 Levels of Wealth Manifestation and it has truly been my honor to do this work with you! In the last exercise, which is done as a meditation in the audio, you got to see and hear and get a feeling



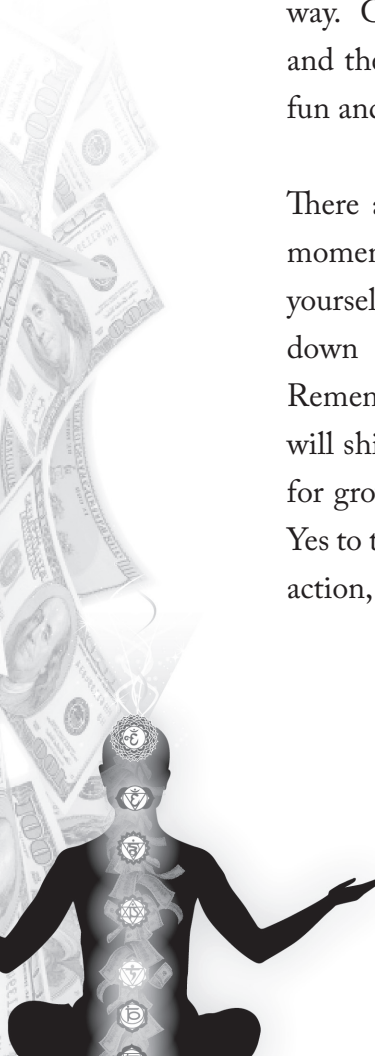
about money through each of your chakras. It's important to realize what is right for *you*. Not the way you heard it from this Law of Attraction teacher or that business coach. It must work for *you*, *your* profile, *your* chakras, *your* energy system.

Remember that the work all comes down to freedom. It's about having freedom from the negative vows that have dictated your income, your savings, your debt, your entire wealth picture. It's about stepping into the freedom to choose what you want to manifest in your money and in your life. When we are no longer running from our programming and our vows, we step into consciousness in the present moment and can choose to manifest from our deepest desires and from our highest aspirations and intentions.

That is how you are wired to live! Fully alive, with the freedom to choose what you want to create with enthusiasm, creativity, with joy, love and fun! Anything less than that is limitation!

You are unique, a one-of-a-kind miracle and you will desire and create YOUR way. Give yourself a pat on the back for going this deep into your own story and the patience and compassion to step into this freedom in a way that feels fun and comfortable to you.

There are a million things to want, be, do, love, imagine and allow in every moment...and it will change and shift and unfold just as you do. So be easy on yourself and open to the fun of infinite possibility even while you are getting down to the business of creating, managing and planning around money. Remember that you have 7 levels of brilliance through your 7 chakras and you will shift in and out of them in bigger fuller ways. Leave space for that, space for growth, space to feel your way through it! And always ALWAYS say yes! Yes to the universe, yes to receiving, yes to giving, yes to inspiration, yes to taking action, yes to abundance and YES to money.



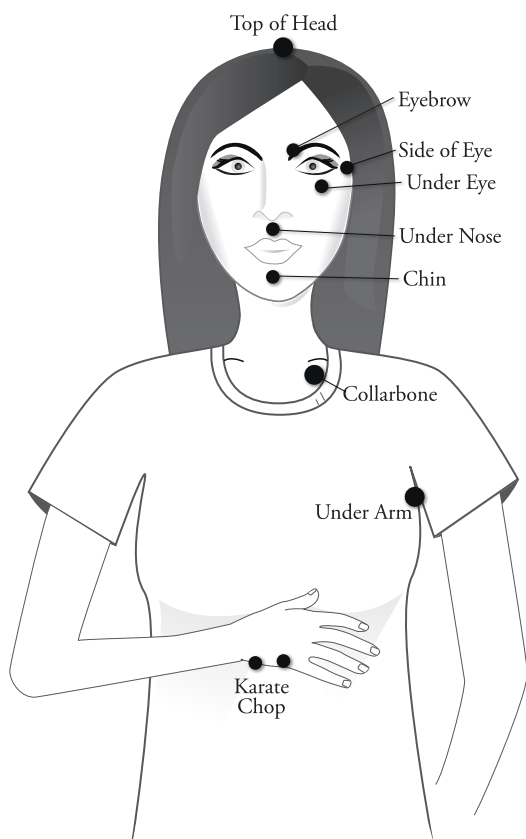
CHAPTER 8

Resources



TAPPING POINTS

If you are new to tapping, see the diagram to get familiar with the tapping points. Use your fingers to tap lightly several times on each point. The tapping round usually begins on the karate chop point. Other times you'll be directed to "tap through the points" meaning, start right on the eyebrow point and continue to cycle through all the points with each phrase.



Optional Fingertip Points
Great for discreet tapping!



EFT PRACTITIONERS

You may find these exercises bring up more than you want to handle on your own. In that case, I highly recommend you consider working with a qualified EFT practitioner or a therapist who is also trained in EFT/Tapping.

As you move forward creating bigger goals, working with a success coach or life coach trained in tapping can greatly accelerate your progress!

For recommendation on the practitioners that I personally endorse, please visit my website www.MargaretMLynch.com or send me an email at Margaret@MargaretMLynch.com.

There are also 2 great resources to find more about tapping as well as find a practitioner in your area: www.tappinginternational.com and www.eftuniverse.com

JUST FOR FUN

For a boost of high energy, download the song called *Unwritten* by Natasha Bedingfield.

Turn it up high and tap while you listen to it. Or dance and tap. You will hear so many different chakras expressed through her words. It's very, very uplifting. When you take a song like that and tap to it, it's very powerful and energizing and a lot of fun besides.



BRINGING SEXY BACK

Bonus Audio

Connecting Sexy with Money at the Second Chakra Teleseminar Transcript

Welcome to the class everybody. This is Margaret Lynch!

In this class, we are going to look at money from a slightly different perspective, the energy medicine perspective. This broader field of energy medicine is where EFT and tapping fall. EFT/tapping is a piece of energy medicine called energy psychology but energy medicine also encompasses the chakras, full spectrum healing, sound healing and other modalities like Reiki.

Because my significant other, Rhys Thomas runs the Rhys Thomas Institute of Energy Medicine, here in Massachusetts, I get to go into the energy medicine school and teach tapping. While I'm there teaching tapping, I get to learn what is going on from the energy medicine perspective.

MONEY IS WHAT WE CALL A SECOND CHAKRA ISSUE

Money connects in the second chakra, which is where we *feel* the world, where we let the world in. It is our feelings, sensations. It is where we have intimacy or have intimacy issues. It is where we feel who we are in the world and where we feel our value. And because it is in the second chakra, the lower part of the body, money is really a first and second chakra issue.

When we talk about money, we are often talking about abundance and prosperity and all these really high upper chakra unlimited possibility kind of ideas ... while money is a down in the world, first and second chakra, really solid issue. So as we look at money from this perspective, we



think about what the second chakra means, and what kind of issues we have there.

I developed this process to really show you how you are attracting or rejecting money in your life, based on how things are working in your second chakra. It is a different way of looking at it, and it connects to the idea of sexy.

The first and second chakra is all about your body and how you feel about who you are and your value and your worth and how that comes into relationship with the material world. Money is one the ways we come into relationship with the material world with our value. So your feelings about your value equals the amount of money you are going to have in your life. It is a very straight-line connection.

When we look at first and second chakra issues, we are actually asking, how do you feel about your actual physical body? How do you feel about your sexuality? Your ability to be in relationship with people. To allow intimacy in your life. Your ability to feel powerful in the realm of the idea of sexy. It is kind of a cool topic.

Whether you are a guy or a girl, how sexy you feel is really connected to how good you feel about yourself. It doesn't mean medium or good or I like myself. When we say, "I feel sexy!" it's a whole different energy. There is a lot more power there. It is connected to how you feel about your value and it's where money shows up. When we talk about the second chakra, we are going to run through a process on how we really feel about ourselves.

BRINGING SEXY BACK – EXERCISE 1 – THERE I AM IN MY BATHING SUIT!

This is how I start the process. I will be asking my group of people for some really hardcore feedback on how this picture looks.

Here is what I want everybody to do. I want you to picture



yourself and you are standing in front of a mirror and you are in a bathing suit. You are all alone but you are looking at yourself in the mirror, in your bathing suit and you are saying out loud, "I'm *sexy*."

Measure on a scale of 1-10, how true that is, if 10 is 100%. My feedback people, where are we on that number?

I had some emails from people that said they were a 2.
(Participants response) 4 or 5, 9, 3, ok, 1, 9, 5, 7, 1

We've got some people who are already up there, which is great.

We are going to go with the people who are lower. This is where it gets really specific.

People who are below a 5, I want you to tell me, why? What is it that keeps you at a 1 or 3? And I want you to be specific. Everyone else I want you to write down and look at the picture. What is it? Is it your stomach? Is it your butt? Is it your legs?

"I am overweight."

What is the feeling, looking at yourself in the mirror?

"Disgust?"

What would your judgment be? What would you say about that body? If you were being really mean, and really judgmental, because that is how you are inside your own head.

"That I am a slob."

Anybody else, with the 1's and the 3's, what is it about your body?

"My body has cellulite and fat and it just feels disgusting. Disgusting is the best word."



I want everybody to look at that picture and I want you to imagine that you can see your energy. As you stand there totally disgusted, even if you are a 5 I'm just medium. What does your energy look like if you could somehow see the power and energy that you are carrying?

It is not very good is it?

“No. Kind of gray, thick like smoke.”

Ok. So we are going to tap on this very negative stuff. We need to clear this. What you are saying in this picture is, “I completely reject myself.”

“I see the color red. Does that make sense?”

Red is the color of the first chakra. Your body is your first chakra. So when we look at this picture we are really rejecting ourselves on a really basic, basic level.

BRINGING SEXY BACK – TAPPING ROUND 1 – I TOTALLY JUDGE MYSELF

So tapping through the points.

I use the eyebrow, the side of the eye, under the eye, under the nose, the chin point, the collarbone point, the underarm point and the top of the head.

Tap on the karate chop point.

Even though I would love to feel sexy
I can't
I'm disgusting
I'm disgusted
I accept myself anyway
Even though I don't

Even though I would love to feel sexy
There is no way I deserve to feel that



It is too much
I'm disgusting
I totally judge myself
And I deserve it
I accept who I am anyway

Even though I am completely not sexy
And I don't deserve to feel that
I'm looking in the mirror
And I am seeing the truth
I am too fat
Too unattractive
Absolutely disgusting
I love and accept myself any way
Even with this harsh judgment

Tapping through the points:

I deserve this judgment
I look at myself and I can't stand it
It's disgusting
I do not deserve
I don't deserve to feel sexy
It is right there in the picture
You cannot feel sexy looking like me
I totally judge myself

And everyone in society will too
Nobody that looks like this
Should feel fabulous and sexy
I do not deserve to feel sexy
I totally reject myself
This is great money energy
This is a conflict for me
I am just going to honor who I am anyway
Even with all this judgment



And take a nice deep breath

Really, really negative words in there. And I know they resonated. I want you to look at the picture again, and see how it looks now. How much are you really focusing on the negative? This is hard to break, especially if we are really stuck on a certain body part.

“100% focusing on the negative. I’m really disgusting”

I want you to think about the conflict in that. What does that say about your deserving at a real basic level?

“That it is not existing”

Anybody else? Lightened it up at all?

“I moved from a 3 to a 5. For me it is not disgusting, it is more ... I just want somebody to love me for who I am, not for my body. So I don’t feel sexy. And I don’t feel sexiness about it.”

“I went from a 0 to a 2 and I started out with everything kind of droopy looking and a loss of youth. Even beyond how it looked, it just felt un-alive and un-vibrant.”

“I feel that it is just not possible to look good. Or for me to feel good about it.”

“I just feel sadness that I feel this way about myself.”

When we feel the sadness, I want you to really note down for yourself, what are you losing from carrying around this belief that you don’t deserve at all? And I want you to recognize if you saw somebody who had a body similar to yours, is that what you would tell them? You would tell them, you do not deserve to feel sexy, ever?



“Absolutely not.”

There are a lot of people who are a lot of different sizes who totally own their sexy. Aren't there?

“What if there is something going on with, like I have this skin thing going on that makes me feel very unappealing, sad, kind of overwhelmed sometimes. Would you think that that was something different than body weight or shape?”

Yeah, so when we are tapping on it you want to key in on that specifically, because that is something that you are stuck on. That is your focus. That's where you put your repulsion or self-hatred or your self-negating. You put it there. So when we are tapping, you tune in to that specifically.

BRINGING SEXY BACK – TAPPING ROUND 2 – I JUST DON'T DESERVE IT

Tap on the karate chop point.

Even though I am still judging myself
I am just going to honor
How hard I am on myself
I would never judge anyone else this way
But I am sure everyone judges me like this

I am just going to honor who I am
In the here and now
Even though it is absolutely impossible
For me to ever feel good about myself
Never mind sexy
In this body
I honor and accept myself anyway
Even though I totally reject my physical body
And I use it as evidence of why I don't deserve
I honor all my feelings



Tapping through the points.

There I am
I feel all this sadness
All this overwhelm
All this despair
I don't get to shine
Because I look like this
All this sadness
All this shame
All this embarrassment
I judge myself a slob
I look like a slob
And everyone else must judge me too
That is how society is
And I feel it everyday
I think it everyday
I judge myself as unworthy
Everyday
All this sadness
All this shame
All this despair
My body has been carrying it for me
All this anger
All this frustration
All this powerlessness
I don't really let it show
But my body has been carrying it
All this heavy emotion
And I just keep judging myself
I am not sexy
No way no how
I am the opposite of sexy
I refuse to give myself sexy
I refuse to give myself that gift
I guess I just don't deserve it



Take a nice deep breath...

For some of you that refuse word is going to resonate a little bit, because you are actually refusing to give this to yourself, which means you have an even stronger attachment to ... I don't deserve.

So look at the picture again. How does it look?

“Margaret, it is more of that sense of unworthiness, that refusal that you were talking about. And that is really hard to say. It is kind of feeling like the kid on the playground that nobody picks, kind of thing. And you really don't want to believe it but that is what is really showing up.”

So it is triggering some old stuff.

“I am in pretty good shape and I do construction. People will say that I am attractive but I don't have the feeling about myself that other people have for me.”

When we look at our body we will often manifest something that reflects that little hidden kernel of worthiness that we don't want anyone to see. People say, “Oh you look like you are confident,” but we will put it in our weight or we will put it in our body, we will put it in our judgment.

Again when we talk about second chakra this is where we feel the world. This is where we feel our emotions and where we let the world in. This is where we allow how we feel about ourselves and let us come into relationship with other people in the world. This is where money comes in. This kind of stuff seems off the beaten path from talking about money but this is a really key issue. How you feel about you, not just how work is, or how smart you are. How you really feel about you, down in your body, down in your feelings, is actually where money manifests.

Anybody else?



“Two things came to me as having this experience. One is a childhood where I was abused and was told that I was stupid. And I was told that I was not likeable. And the other is as an adult I was raped 4 different times. And both those ideas came to my mind as I am endeavoring to tap and I realize that they may be part of what is blocking.”

This is where I would say, if there are any practitioners on the call - at the tail end of this process where we start to get into intimacy issues we are actually going to bring another person into the picture - and this is where these kinds of issues will surface. So if you have issues around sexual abuse, really looking at your body this way and not just saying “I accept it,” but actually saying “I am sexy,” which triggers me as a sexual being, that is going to pop right up for you. There are probably a lot of people on the call that may have this experience. I appreciate your courage in saying that as there are others who don't speak on the call but are resonating the same way. When I did this work in the energy medicine school, I had 30 people in the class, and 25 of them said they had some type of sexual trauma. So this was a really intense process for them.

“What became conflicting for me is that I always felt sexy, and my sexuality was what drew men to me. But I also, after the fourth rape, became somewhat promiscuous, which was totally out of character for me and as I got back to myself to some degree I became more coveted or started coveting myself and the weight became a part of that.”

It is going to be protection. That is why I said that the word refuse is going to be “I *refuse* to be sexy again!”

Now everyone think about being younger and having a lot of rejection going on. Someone mentioned it earlier “I want someone to love me for me.” When we have that kind of a rejection and trauma, there are two sides to it. There is the real hurt, the real pain and then there is a part of you that said, “I am never going to really show who I am. I am never going to really carry my power or shine brightly, because it is not safe.”



There is the real pain, the real trauma and then there is this refusal, this decision that you've made to not carry the energy, to not carry the power, to not own your sexy, because it didn't feel safe.

So sexy is really a more powerful aspect of self-esteem. It's like self-esteem plus. And that it is why it pushes more buttons for people than for just confidence or self-esteem.

Is anyone seeing their picture get a little bit lighter? Noticing their sexy is coming up?

"I have to say that the whole shifting is that I don't, I am not angry at the fact that I am seeing. I can't say that I look different, but I am not angry at it. I think what I have realized is that all of these years what I was trying to think that losing the fat was going to make me feel better or that I had to reject the fat, because if I could control that, or if I could find a diet then I could fix it. But then realizing that it was something about my personality that I don't think I can fix. That the fat is sort of keeping me away from looking at. So I am almost happy that it is there, to distract me."

Interesting, so you are seeing that your body is going to carry something as a flag for you.

"I am almost glad for it."

"I have seen mine fill in, with a different ... I have dropped about 25 lbs and my skin hasn't caught up with that. So I am seeing I didn't get fatter, it just filled in. It got tighter."

We will do another round on some of these older promises.



BRINGING SEXY BACK – TAPPING ROUND 3 –
I'M OPEN TO FORGIVING MY BODY

Tap on the karate chop point:

Even though I really judge my body
I am almost open to honoring
That I have real hurt
Real trauma
Real sadness
And I feel that every time I look at myself
I love and accept myself
With compassion

Even though I really judge my image
And I feel society would agree with me
I'm overweight
And that is not sexy
I totally honor
That I have real hurt
Real history around my body
And I made a decision
To hide my light
To hide my power
To hide my sexy
Because it wasn't safe
I am just going to honor that too

And tapping through the points...

All this sadness
Sadness for me
In everything I went through
The pain
The rejection
My family programming



It wasn't safe to be me
It wasn't safe to be fabulous
It wasn't safe to say I deserve
I have real hurt about this
Real sadness in my body
Real anger in my body
And my body is carrying it for me
I am open to the idea
Of forgiving my body
A tiny little bit
And honoring it
For carrying all this conflict
All this pain
So some day I would have to look at it
I'd have to heal it
I totally honor my body
I totally honor my story
Cause nobody else knows it
And nobody has ever honored it
They've never even apologized
They've never validated my pain
So I carry it in my body
I am open to healing some of this today
I am giving myself the tiniest gift
A fraction of what I give other people
I forgive people all the time

I am giving myself that gift today
I am giving myself a tiny bit of my power back
It is mine, I deserve it

Take a nice deep breath.....

We didn't get into the trauma, because some people have some really serious stuff that you would want to do some tapping on more. However, I want you to look at the picture again and I want you to see how it looks now with just



hitting some of those general ideas. I did hear a lot of sadness in there.

“What came up for me was pretty interesting because I don’t feel that I have a bad body at all. I have always had a pretty good body most of my adult life, but one of the things I don’t like the most is a pooch that I have got and it is actually from having fibroids. And that is a problem with my womb, which I believe is associated with the second chakra and I believe that is how I have been carrying it in my body because that pooch is ruining my body image. It could be the result of some sexual abuse that I suffered at the hands of my own brother when I was 6 years old.”

Well thank you for sharing that. And again, this is what is so intense about this issue, right? And this is why it is so important. We say, you know that is totally unrelated to me and what I am doing in my life. We try to move on and try to get over it, and say I am not going to bond to my wound. I am going to try to move on and we go out and we try to achieve and feel deserving and make money and feel fabulous and this gets in the way. And by the way, when you think about the womb, right, this is the giving birth, this is the creation, this is manifesting.

“One of the things I’ve noticed is that I am 70 years old, and I am afraid that if I start feeling sexy, people will think I am a crazy old lady. I don’t feel like that.”

If you were to see a 70 year old woman who looked powerful ... there are some actresses on TV who are in their 70’s, who carried herself like she thought she was the bomb, what would your judgment be about her?

“Actually I would have a judgment about her. I would think she was great. I want to be just like her.”

And that is the thing, it is like we have got these judgments and they are our own judgments in our head. I always say to people, you would never judge somebody else the same.



If someone was your same size, and she was one of those woman who really carried their sexy in a nice way, who you knew really liked themselves, would you walk up to them and say, “Well, don’t you think you’re sexy? You don’t deserve it because of how you look.” Right?

“Maybe when I was younger and I was sexy, I did not use that power responsibly and maybe that is why I am hiding my light now.”

How many years have you been punishing yourself?

“30 or 40 I don’t know. At least 30.”

You know you need to make a decision. I am going to punish myself for one more full year and then I will be done. Now would that make sense?

“I have been trying to find out why I have been hiding my light. And I think maybe this is really a piece of the puzzle that I have really not explored yet.”

When we are still angry at a perpetrator or we still feel guilt, either one of those we will hold on to the self sabotage.

“I am not responsible with my power. I am not using my power responsibly. I am not sure I am using it promiscuously, but just not using it for its good.”

This issue comes up for practitioners on the call. Clients will get to this point, they’ll say, “Oh my God, if I start owning my sexy, I am going to be a slut!” Another limiting belief will often come up, and again, it is the old programming coming in from the family, that says, it’s not ok to really own your sexy.

Everyone look at your picture again, and see how you are seeing yourself now. I want you to notice, both what your judgment is, and what the energy looks like now in that picture. “I am sexy!” How true does that feel?



“A lot better than I thought.”

And what does your energy look like now, standing there, and owning a lot more of I’m sexy. If you could see your energy field, what would it look like now?

“Margaret, it looks green. Like a mint green.”

Green is the heart chakra. So you love to love.

“Yeah.”

So when you are feeling good and sexy about you, you love to love.

“Yes.”

You are all heart.

“Pretty much.”

So when you are not feeling sexy, that means your heart is closed off a little bit?

“Completely. My chest feels like a brick”

Yeah, you are protecting. Anybody else’s picture looking a little better?

“Yes, it looks a little better. I don’t feel the disgust like when we started. I still have that sadness but it is also more of a compassion for that little girl who went through all that stuff.”

So you just did a quantum leap in vibration shift. Right? To tap on something as heavy and negative and dark as disgust towards yourself, and to lighten that up to a little bit of compassion and acceptance, you know, you just went from the earth to the moon! And that will immediately be reflected in your life.



Shifting your vibration that much will literally show up through other people, through things in your life and through your money. When you feel a little more deserving, a little more compassion about you, which says, “Hey I matter,” it will manifest in everything you see in your life.

“I went from a 1 to a 7. I realized that I have been sitting on weight to punish myself for a past problem that I had and I felt like I didn’t deserve to be happy, and to have a good sexual life. And it is a consequence that not only hurts me, but hurts my husband. So I am hoping this will turn that around.”

I want you to look at your being at a 7, standing there at a 7 saying, “I’m sexy at a 7!” How powerful do you look? What does your energy look like?

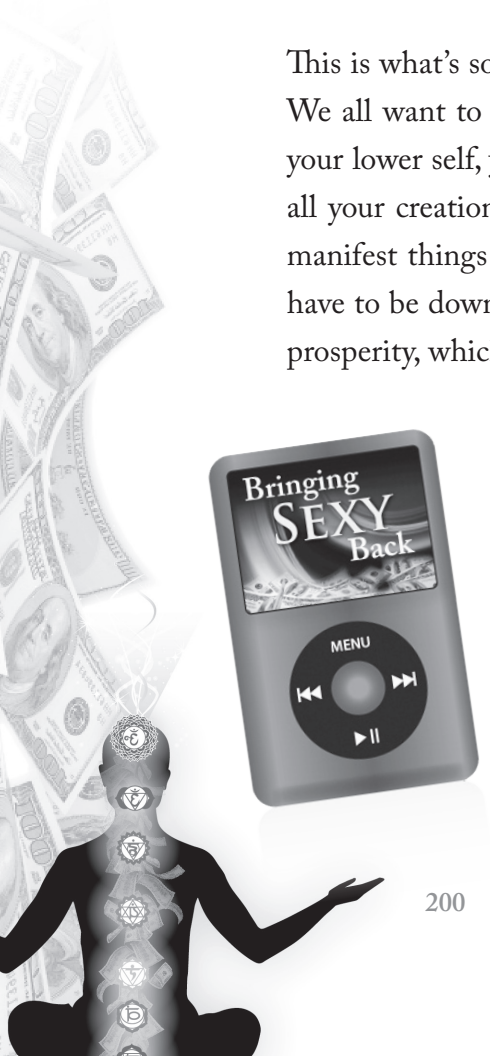
“I feel like it’s just vibrating, I can’t really say, I don’t understand the color thing, but it is like I am radiating heat.”

This is called alive.

This is what’s so great about the lower self. Nobody wants to have a lower self. We all want to be in our upper chakras and spiritual, which is wonderful but your lower self, your lower chakras is where all your juice is - all your sexuality, all your creation, all your alive, all your vibrancy! You need that to be able to manifest things in your life, whether it is relationships, or love or money. You have to be down in your body alive and feeling it. Not imagining that it is just prosperity, which isn’t really a term that means anything, except that it sounds nice. You know, I like cash in my life, prosperity, I can’t actually pay my mortgage with.

“I went from a 6 to an 8. Basically what someone else said, not too long ago, I used to misuse that power. I am mischievous, greedy. I am almost afraid of that power because it is so strong. I am almost afraid that I am going to go around and break peoples hearts and stuff.”

This is a really a good point because this comes up a lot



with my clients. As soon as we start to see that power, all of a sudden we say, “Oh my god, I am going to hurt people. It is not safe for me to carry power like that.”

We are going to do some tapping on that because I know that it really resonates with a lot of people.

So I want everyone to tune into the idea of “If I carry that kind of power, it is too much.”

BRINGING SEXY BACK – TAPPING ROUND 4 – IT’S NOT SAFE TO CARRY MY POWER

Tap on the karate chop point.

Even though I am looking a lot better
I now see a new problem
It doesn’t feel safe to carry that kind of power
I will hurt people with that power
I have seen power used to hurt people
I am not sure I want to own mine
I honor all of me anyway,

Even though I am actually starting to see my sexy side
The part of me
That 100%
Feels I deserve
Not just money
But fun
Pleasure
Maybe even sex
I’m not sure I want to own that part
This part of me is dangerous
I’m just going to honor all of me
My dark and my light
My beautiful higher self



And my lower self
That has all of my life
All of my passion

Even though the truth is
I am not sure I want to carry power like that
Cause I don't trust myself
And I've seen power hurt people
I accept all of me anyway

Tapping through the points...

There I am feeling sexy
Oh my God what am I going to do next
I am going to get myself in trouble
It is not safe to carry power like this
I'll probably hurt people
I'll be out of control
I've locked this part up for a long time
What if it is over the top?
What if it's too much power?
What if I get hurt again?
This doesn't feel safe
I'd love to carry that much power
But it doesn't feel safe

Take a nice deep breath.

I want you to look at that picture again and see where that fear is. What you are looking at right now is your actual resistance to carrying power in your life. To standing in your life and saying, "I freakin' rock! I deserve! I kick ass! I am sexy!"

"My fear is that I am going to hurt myself, and in turn hurt others like a collateral damage."



This is a very specific issue for you to tap on. We can't get everything done on every call, but everyone can be very clear right now that you've got something specific to capture right now on this call around a conflict of owning your power. Making or having a vow that says I refuse to carry power like this. I refuse to walk in my life with this kind of owning my deserving. Owning that I am frickin' fabulous. Owning my power.

Is that a conflict with money? The energy of money? Just a little. So, did we take it down a little bit, or did we turn it up?

“Margaret, I find the color red suddenly, and I see myself going in and out of myself being at the weight that I was when I had the most beautiful body and what is going on now, and I feel a lot lighter.”

Red is the color of the first chakra, which is our body. Think about the bird, the cardinal. Bright red. “Look at me!” So your unconscious mind is willing to show you a picture now that lets you feel a little bit lighter.

Anybody else? I want you to look at that picture, and see how it looks now.

“Margaret, I have something really interesting that came up. I was stuck at a 3 going what is this about? I am also the one with the skin problem. I thought that maybe it is because the skin thing is still there. And this last round with the whole power... I decided a long time ago not to be in a relationship that was not what I wanted to do, because I did feel like I could hurt other people, particularly my daughter. I was a single parent and I didn't want to be in relationships that were not going to be significant for her for a long time. I made a decision, consciously or unconsciously and stayed out of relationships because that person didn't show up, whoever that person was. As I sit here and think about it, my money thing did take a crash right after that same period in my life. And it stayed up and down, up and down since then.”

It is a really interesting connection.



“It is. I certainly wouldn’t have put... we are talking 17 years now.”

She is probably old enough for you to date now.

“She is, but that man still hasn’t shown up. Absolutely, but, that whole little correlation, I would not have put that together.”

And by the way, when we want to be in a relationship and we see ourselves at 1 or 2 or 3, is that an open vibration for someone to show up?

“No.”

Ok, and the type of person that will show up when you have that vibration is the type of person that agrees with your 1 or 2 judgment. So if you are waiting for the man or the woman who will treat you like you are the sexiest thing on the planet. They, by law, cannot show up while you are at a 2 or a 3.

“That’s great. I’m at a 7 now.”

Wonderful. And so when you want to attract a relationship - when you are at a 9 or a 10 - that guy or that woman who wants somebody to have an intimate, wonderful, loving passionate relationship, they can finally show up because you are no longer saying no to them.

“How fun will that be!”

Yeah. Because if they pick you at a 1 or a 2, that means they’re picking somebody because they resonate with someone that has a really shut down body image, a really shut down second chakra.

“Margaret. I don’t know that my body image was shut down, but I just shut down that core piece of me.”

Real second chakra right there.



“Margaret, when you just made that comment ... by law how you are resonating is going to draw that person someone similar? I kind of walked into a surprise party. It’s like oh my god!”

We call that an ah...ha...moment.

“That was definitely the ah-ha moment.”

It is the same thing with money. Your relationships, your money, it all connects here. It is how you feel about you. It is how you are going to let in the world. How you are going to go into relationship with other people. How you are going to allow intimacy. It is quite a big issue and that is why some of these issues are so charged for people.

Let’s finish with a positive round. If you are not quite ready for the positive round, you can continue to tap through the previous rounds to bring your number up. But I want everyone to see the difference in their energy after doing a positive round on that picture.

BRINGING SEXY BACK – TAPPING ROUND 5 – REALLY OWNING MY SEXY

Tapping straight through any of the points.

There I am
Totally owning my sexy
There I am
I remember this feeling
Alive
Vibrant
Like I want to jump someone’s bones
There I am
Really owning my sexy
Really letting myself
Just feel awesome



Beautiful
Sexy
It's expanding from inside of me
It's electrifying
So alive
So much power
So much ability to manifest
When I feel sexy like this
I can charm the entire world
And people and money
Show up for me
They just can't help it. I am just so sexy
I am just going to let myself feel it
And allow myself to feel a little safe
Really owning my sexy
Really feeling fabulous
Really owning my sexy
There I Am
Vibrant and alive
Totally sexy
And I still have
My beautiful higher self
My intelligence
My compassion
My beautiful heart
But I am adding to that
Really feeling sexy
Way down in my body
All the way through my first and second chakra
All the way up
All the way out
Really owning my sexy
This feels really good
Take a nice deep breath...



I want you to look at the picture again and see how you look. What does your energy look like in that picture? How powerful do you look in that picture?

“I feel very powerful and my energy is white.”

White the soul light so you must have a really strong spiritual connection. When you are really feeling good and sexy you actually are more grounded and have more of a spiritual connection because you're grounded.

We are done with the tapping. For the practitioners on the line, if you were doing this process with someone who wants to be in a relationship, the thing that we do next is once we get you feeling sexy in that picture, we bring in a person. And see what happens! That can open a whole other can of worms. You bring another person in the picture and we see where your intimacy issues are.

So I want you to look at that picture and look at your power in that picture. What would your ability to manifest money be like in this world if you walked around carrying that kind of power?

“They would be throwing it at me.”

What would be different in your life, in your business, or with your significant other if you were to carry yourself like that?

“Everyone would want to give me money all the time!”

“May I make a comment? This has been fabulous. I am an abuse survivor. I'm in my late 60s, my wife thinks I am a hunk, bless her heart. This has been fabulous. I want to say to the ladies who are a bit overweight, I am one of those guys that *loves* woman with a bit of meat on their bones. I know a lot of plus size woman that are extremely sexy and they carry themselves well. I gotta say this has been wonderful for me today. I started at a 7, which shocked the heck out of me, but I'm now a 10. Wow this is totally new.



So I'm looking at myself and seeing what my friends have been trying to tell me for years. So thank you!"

You're welcome. Thank you for that comment. What he's talking about is it doesn't matter what size you are, it's owning your goddess energy. When you own your goddess, you are sexy.

Does anyone want more feedback on interpreting what they are seeing in their picture?

"What is a pearl color, a shiny creamy color?"

Are you seeing a light or an energy around it?

"Yes, a shimmering pearl."

When we see the white it is really the soul, the light of the soul. In the energy medicine school they call it the Christ light, the soul light. You are looking at your essential quality of you. So notice exactly how it feels in your body, right now. How is your energy field? Where is the energy moving in your body? Because this is what it's like to really feel your soul, to really feel you.

"In my gut and through my chest, but it feels like I'm unstoppable. Like there is no threat, I'm not afraid of anything but it's not like this kind of bad ass power, it's like I own my space."

What would it be like if you brought that quality to everything you do in your life? If you really trusted yourself that you could handle *anything*?

"Well I don't think there would be any question about trusting myself with other clients and so that wouldn't be in the background and I think it would really allow that level of confidence and power to be absorbed by them to know that they would be taken care of. I would be taking care of them and that I was



like a foundation for them rather than someone that they might not be able to trust.”

It’s incredibly grounding when you’re around someone who carries their energy that way, everybody in the room feels at ease. That’s a really cool quality, so you know for you it’s third chakra and in your chest, which is what we call the Charismatic Leader energy. I talked about that in the other class. So when you really feel that unstoppable grounded energy, it’s inspiring to everyone around you. It’s less about what you do, and it’s more about bringing that quality to everything you do.

Anybody else?

“Yes. I started as a 7 and then I got to a 9 and I was standing up first I could see myself in a bikini and then towards the end, I had a white light also. But then at the end of it, I was sitting down in a meditating position.”

Interesting. So you’re seeing that when you’re really feeling good about yourself, when you’re really being you, you like to have some alone time. You like to be in connection with Source. You actually like to be quiet and be at peace, which might be different than your normal operating mode.

“The aura around my picture went from black to a blue, not light blue but not really dark blue either.”

Blue is the fifth chakra. When you are really feeling good, you are all about talking and expressing, and teaching and something. Are you a speaker?

“No. People tell me that I am good at it, but it terrifies me to do it.”

It’s interesting. You have a big block around that, but what that picture is showing you is that an essential quality of you is to create yourself out in the world with your voice.



Our fifth chakra is where we speak our truth, but it is also where we create ourselves in the minds of other people. It is where we teach people, how we persuade people. There is something about this picture that is calling you to honor - you have a calling to speak, to express yourself.

“Margaret, I have had the realization that I was trying to keep this stone on the ground. I thought I was in a denial of life. I saw myself trying to keep this stone on the ground, like a door that was made of stone. When I pulled it up it was like this big red dragon. So it isn't a denial of life, it's a denial of some big, powerful energy in myself.”

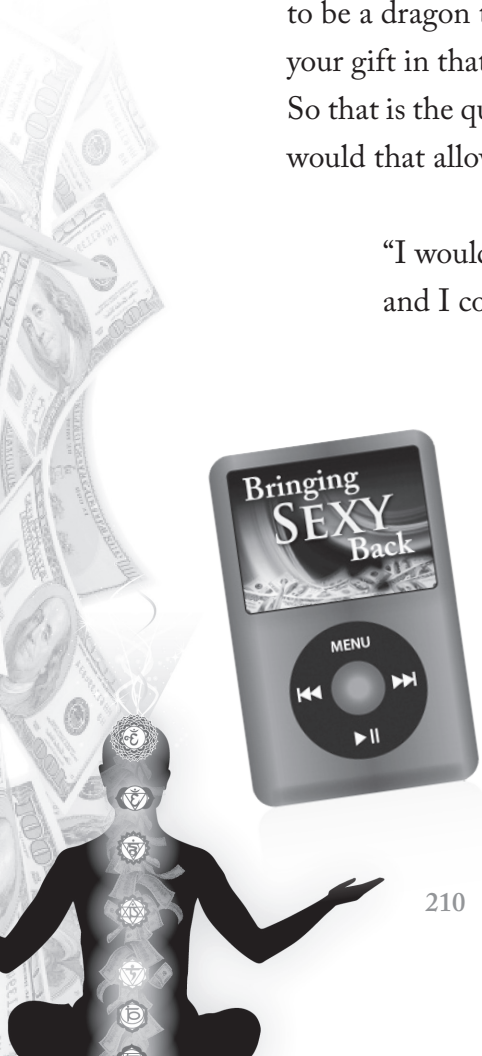
You are seeing that lower self stuff and saying, I don't want that lower self. I do not have a dark side, and if I do, I am *not* willing to own it.

“What's so funny is I work on my dark side all of the time. I look at it and I work with it but I don't actually allow that energy to come out”

It's probably why the image is so clear and so strong because your lower self has to be a dragon to get your attention. So what would it be like? What would be your gift in that? You have a lot of fear and judgment about owning that power. So that is the question, “If I allowed this dragon to be one tiny piece of me, what would that allow me to do?”

“I would be rich. There is no question. My body would be full of energy and I couldn't help but have money.”

That's a pretty big calling and it is a pretty powerful image. Your unconscious mind is going to show you some pretty powerful stuff. A dragon is a pretty powerful image. I want you to walk around for the next week and call yourself the dragon lady. It's owning all of it. I'm a good person and I have a big heart and I could rip somebody's head off and light them on fire with my dragon breath. We do this because the lower self stuff has powerful energy and when we can own it and stop pushing it into the dark we gain access to that energy that force and money is a first and second chakra thing.



The healing and clearing channel goes up. The healing goes up through our body when we tap like this. All the negative stuff gets released and it comes out and we feel light. But the manifestation channel comes down, down from your seventh chakra in unlimited possibility, it comes down into your body and whammo first chakra it gets created in the world. So if we don't go down into our lower self in our body, how can we manifest money that is a physical material solid form of our self esteem, of our self worth? Does that make sense?

“Yes.”

Remember everybody has a lower self. And the lower self is interested in three things. Eat it. Screw it. Kill it. That is your lower self. It's the only way it looks at the world. And you have one. I don't care how spiritual you are. It's completely selfish. It's completely narcissistic. And it looks at everything and everyone and says, can I “f” it, kill it, or eat it?

“Margaret, I didn't see any colors for a long time. Now I am seeing this vibrant yellow. Yellow is not a color I usually radiate to.”

Does anybody know what chakra yellow is? It's the third chakra. When you are feeling you, you are a third chakra person. You really carry that love and accept yourself energy and you probably carry it really well for other people. You accept them for who they are and you are everybody's best friend. It is about being playful. The downside can be that you vow to sacrifice and be a slave too much.

When you really own that sense of self, you honor the deserving in yourself and you honor the deserving in other people and that deserving is on a soul level. That everyone deserves equally at the soul level. When you totally carry that I love and accept myself and I totally deserve, you give everyone permission to carry that same energy.

You are probably like one of those people that everyone says, “Greatest person in the world!” You carry that really nice relationship intelligence quality. It is a really essential quality of you. It means that your issues are always going



to be around boundaries. Specifically knowing that you can create boundaries that are appropriate in every situation. If we don't have them and we go down to the second chakra, it is not safe to let the world in too much.

“I carry other people's burdens and then I don't properly address my own.”

You make a vow that says I only own my deserving by taking care of other people. We call that the People Pleaser. When we are giving in hopes of finally being deserving, in hopes of somebody finally giving back to us, that is the People Pleaser mode, which is the dark side of the third chakra person. It is the Team Player when you are in your power and then the People Pleaser when we are not so much in your power.

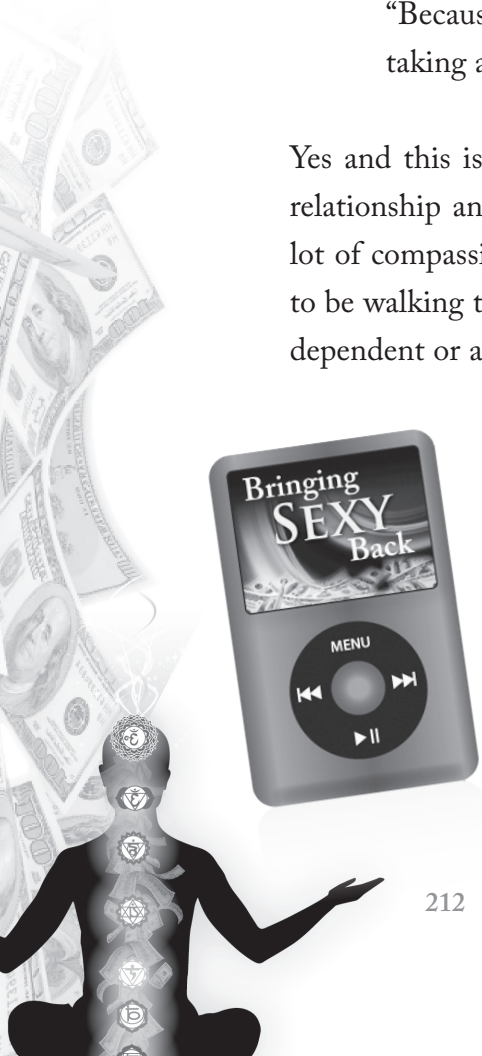
It is ok to put yourself first, when you put yourself first, you teach other people to do the same. When you walk with, I totally honor my deserving, you are healing people with your presence.

“Because I'm really not helping them by carrying their burden. I'm taking away an opportunity for them to find their own strength.”

Yes and this is a tricky one for you because it's an essential quality to be in relationship and you have a real compassion. Some people pretend to have a lot of compassion, you actually, really care about people. So for you it's going to be walking that fine line of supporting somebody as opposed to being a co-dependent or a slave to them. They get to stay stuck because you're taking care of it.

Anybody else before we sign off?

“I had a really cool image. First I saw myself in this green field. And there was this golden bronze-ish energy that just went through my fingers, all up my body into the earth, just real big. And then the next thing I saw was a close up of my face and I just had a smile and my eyes were really green.”



Wow. So there is some quality about you where you are really grounded to the earth. That when you're out in nature you're going to feel more connected, maybe more one. Golden is obviously the color of abundance and green is the heart chakra. So there is something about the way that you connect with people with your eyes, that people see your heart in your eyes.

"I'm the one who had that image about meditating. You said I'm the happiest when I'm alone. How would that attract money me being alone?"

Well it doesn't mean that you're happiest being alone, it just means you're seeing a quality of you that you may not have really integrated yet fully into your life. What your mind showed you was an image of you being more meditative, being more quiet, more introspective, more connected. So it's a metaphor but you got that image for a reason. It's something for you to think about and figure out, but it means that that is an essential quality of you, that there's something in that that feeds you. So that's important for you. Sometimes when we're in that state, that's when we download some really amazing ideas.

"I used to write poetry but I stopped a couple years ago."

Yeah, it might be poetry or it might be other streams of brilliance. How often do you let yourself have an openness to your connection to brilliance? To creative ideas? To that Source that comes down through the seventh chakra, that connection that we get in meditation to brilliance, to pure creativity? Is that a quality about you that you sort of put on a shelf? Does that make sense?

"Yes."

Because if you bring that out apparently that's going to be good for you.

"Thank you."

Ok. Thanks everyone and goodbye.



