



Ignite Your Deserving Energy: How to Tap into the Power of Your Heart Chakra to Allow Self-Forgiveness and True Feelings of Self-Worth

MARGARET LYNCH-RANIERE

www.margaretlynchraniere.com

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.

What is the chakra system?

The chakras are an ancient yogic traditional 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. I 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.



Stuck Energy Versus “Unblocked”

These are some of the things people say all the time:

- “I just feel stuck.”
- “In this situation, I feel stuck.”
- “My energy is low.”
- “I lose all my energy when I go to do something big, and then I procrastinate.”

The key in the chakras is to think of the word “stuck” versus the words “unblocked.” When someone says, “I am unblocked.” It means I feel more creative, or I feel more energized. I’ve come out of the “writer’s block.” That’s what’s happening at an energetic level in the chakras, but they date back thousands of years, really to the yogic traditions.

I’m going to spend today mainly talking about the heart chakra. The heart chakra has the light, open side, and the dark side.

The Light Side of the Heart Chakra & Why it’s Empowering

The heart chakra sits in the middle, because seven is an odd number. 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. 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 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.

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, "Be in your heart. 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.

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.

The Dark Side of the Heart Chakra

The dark side of the heart chakra is 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. Like, "I'm not good enough."

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. 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.

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."

When feeling really deserving and really good about ourselves, it can feel like a dangerous place to be, because it feels exposing to attack or to criticize. 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 not to 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 is operating for your safety. The heart 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, "Well, I mean, I know I'm good enough. I have good self-esteem, but I doubt myself a lot."

Here are four words for the dark side and four words of the qualities of the light side of the heart chakra.

Light Side of the Heart Chakra	Dark Side of the Heart Chakra
Compassion	Critical
Understanding	Self-Righteous
Patience	Impatient
Wisdom	Scrutinizing

Where the closed heart chakra scrutinizes and tells you, "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."

"But I need to be self-critical. I'm being self-critical because I hold myself to a high standard."



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, mentored and encouraged? Or when they're being criticized?

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. What I say to highly successful people who are often very self-critical is that the inner critic can drive us to strive and strive and strive with anxiety and fear. 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."

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.

A Chakra & Tapping Experience

The process starts by tuning into a past event. 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."

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.



You can write down any details you'd like here:

I prefer to get right into the tapping for these, but if you'd like, give this a rating on a scale of 0-10. You can write it here: _____

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.

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.

If you'd like, check in with yourself again, and give this a rating on a scale of 0-10: ____

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 starting to break open. But the majority of people will do that tapping and 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?

I've done this with thousands of people all over the globe for the past ten years and what they say here is, "I was stupid, I was an idiot, I was weak." Those words come up over and over and over. 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.



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.

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. 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. You do the same.

Give a Voice to These Feelings

What we want to do is release. In using this language, 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. You didn't hear me say, "Even though I'm mad at myself, I'm open to forgiving."

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."

"I'm crying and emotions are definitely moving and shifting. What's the next step?"

The next step is to really lean into it. 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.

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." I want you to see, what did you lose? How much have you already suffered?



Write about it here:

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? Have you served your time?

Let's do a little more tapping to just move some of this grief.

I prefer to get right into the tapping for these, but if you'd like to give this feeling of grief a rating on a scale of 0-10, you can do so here: ____

Eyebrow	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.

Tune into yourself, your emotions, your body. Give this a rating on a scale of 0-10: ____

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 of 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.

Jot down any notes about the context of your experience here:



The Heart Chakra & Forgiveness

When we think about patience we think about 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.

Moving the grief and moving into compassion is the healing, and until we move grief, we can’t feel our heart. We have to keep our heart like a stone. So, when we move those uncried tears of the heart chakra, suddenly we can feel again.

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.

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.

Using Affirmations to Anchor in a New Way of Being

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. 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 say, "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.

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."

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!" These are some good positive words that we can use.

Let's jump in, tapping on the 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. 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, just like we would say to a child. 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 love and thrive 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."

What did you do that was awesome today? You MUST write down at least one thing.



Carrying this Forward

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 critic saying 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 the experience of joy, the lightness of the open heart chakra, that laughs at imperfection. The heart chakra that is joyful at all of the ways that we are unfolding and always encouraging.



MARGARET LYNCH RANIER is the CEO of her own company (margaretlynchranieri.com) 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 best-selling author of *Tapping Into Wealth* published in 2013 by Penguin/Tarcher.

The Wall Street Journal calls Margaret “the wealth manifestation authority” due to her focus on unblocking the “inner resistance” to having money and confidence. Her

approach promises dramatic results in the way people speak, act and show up with more confidence, empowerment, enthusiasm and joy.

Unlike many well-known personal development authors and speakers, Margaret’s foundation is in engineering and 18 years at Fortune 500 companies. Since leaving corporate America to live her passion helping others, she has gained wide recognition for her decade of cutting edge work integrating clinically proven energy psychology techniques with world class teachings about the chakras.

Margaret brings her unique transformational work to thousands of people from all over the globe through her wildly popular coaching programs, live events, products, and videos. She is an active committee member of the Association for Comprehensive Energy Psychology (ACEP), formerly a member of Business Networking International (BNI), and currently a member of 2 elite entrepreneurial masterminds for internet marketing.

Margaret has been featured in *The Wall Street Journal*, *Boston Globe*, *Miami Herald*, *Houston Chronicle*, *San Francisco Chronicle*, NBC, ABC, CBS News, FOX, and CNN