



MARGARET LYNCH RANIERE

**Ignite Your Power
Transformational
Community**

Live Call 08-31-2021

**Call theme for August:
Opening the Heart Chakra to
Sacred Deserving**

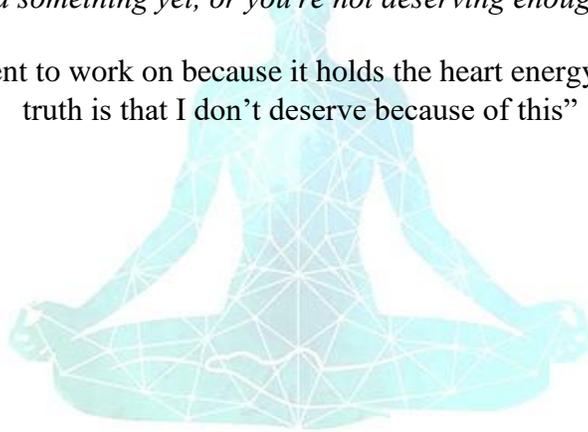
with Margaret Lynch Ranieri

This first tapping script was after I asked the participants on the live call to think about a past event in which they really messed up or disappointed themselves.

Here are the directions from the live call:

“I know we want to be positive, and we want to think positively, and we want to focus on positive things. And that's why it's great to be positive. And it's great to do affirmations, but I want you to think of one thing in your life...that being secretly honest... feels like evidence that you haven't proved something yet, or you're not deserving enough yet.”

This is an important event to work on because it holds the heart energy of “Actually, my secret truth is that I don't deserve because of this”

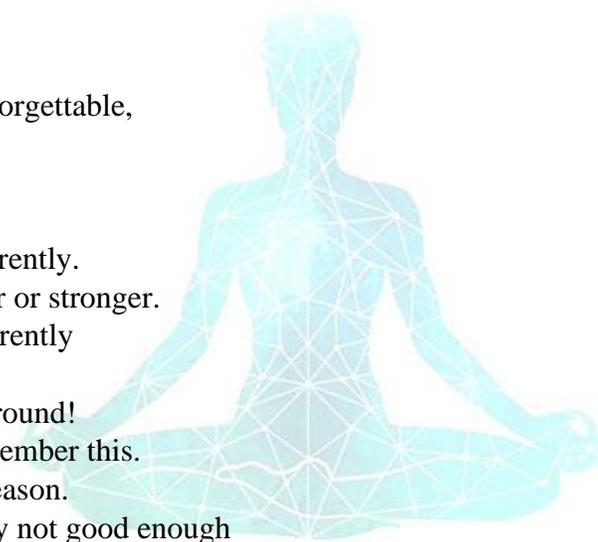


Tapping Round 1

So let's jump in and do so tapping about this past event.

I really wish I was a hundred percent deserving right now.
I really wish I was aligned and deserving and that I could just
arrive at being deserving of more money,
more success, more joy, more love,
and finally see the evidence that I've arrived at good enough.
But I see all of this evidence around me
that kind of screams at me.
I mustn't be good enough yet.
And I've got some examples of that.
I don't talk about them, but I've got
some examples
and they are seared into my memory.
Cause I really screwed up.
I really let myself down.
I was not good enough.
I made mistakes
that maybe even feel unforgettable,
unforgivable,
but most importantly,
I just wish I did it better.
I wish I had done it differently.
I wish I had been smarter or stronger.
I wish I had done it differently
and I carry this around
and I should carry this around!
because I deserve to remember this.
It's my perfect, perfect reason.
It's true that I'm probably not good enough
yet because in that past event,
I really fell short
and I know the flaws behind that mistake.
I know the shortcomings I have behind that mistake.
I know the truth.
And I'm just going to honor that I know my secret places
where I see myself as undeserving, flawed,
definitely NOT there yet.
Not good enough yet.
And I'm right about that.
Yeah. And I'm just going to honor that.

Okay. Take a breath.

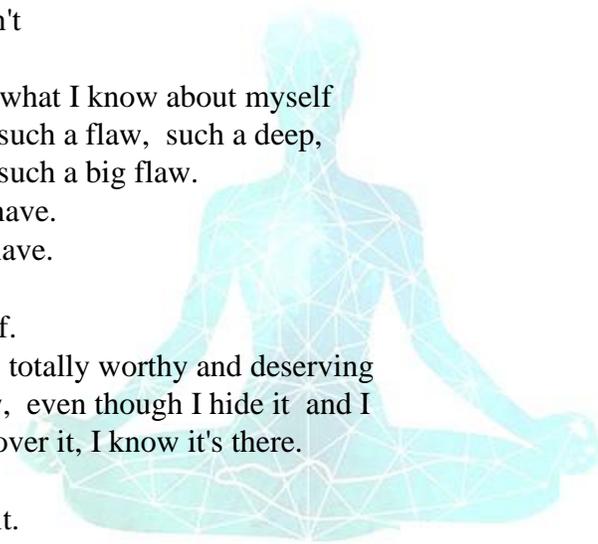


So, I just want you to take another breath and imagine that someone came up to you and was a very positive person and said to you, “Hey, you should just let that go. You should just get over it. You're fine. You should just totally be deserving right now!”

I just want you to imagine that, and we're going to argue back with what I hear people say. Let's jump in and start tapping again but this time use a forceful voice of arguing with someone when YOU KNOW YOU ARE RIGHT. That will move the energy faster.

Tapping Round Two

You don't understand, I
can't let this go.
It's too painful.
It's too hard.
And I blame myself and
I'm right about that. Don't
tell me to get over it.
You don't have any idea what I know about myself
and this mistake reveals such a flaw, such a deep,
not good enough place, such a big flaw.
It's a terrible flaw that I have.
It's an awful flaw that I have.
I can't just let this go.
I can't just forgive myself.
And I can't see myself as totally worthy and deserving
because I know that flaw, even though I hide it and I
try to outrun it, proving over it, I know it's there.
As a matter of fact,
I'm always on guard for it.
If I ask more money or say I deserve better, I
am going to scrutinize myself with self-doubt.
Who do I think I am?
I know the truth.
I'm going to flood my own system with terror
to make sure I don't go there
because this flaw is so bad.
I can't let anyone else see it.
And if I let myself do something big,
I'm going to scrutinize that performance.
And I'm going to see the flaw.
Even if everyone else sees awesomeness,
oh, I'm going to see the flaw.
I'm going to see the flaw.



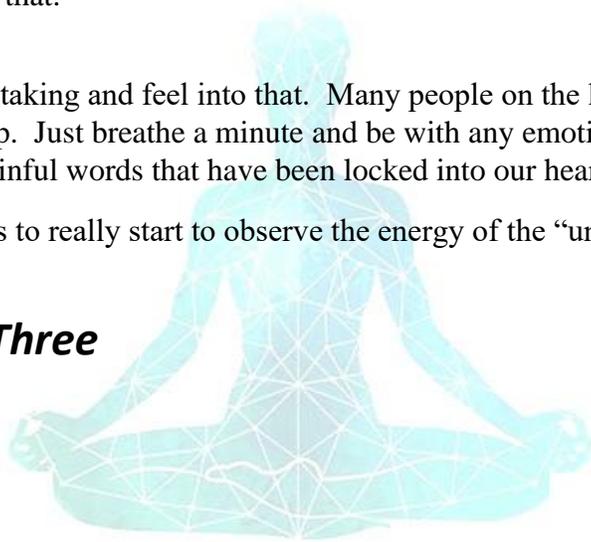
So they might think I'm deserving.
But I have the final say,
this is heartbreaking,
but I don't cry about it.
Cause it's my fault.
This was actually heartbreaking,
but I don't let myself grieve this.
I don't give myself love and hugs for this.
Cause I don't deserve it.
And the universe is listening.
My secret flaws and all the that's carried in them.
Well, the tears,
all the things I don't want to be true.
I'm just going to honor that
All the ways I've slammed my own heart shut to me.
Don't tell me I'm deserving.
I know better
Boy, would I love to heal that.

Take a breath...just keep taking and feel into that. Many people on the live call felt a lot of sadness and grief come up. Just breathe a minute and be with any emotion that needs to come out connected to those painful words that have been locked into our hearts and minds.

This next tapping round is to really start to observe the energy of the “undeserving place” inside of us.

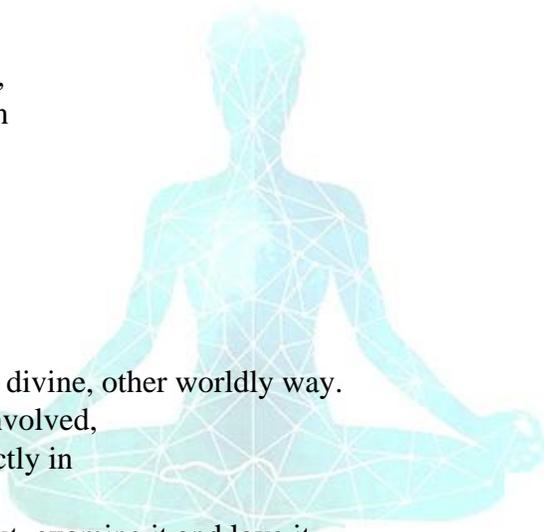
Tapping Round Three

There it is.
There it is.
Like original sin.
There it is.
That ball of shame, unworthiness.
There it is.
There it is.
I can see it even as a child,
maybe it's already in my body,
a collection,
verbal or nonverbal cues
turned into energy in my nervous system.
Pre-verbal feelings.
Maybe it's outside my body as a child
about to be installed as an energetic collection of
pain pain that begets pain,
inherited pain and fear made solid
A collection of beliefs and ideas



rooted in fear or control or aggression
that became real inside my body,
through my nervous system.
And I've carried it like it's the truth.
Totally honor it.
How much it's cost me.
This generational collection
solidified pain that I carry in my body,
like a dark weight that I'm always hiding.
It's cost to me much.
And somehow I'm filling it with light.
Somehow.
Strangely, I'm filling it with light.
With the love I would pour into a tiny baby, an innocent child.
Somehow I am filling it with some light
or some warmth
or with brilliant streams.
I'm filling it with my truth,
the truth of my higher self
and filling it with violet light,
indigo light, blue light, green
light, radiant yellow light,
orange light, red light, my
rainbow self light.
I'm filling it with love
every level of my chakra
in a way each chakra loves
I'm infusing somehow in this divine, other worldly way.
Maybe quantum physics is involved,
but I'm bringing healing directly in
Directly into my core
because I can take this ball out, examine it and love it.
Breathe. (Just keep tapping.)
I can take this ball out, examine it and love it.
And the part of it that I can let stay
will always bring me compassion about other peoples hidden shame.
And the weight is on them.
The parts of this ball, I let stay,
fill my heart with compassion.
Cause I know what it's like.
I do this for my own highest good
in the highest good of everyone.
Even my ancestors all the way back through time,

Take a breath.



Now I just want you to feel into your body, put your hands on your heart. Breathe deeply, and again. Just feel you, feel inside your body. And I want you to search around in there for a new feeling, a new sensation. I don't know what it is. An energy moving, constricting, expanding a lightness, a nervousness, just search in your core for a feeling, and notice that new sensation.

On the live call, I spoke these words, but you can affirm them and speak these words out loud for yourself.

You can tap on 1 or 2 spots if you like

Speak these words out loud

I am so lovable.

I am so adorably lovable.

Oh, I make mistakes.

And I am so lovable.

Some of my tries missed the mark, but I've done a lot of tries.

I am so loved. I am so lovable.

I am blessed and lucky.

I am in a time of my life that I will never forget.

I am blessed and lucky.

I am so deserving. I love to earn and I deserve to receive. I am so lovable. I have my flaws and in moments I am beautiful, kind, brilliant, caring and funny.

I am so lovable. I deserve to feel how lovable I am.

There's nothing I love more when the universe reflects to me how lovable I am.

I love receiving those moments.

I am so lovable.

That has not been said to me enough.

I am so up.

I can't wait to see how the universe reflects that to me, how loved I am.

And since I've been proving and earning for a long time, there's just a lot of doors that have been waiting to open

Doors, waiting to open.

I am so loved.

Take a breath. I call that a love cleanse. Breathe and be in that beautiful heart energy!

Hope to see you on our September calls!