



Jessica Ortner: Welcome to the Tapping World Summit 2020. This is your host, Jessica Ortner. By listening to this interview, you agree to the terms located at TheTappingSolution.com/disclaimer. We hope this interview helps you become a healthier and a happier you.

Do you ever feel like you're not good enough? Maybe you tell yourself that you're not smart, capable, skilled, or attractive enough. Or maybe it's simply the question, 'Am I good enough?' that's consuming your thoughts, leaving you second guessing yourself. Well, today, you'll learn the power of your heart chakra and the role it plays in your feelings of worthiness.

To show us the way, we are speaking to Margaret Lynch-Rainere from MargaretLynchRainere.com. Margaret is the CEO of her own company that trains and certifies hundreds of coaches, therapists, and everyday people in highly effective, transformational coaching approaches. She is also a media expert, event presenter, and the bestselling author of *Tapping Into Wealth*. I always love getting the chance to speak with her. Welcome, Margaret.

Margaret Lynch-Rainere: Thank you, Jessica.

Jessica: This is a fascinating topic. We're talking about the chakra system and this sense of worthiness, but I want to start with the very basics. What is the chakra system?

Margaret: So, the chakras are an ancient yogic tradition way of looking at our energy anatomy, as it was called by Carolyn Mays. It basically says that in our body we have seven energy centers and they're very organized. Each one of them has a different level of consciousness about who we are, our power, our different levels of power, and as we go up in each chakra we become increasingly sophisticated and conscious, if you will, about how to use that power. So, the chakras can be looked at so many different ways, they can be looked at where they sit in the body, and the nerve bundles that they're associated with. Medical intuitives look at the chakras as a way to say, 'Wow, you're having pain or a problem in this area of your body and it's connected to this particular chakra.' Which means what's happening in your life at this level of consciousness.

The way that I look at them, especially the lower chakras, is part of your empowerment energy that is calling you into your life. And as we get older and our



chakras develop more and more and we become adults, as increasing ways of using our power in the world, to be autonomous, to make choices, to go after our dreams, to create our life and be empowered instead of having life happen to us. So, I really work with them as levels of power and consciousness, because when we're looking at everyday life and people who want to step into their power more or do big things or get out of a difficult situation, or even heal themselves physically, you need some of your power and your energy to do that. And anywhere we have stuck energy in our chakras, our power just doesn't flow.

That's probably one of the things people hear, we'll say all the time, which is, 'I just feel stuck. Or in this situation, I feel stuck. Or my energy is low. Or I lose all my energy when I go to do something big, and then I procrastinate,' which is another way of saying, 'I feel stuck.' So, the key in the chakras is to think of the word 'stuck' versus the words 'unblocked.' When someone says, 'I am unblocked.' It's like writer's block, I get unblocked, I feel more creative, I feel more energized. That's what's happening at an energetic level in the chakras, but they date back thousands of years, really to the yogic traditions.

Jessica: Right, I want to make two quick side notes. One is some people call it chakras, like I do, and other people call it chakras, it's like potato, potato, tomato, tomato. There's different ways to pronounce it. The other thing I want to mention is that the more that I dive into your work, I love learning from you, Margaret, the more that I realize that you don't even have to believe in the system to get so much value around learning about it. I definitely believe it, but I still find that there are just some fundamental truths, that maybe if you're not totally into the chakra system, still by having an open mind and learning from it, there is so much wisdom.

Margaret: I was attracted to it because my background is in engineering, and when I decided to change my whole life and help people live their best life instead. Then I started really wanting to train people on those methods. I was concerned, as an engineer, with how do I get the best measurable results? So, we really see someone change from being crippled with self-doubt into empowerment. And they're like, 'What? I'm not doubting myself. Maybe a little, but I can't wait to go do what I want to do!' How do I get someone to change that much? And what the chakras represent is a way of working with somebody so that none of the blind spots are missed, because if we just follow what we're thinking, what we're feeling, we are missing huge blind spots in our work. We're actually going to see some of that today, and the chakras allowed me to say instead of just following where someone thinks their issues are, or what's coming up in a tapping session, I can also proactively guide them or direct them a little bit into some of the questions and the blind spots of the chakras.



When I started doing that, particularly with the lower chakras, which is really where a lot of our blind spots are, and we see that as we work in the heart chakra, I started to see bigger results, bigger a-ha moments. People saying things to me like, 'I've been tapping for 20 years and I could never figure out why I have this thing,' and you just answered it in this one exercise. And it's because I use the chakras to inform a way of working. It's kind of like my lens, how I see things.

When I train people, they sort of start to have this psychic sight where they can say, 'Oh, based on what you're telling me,' in their mind they're saying, 'I see which chakra this started in, which chakra is blocked, and where the work is.' They might direct a client to do work that the client in a million years would never have gone and done, because they're informed by what's happening at that chakra.

Jessica: Yes, that makes sense. So we're really using this information as a guide, and when we gain that clarity, we can use tapping and be very specific on the root, on what's really going on behind the scenes.

Margaret: Exactly, yeah. Because my tool is still tapping. I always use tapping and it is just the guide. It creates a pathway for me, yeah.

Jessica: Yes, so today we're really focusing on the heart chakra. I would love to know more about it. Can you tell us the light side of the chakra, what's empowering about it, and how we can also get stuck in that energy center?

Margaret: Yeah, so what's cool about the heart chakra is it sits in the middle, because seven is an odd number. So we have three lower chakras, three upper chakras, and the heart really sits in the middle. So if the lower chakras represent our solidness, our body, our animal nature, our feelings, our passions, our dark feelings, our good feelings, and the sense of who we are and what we want to do, the three upper chakras represent all of our spiritual sides, all of the way, sort of like how if you know Law of Attraction it begins at a vision and speaking it and creating it, and then it starts to become real. The upper three chakras, the way we speak, the way we see with our vision, and the seventh chakra, which is our connection to source, is really this spiritual side where we have more of a conscious and our mind, as we get older, helps us understand things.

The heart chakra sits in the middle, as it's often said, and it integrates the two, the lower half of our body, which is kind of our animal selves, and the upper half of our body, which is this highly developed, spiritual space. And the heart chakra is the



most powerful chakra. It's supposed to actually be in charge, not your brain or your mind. That's just one chakra. The heart chakra is, well, everything that we think about. It's love, and compassion, and forgiveness, and it's about connecting with other people in a way that we have to have, love and compassion and forgiveness, to be in relationships.

But it's also the way we look at ourselves, the way we adore ourselves and have love and compassion and a very difficult word, patience, for ourselves. Because with the heart chakra we have wisdom. We have wisdom to see the big picture. So we can look at a 2-year-old who is going from, 'I love you Mommy,' to having a screaming tantrum, and be like, oh my god, my kid is so adorable. I just want to squeeze them and hold them. Because I know that this tantrum is like overtired or long car ride. And in the big picture, I don't think my kid just turned into a devil, right? Like oh my gosh, look at its little tantrum, right?

So the heart chakra allows us to take that wisdom and look through our heart, where we behold a situation, and see it for what it really is in the scheme of things, right? When people say, you know, be in your heart about that. What does your heart tell you? And all forgiveness happens through the heart, because we can look through the heart and see beyond our hurts, beyond our fears, and actually come to sometimes profound levels of forgiveness of what we often think of as other people. But today I want to talk about self-forgiveness and the way we look at ourselves, because for most of us the dark side of the heart chakra is being used against ourselves.

So I said it's the most powerful one. It's also the most powerful one on the dark side. And we don't want to underestimate the dark side of the heart, because the dark side of the heart is false wisdom. It's when we tell ourselves things that aren't really true.

Jessica: Like I'm not good enough?

Margaret: Yes, and it's particularly with evidence from the past. And so it can remind us on a daily, hourly, even minute-by-minute basis of all the ways that we are making mistakes, and so instead of beholding ourselves the way we would behold a child, it's the word 'scrutinize.' We are scrutinizing everything that we do. This is a big misconception because people think, 'Oh, I'm so loving to other people,' right? I can be loving, and giving, and I can be the kindest person on the planet. But for myself harsh, and ruthless, and scrutinizing, and impatient. What I find so fascinating about working at the heart chakra is a lot of people would say, 'Oh, I



mean, I don't really need – there's nothing I really need to forgive myself for,' until we get into the work. So, I want to walk you through a process that is a little crafty in the way to get people to actually come to a level of self-forgiveness, and acceptance and love, and actually raise their own deserving in a way that the universe will respond to and start giving you more warmth and love and good things and reward. Because we don't think we really need it. So, that's what I mean about blind spots, our mind will tell us I don't need to do that, because I'm right about however I'm judging myself here.

So the forgiveness work that we all most need to do is often in our blind spots, because we think of it as something that we're actually right about. So that's what I mean by false wisdom. It's like, I'm right about this and I have all of this evidence to show you that you made these mistakes.

Jessica: I had a big epiphany for myself when I realized that no matter what I believe, I will find evidence to support it. So, if I continue to say to myself, 'I'm not good enough,' I can go back in my past and just bring out that evidence the same way that if I truly believe I am good enough, I can go back in my past and bring out that evidence. It's like we really begin to look for and see what we believe. That brings us to the process of we don't feel worthy, so now we look in our past and we find what we believe is the evidence to support that. So, what you're saying is that once we have that awareness the tapping is on that past event, that past experience that we're using as evidence.

Margaret: Yes, absolutely. And so it's a little bit different than just tapping on a past trauma where we clear that trauma, which absolutely we do with tapping. The idea is also to have a consciousness shift, an awareness that we haven't, that what we are holding as wisdom in our mind of I know I'm right about that, I can look back at that past event and see everything I did wrong, and all the ways I screwed up and all the ways I should have done better, we're actually not seeing everything in context.

Now, there's a bigger grand scheme to this. When feeling really deserving and really good about ourselves represents a dangerous place to be, because it feels exposing to attack or to criticism. Our whole system is going to protect us from that. So, what the heart does here is it stops you from taking action outside your comfort zone, which your lower chakras want to do. Your lower chakras are like, yes, I have all this passion and I want to do something. I have all this courage waiting to come out. I want to set a boundary or I want to be open to love, or I want to create a business and help people.



The lower chakras have all this energy and passion and courage and juice and charisma. The heart has a way of saying, 'Well, our whole system has learned that's not safe. If you expose yourself in that way, like you think you're too good or you're too big for your britches, or all the things we're taught, who do you think you are, that's going to be dangerous.' So, the heart and the way that it uses the past evidence is trying to protect you. It's showing you do not take any steps outside of your comfort zone, because do you remember what happened last time? How painful it was?

So in a way, the heart in the dark side, all of our ways of operating often have this reason that they're doing it is safety. The heart goes along with that and says it is definitely not safe to feel like I'm good enough, and it protects us from that, just like hammering on self-doubt. So, people will also say to me, like 'Well, I mean, I know I'm good enough. I have good self-esteem, but I doubt myself a lot.' That's that spinning in your head quality that the heart chakra sort of gets behind. It's like yes, let's replay all the evidence. So we'll see that sort of, we're going to walk you guys through an exercise in a second, but if you wanted to write down four words for the dark side and four words of the qualities of the light side, I can give you those four words.

Jessica: Yeah, that would be great.

Margaret: So the four qualities to remember about the dark side of the heart chakra: critical, self-righteous, impatient, scrutinizing. And scrutinizing is really seeing mistakes with no context, seeing only the mistakes. The open heart chakra, when it's unblocked, the four qualities to remember: compassion, understanding, patience, wisdom, wisdom to see everything in context.

Where the closed heart chakra scrutinizes and tells you, you know, 'Danger,' the open heart chakra celebrates. The way we celebrate a child who is out there on the stage at five years old, in the dance recital, making every mistake, bumping into each other, and we just sit there with a joyful heart. That's the open heart chakra. We don't often give ourselves that kind of celebration. We think, 'Oh my god, look how many mistakes I made.'

Jessica: Right, I find that there is a sneaky belief there, too. What would you say to someone who is thinking okay, this sounds great, but in order for me to really push myself forward, I need to be self-critical. I'm being self-critical because I hold myself to a high standard.



Margaret: Yeah, so when you think about a child, and the way children are taught, does a child thrive in the best creative space feeling calm, where they can think straight, when they're being constantly criticized? Or mentored and encouraged? So when the heart chakra is open, you still have your other faculties. It can still be true, well I could have done it better, but look how good I did, which is what we would say to a child, right? So what I say to highly successful people who are often very self-critical is that there is a limit to, the inner critic can drive us to strive and strive and strive with anxiety and fear, right? But there is a limit. Eventually we hit a wall and this is how it feels, because our heart is always so closed, we're always being driven by criticism and that anxiety. We will feel empty inside and even when we achieve something amazing, people will say, 'I didn't feel anything, Margaret. I just thought I was going to finally feel like I'm good enough.'

So, there is a big price to pay for running on criticism instead of a mix of celebration with, 'Oh, I can improve there, but yeah, look how good I did, it was my first time.' So totally different. We still have our other faculties, we still have critical thinking like, 'Well, yeah, that could have been a little, I could have prepared more. So maybe I will next time,' versus, 'I should have prepared more, I'm a piece of crap,' which is really the energy that it comes with for criticism.

Jessica: That makes so much sense. I would love to jump into this process.

Margaret: Okay, so the process starts by tuning into a past event. So I want you to take a breath and close your eyes, and just feel into the chair. Feel the chair you're sitting on or the couch supporting you. Feel your feet on the floor, because I want you to allow your mind to paint a picture of this past event, just like we're watching on a movie. And it's a past event that's going to appear on the screen where looking back, being honest, you would say, 'Well, the truth is, the fact is, Margaret, I should have known better. Or I should have been smarter or stronger. If I had just been stronger or smarter or known better or seen it coming, none of that would have happened.'

So I want you to let your mind paint you the picture of that past event. I want you to go to the scene in the movie like you're watching yourself on the big screen. Somebody made a documentary of it and it's the scene where it's you involved in making those mistakes. And all we're going to do right now is start tapping on the voice of the dark side of the heart chakra, allowing it to speak. So ready to start tapping?

Jessica: I'm ready.



Margaret: So I'm just going to jump right in and start tapping on the eyebrow point.

Eyebrow There I am, doing it
Side of Eye Such a mistake
Under Eye I should have known better
Under Nose It's hard to look at me
Under Mouth Making those huge mistakes
Collarbone I should have known better
Under arm I should have been smarter
 I should have been stronger
 That's just the truth
Top of Head And I'm right about this

EB If I had only been smarter
SE Or stronger
 This would have never happened
UE And even though there were other people involved
 I blame me
UN If I had just been smarter
 Done it differently
UM None of this would have happened
CB It's so frustrating
 So wrong
UA It's hard to look at
 Ugh
TH I made so many mistakes

EB Maybe I even went against my intuition
SE And that makes it worse
UE Because I kept going
UN I am right about this
 This is my truth
 I was there
UM I should have been stronger
 I should have been smarter
CB It's just the truth of what happened
 And I'm not going to let this go
 Why should I?
 It caused so many problems



UA I'm right about this
TH I should have known better

Okay, and take a breath. Now, some people start to feel some sadness come up, even from that first round of tapping. When you feel any sadness start to come up, it's the heart chakra is starting to break open. But the majority of people will do that tapping and go, I'll say, 'Close your eyes, look at the picture again,' and they'll say, 'Yeah, I'm still right. I should have done it better.' So this can take some work, because it's very locked in. I want you to do just that. I want you to look at the picture again, see yourself making those mistakes, and I want to ask you a question. What would you say, being honest, about somebody that did what you did, that made that mistake, or kept making it, that was naïve, or not smart enough, or not strong enough? What would you say, being honest about that?

Now Jessica, this is where it goes from I should have done it better to you really hear the mean underbully. Because what people, I mean, I've done this with thousands of people all over the globe for the past ten years. What they say here is, 'I was stupid, I was an idiot, I was weak.' Those words come up over and over and over. So we start to see the meanness under the bully, right? It's like when a bully starts out by saying, 'You screwed up,' and underneath it they say, 'because you're a loser.' I hear that word so many times as well. So we're going to tap right now and it's going to sound really bad, but this is what we secretly say to ourselves, even if we would never say this to someone else. So let's jump in, right on the eyebrow point again.

Eyebrow	The truth is I was an idiot
Side of Eye	And it's unforgivable
Under Eye	I was weak
	And I hate that about myself
Under Nose	I hate that I did that
Under Mouth	I was so stupid
Collarbone	I was so naïve
	I should have known better
Under arm	I was so weak
Top of Head	I let myself be manipulated
EB	And I should have known better
SE	And it caused so many problems
UE	And I'm still mad about it
UN	I totally judge myself



UM	And I am right
CB	I was an idiot
	I was weak
	And other people suffered
UA	The truth is, it's unforgiveable
	It is unforgiveable
TH	And I am never going to let this go
EB	I am never going to let this go
SE	Why should I?
	I need to learn this lesson
UE	I was so stupid
UN	It's so unforgiveable
UM	So embarrassing
	I humiliated myself
CB	I still hate what I did
UA	And I am not letting this go
	It's too bad
TH	And I am right about this

Take a breath. Now, I usually have about 80% feeling very emotional, lots of tears during that round. Then there's 20% who are like, nope, it still feels correct. So if the consequences are really big, you'll want to keep doing that round of tapping. It's like this side of you has to wear out this secret diatribe of like, 'I'm an idiot, I'm an idiot.' I will tap with people over and over and over until it finally breaks.

Jessica: Can you explain, before we go onto the next round, why we are giving a voice to these feelings? Because there are some people who might say, 'Oh, I've been burying it down. I don't want to look at it, I don't want to make it even bigger. Is focusing on it making it expand?' You know, that common hesitation.

Margaret: Yeah, and so what we want to do is release and again, in doing this, as people have done tapping for many years, saying negative things never locks it in. It lets it out. It lets you have a perspective shift. It lets it feel not as true anymore. Whenever we do this tapping and the heart starts to open, where we're releasing by voicing and tapping, all this, really this vitriol that's keeping the heart closed and when we are angry at ourselves, we cannot feel our heart. All we feel is judgment and punishment. So, to release that energy, to voice that, just with reckless abandon, right? You didn't hear me say, 'Even though I'm mad at myself, I'm open to forgiving.' It's like, no, we're voicing like a side of you that's like, 'No, I am



unforgiveable.' I just learned from doing this with thousands of people, their unforgivable is so walled off and so strong that they could tap day and night at a conference and never even touch this kind of an event, because they're right about that one.

So, to have the courage to lean in and say what we really do say about ourselves is releasing it and allowing it to come through. That's why people start to feel the release of grief. They'll start to cry, and sometimes they'll go, 'I don't even know why I'm crying,' and it's about the grief that's been locked behind this 'I should have known better.' Because think about it, if somebody does a mistake and they should have known better, the thing that they don't deserve is compassion. So, 'I should have known better. I was weak, I was stupid,' means I don't deserve compassion for this event. That's the blocked heart that we have to break through and our mind can't do it because our mind is like, I'm right, I'm right, I'm right. It's the tapping that facilitates this process.

Jessica: So, we've done these two rounds of really giving a voice to what's there, to what's been running a lot of us. So if we find ourselves crying and really feeling this, we feel like we're having a shift, emotions are definitely moving. What's the next step?

Margaret: Yeah, so the next step is to really lean into it. So, if it still feels really true, it's okay to stop the audio and keep tapping the 'I should have known better.' But as it starts to feel more emotional, this is what you want to do next. So I want you to take another breath and look at the picture again. See the past event, but this time I want you to fast forward this documentary film to a later time when that version of you, younger version of you in the movie, it could be a year ago or 20 years ago, that version of you in the movie was suddenly being hit with all the consequences. The costs that everything that happened led to, all the pain and everything you lost in terms of time and money, maybe even health.

Maybe it's a time when you were just silently frozen with fear or sobbing alone in your room, having it all hit you. And all of the things that you lost because of it, including for some people, say, 'I lost my confidence. I lost believing in myself, Margaret. I haven't believed in myself for 30 years. I lost joy because I never let myself feel good after that happened.' So, I want you to see, what did you lose? How much have you already suffered? That has never really come out of your heart. And looking at that in all of the years since then, where you have looked back with no compassion, maybe not really even told anybody how hard it was for you, asked for a hug, asked for compassion, because you were saying to yourself it was all my fault. Have you suffered enough yet? Or have you served your time? So, let's do a



little more tapping to just move some of this grief.

Eye brow	The truth is I lost so much
Side of Eye	Such a huge price to pay
Under Eye	And nobody really understands What it was like for me
Under Nose	How much I lost
Under Mouth	Maybe I lost time, money, or my health
Collarbone	Maybe I lost even more important things, like confidence or joy
Under arm	I have lost so much because of this And I'm just going to honor that
Top of Head	All this loss Years of loss

EB	And pain
SE	And I have held it all in
UE	And I've never given myself compassion
UN	Because I always say it's all my fault
UM	I never give myself compassion Or any understanding
CB	I never even asked the question How could I have known better? How could I have been stronger?
UA	With everything going on How could I have known better?
TH	I honor everything I've lost

EB	Everything I lost
SE	And I honor all of this grief
UE	That I've held in my heart
UN	I bless it and honor it
UM	And I am open To the wisdom of my soft heart
CB	To looking back through time With actual context Who I was and what was happening
UA	And the whole situation
TH	And I totally honor that

Okay, and take a breath. That's what I want you to do now. I want you to just look



back at that situation, the whole thing. Bring in what may be available to you as context. What else was going on? What other pressures were on you? Who were you being in that moment? What kind of support did you have? What age were you? What experience did you have? The question is forgiveness is really about coming to a place where in the heart we say there's really nothing to forgive. How could I have been stronger? How could I have known better? How could I have been smarter? And I've suffered enough already.

That's the forgiveness in the heart. I mentioned the patience, and when we look back and we say that's the patience of the loving, parental heart that says, 'That's where you were at that point. You hadn't developed more yet.' Just feel what's happening in your heart right now. Feel the flow of that energy, feel the warmth that you might be feeling there. If there's more sobbing, just keep tapping. The sobbing, the tears, the grief, is opening your heart. Because when we feel sad for ourselves, we're finally giving ourselves compassion.

When we say, 'It was all my fault,' we don't give ourselves that compassion and we often keep it as a secret, a secret way we beat ourselves up, a secret way we criticize ourselves, a secret piece of evidence that we use to stop ourselves. But what if it's true, that you have already suffered enough? And you can just be in your heart's wisdom and look back at the wise, loving, understanding, compassionate, patient heart, and behold this past event for what it was.

Jessica: What a powerful process. I'm grateful that you're sharing this idea, this thought, that the tears and feeling things, it's all okay. That it's part of processing and moving through. So often when we begin to cry, we think, oh no, something must be wrong. We don't want to allow ourselves to feel it. But here you're saying that it is essential to move through it.

Margaret: Yeah, I call them the uncried tears of grief, because people don't even know they have them stuck in there. So, grief is the healing. Moving the grief and moving into compassion is the healing and until we move grief we can't feel our heart, right? We have to keep our heart like a stone. So, we move those uncried tears of the heart chakra, suddenly we can feel again. Here's the interesting thing, that after a session like this people will walk out their front door and the whole world will suddenly be warmer. Someone will come up to them out of the blue and hug them, and they'll say to me, 'Margaret, people are hugging me,' and they'll also notice they're able to feel more. They're touched more and they'll say, 'I keep crying more, tears of joy, when something moves me.' And I'm like, 'You're welcome!'



That's you feeling your heart, and other people will feel your heart as well. It's like the universe shifts to your heart, because your heart chakra is so powerful. Because if before it was your fault and you should have known better, and now you see it in a different perspective, then doesn't that mean that you deserve good things right now? Instead of someday when you've righted the wrong or improved. So with your heart chakra, which to me holds the energy of pure deserving, it goes from saying, 'I don't deserve anything yet because of all of this.' The heart chakra can finally say, 'Actually, I've suffered enough. It's time for me to be happy. It's time for me to receive again. It's time for me to love myself again.' That impacts everyone around you in the universe. I think the most stunning thing is what happens next, after you do this forgiveness work on yourself, it's powerful.

Jessica: Yes, so as we do this work, we become more open to the energy of the heart and that patience and that forgiveness. How can we begin to use affirmations to really anchor in that new way of being?

Margaret: Yeah, so it's offering ourselves a different language, which is mixing in, like adding in balance. So when we do something big and bold and new and different, of course it's risky, we're nervous, we don't know how we're going to do it. And this is really where it shows up, when we do something new and different, is usually when we criticize ourselves, right? We put ourselves out there in a bigger way. So I always recommend any time you do something new or different and you hear that inner critic coming in or that self-doubt, tap, let it be voiced, and say, 'Oh what if I screwed up? Everyone can see I screwed up. I did this wrong.'

Just tapping even for a minute will let you have a little bit of balance, and then you'll be like, 'Oh, okay, but also I did this right and this good and this good and it was actually my first time doing it.' So, bringing that balance of encouragement. And secondly, if you could just think of yourself as a 5-year-old, that there's a part of you inside that's like 5 years old, and tried speaking to yourself that way, with sincerity, that's the easiest way to keep this in mind. It's like, 'You know what honey? You did a great job. You really tried. Yeah, there's some things you could improve, but look what you did, right? Look how well you did.' So, let's do some tapping, just some positive affirmations to really lock that in. And so as I talked about the heart chakra in the light side, I talked about beholding ourselves, seeing ourselves through this loving energy instead of this scrutinizing energy. That's where the positivity comes in and the patience of like, 'Hey, I'm a work in progress!' So, these are some good positive words that we can use. So, let's jump in, eyebrow point.



Eyebrow	The truth is
Side of Eye	I'm always going to be a work in progress
Under Eye	But I'm pretty awesome
Under Nose	I'm loving and kind and smart
Under Mouth	I do a million awesome things a day
Collarbone	And I am definitely not perfect And I can just breathe into that
Under arm	The truth is perfect people are boring Or sometimes robotic And I am definitely human
Top of Head	Always evolving
EB	Always growing and stretching
SE	Always making missteps
UE	And moving forward Because I'm awesome
UN	And it's actually fun to be awesome
UM	It feels good To look at myself With more balance
CB	Because I really am awesome Totally not perfect I will make more mistakes
UA	Because I am awesomely human
TH	And I also do lots of amazingly great things Sometimes I rock it And I'm just going to honor that, too

Okay, and take a breath. It should kind of make you smile a little bit. It's lighthearted, right? Even the words we use, lighthearted, like I'm not perfect but I'm also awesome, and I usually see people smile when we tap this way because they haven't really ever thought that you could be both of those things at the same time.

So, it's that positive, just like we would say to a child, like, but you're awesome. You're going to make mistakes, you're going to learn, you're going to grow, you're going to stretch, and you're already awesome right now. So, it's really thinking about yourself as a child, or maybe just a side of you, because we have all these adult sides, that loves and thrives on encouragement and celebration. If your 5-year-old got up on the coffee table and was like, 'Look at me, I'm going to sing a song,' you would be like, 'You're awesome!'



Well, you need that too sometimes. Get on the coffee table and be like, 'I did something awesome today! It wasn't totally perfect, but it was pretty awesome.'

Jessica: Yes, Margaret, this was some deep work. I can imagine that a lot of people are feeling a lot of emotions, a lot of tears, a lot of empowerment. There's something amazing about giving a voice to these feelings that we have wrapped in shame, bringing them up to light and being able to look at them and now shifting and seeing the compassion and moving forward in a new way. What is something that you hope that people really take away from this experience?

Margaret: The outcome, as I said, is the way that the universe responds, but there is something more profound, which is joy. So many people will say to me, after they have done this process and then they had to go back and tap through it again because they weren't quite ready for the positive, and they'll say, 'What I lost looking back now is joy, because inside of me is a harsh, I've got to be better, I've got to do it better, I've got to prove myself.' There's no joy in that. So, it's really about allowing yourself to experience the joy, the lightness of the open heart chakra, that laughs at imperfection. That laughs and is joyful at all of the ways that we are unfolding and is always encouraging.

Jessica: Yes, oh, well this is so powerful. I want to quickly mention that this entire process, as well as the extended tapping scripts, are in the workbook. Like you said for many, this is the beginning, and it's about going back and really spending the time to do this work. Thank you for making it so simple, showing us the steps. It's exciting to think about people going through this process, because this kind of work is not just about healing ourselves. We are healing the world. It has such an immense ripple effect.

Margaret: Absolutely, absolutely.

Jessica: Thank you so much, Margaret. This has been wonderful.

Margaret: You're welcome. Thanks, Jessica.