

Sensually A U T H E N T I C

9 Layers of Indie

LAYER 1

CHAPTER 1

INTRODUCTION: WHAT MAKES THE INDIE DIFFERENT

WELCOME

Hello ladies, hello and welcome. Welcome to the very beginning of our Indie journey together. I invite you right now to begin to connect with your intention. You are going to be experiencing something very different than where you've been before. So you have just most of you, just recently completed the Power of Sensuality. Some of you have taken some time in between the Power of Sensuality and now know, know that you're ready for the Indie. So that piece of you that knowing that allowed you to say yes to the Indie, that's a piece of you I want you to connect with right now. That piece of you that knows and that piece of you that knew that this was something that was going to assist you in your next level of growth of alignment with the truth of who you are. So connect with that piece and take a moment to feel what's really going on inside of you right now.

There might be some nervousness, there might be some expectation, there might even be some indifference. What you are going to be allowing yourself to experience along this journey is the further reveal of your truth, of your truth in every moment and what you actually allow yourself to feel like as a woman when you continue to experience your truth. There is nothing I have found to be more freeing in my life than giving myself permission to experience my truth.

Now we had an opportunity together and most of you were present for that, when we went through the beauty formula, that decision-making process that I shared with you on how to allow yourself to experience your truth and your beauty has a woman. And I want you to keep that in mind as you allow yourself to continue to explore this program and what's waiting for you. That as you unfold layer by layer organically into the Indie that you'll be experiencing more of your truth and therefore more of your beauty.

INTENTION

So, again connecting with your intention, feeling those feelings inside, letting them come up whatever they may be and then seeing where you can just right after that in this moment where

you can allow yourself to connect with feeling that beauty. Many, many times we start on a new journey and in fact when I feel into the Indie and what she really represents, I don't feel that it's a newness that comes through. In fact, I feel that it is a remembering of what comes through. And that is what I want you to keep in mind as we continue to unfold layer by layer is to see what pieces of you so deeply resonate with this, that your Indie says, "Ah, I remember, I remember my truth." And as you allow yourself more permission to do that week in and week out, day in and day out, you will find it becoming a more easy not only to express your true to yourself, but then acting on that truth. So I'm going to talk to you about a couple of things that are going to be very, very different about this program than what you have experienced before and particularly what you've experienced before with me, if you have gone through the Power of Sensuality.

So the Power of Sensuality is designed as that entry point, as a beginning platform to allow women to begin to experience their sensuality and the depth of what's waiting there for you. And there are some gorgeous essential templates that guide us along the way. As we get into higher levels of learning and higher levels of growth and higher levels of remembering, we start to release the need for those crutches of so many worksheets and kind of the busyness that at some entry point levels is required in order to keep us feeling safe and keep us feeling aligned with our progress, okay. In the Indie Program, you are going to have a lot more freedom to experience your learning and your growth. There will be... so we're going to go into some of the logistics, there will be some accountability form every week that I'll explain to you in just a minute, and there will be one template every week.

The template is very simplistic in nature for a specific reason. It's very much there as a guide, as a cradling, as a very simple structure. So if you think of the outline of a house and they first build the base and then that outlining, the A-frame, right, the A-frame is what you'll be receiving. And for some women this makes them very uncomfortable in the beginning because there's a piece of our New Yorker that wants more information and that wants to know we're doing it right and wants lots of templates and lots of handholding. And so you might if you're in that space coming into this program, you might feel some uncomfortability because there's a piece of you that might still want to prove that this is working, and you're used to proving that you're working.

And working and doing a lot of work whether or not it's productive has been the way that many of us have judged our results, a lot of work. In fact I was doing homework with my youngest, Nico the other day since we are very, very used to taking him out of school, we've gotten used to doing some homework on the side. So we were doing some homework and he said he wanted to do three worksheets, and he actually put them in order with which one he wanted to do. And he wanted to start with the one that he didn't really like and he wanted to end with the one that he was really going to enjoy. And it actually took me back a little bit because I said, "Well why wouldn't you allow yourself to just start with the one that you like first?" And there was something just in him innately that didn't want to do that. And many of us are trained that way, work first play later, these kind of mentalities, this kind of struggle mentality.

That is something that I will challenge you with within this program. So I want you to be aware now remind you, I'll remind you that I told you this but I want you to be aware of that because there may be feelings that come up for you, other uncomfortability that says, "I need to be doing more, I need to be doing more." Be aware of those feelings because that is your little bit of resistance there coming in between you and your Indie and you will give yourself an opportunity to naturally unfold into that, okay? So let me right now share my intention with you. So I will

invite you to come to every class that we have with an intention, and I will invite you as we continue to go deeper within the program to enhance that intention, all right? So with that my intention for this Indie Program is to gift every woman who chooses to fully participate the opportunity to sink into her deeper truth, from a place of trust, from a place of understanding and from a place of joy, that she allow herself to come into the Indie and form a relationship like no other.

A relationship that will assist her in her desires through growth, everything it is that's within her that she knows she's here to experience, that this relationship with the Indie assist her and becoming the woman she is here to become that will allow her to experience, to impact and to influence this world in only the way that she can. This or something better for the highest good of all concerned. So that is my intention for this Indie program. The Indie is specifically designed to assist you in becoming more of the woman you are here to become. Going through each layer will gently guide you in the direction of who it is you are here to become and realign you with that truth. Now, along the way, there may be some uncomfortability, there may be some joy, there may be some remembrance, there may be some excitement, there may be some resistance. All of these feelings are very, very normal. You have chosen to say yes to yourself in such a big way, a bigger way than the majority of women will ever do.

Now, I do believe that as things are changing and speeding up and when I say speeding up, I don't like the feeling of the manufactured speed. I mean the natural speed of awareness that we all feel as women. And so it is my intention that every single woman who knows she is here to have impact in this world in a way that only she can allows herself to experience the Indie. But not everyone is ready for that and you absolutely are. So one of the things I want you to do is really acknowledge yourself because feel into right now what it took for you to say yes. For some of you perhaps it was very easy, you knew. For some of you perhaps you needed to overcome quite a few different emotions inside to allow yourself to get to this point. And that's not something I want you to take for granted, that's something I invite you to actually celebrate on our first call together, realizing and recognizing that you're here, you're here, you're here and you're absolutely ready to experience this.

We are going to be experiencing an infusion of sorts to really step into the truth of who you are, okay? I love, love, love the Indie. I love interacting with her, I love interacting with women who are on the journey of the Indie and I cannot believe what this Indie Program is holding and revealing to me that has ever been revealed before, okay. So you are in for something absolutely magical. And so what are the opportunities that we have together to the Indie program, is to get to know each other extremely intimately.

INDIE INTRO

Now in the other programs and let's talk specifically about the Power of Sensuality, there are a large, large number of women. And I absolutely do what I can to connect intimately with every single woman and definitely feel the energy of every single woman. This is going to be much different in that I'm going to have an opportunity to interact with you in a much more customized way. So let's do this. I want to tell you, let's go into some logistics about how exactly the program is going to work. And then we're going to go into the discovery and revealing of the first layer and will be ending with something very, very sacred, that's the word I'd like to use today, sacred, together as they close off the first layer of the Indie. So again, I already talked to you

about FemmeType learning. You are going to be experiencing the Indie Program. One of the big objections that I hear from women as we start to grow and explore is, "Oh, my goodness, I don't need more thing to do. I really don't want one more thing on my plate." And you're absolutely right, you do not need one more thing to do, okay? So don't confuse what it is you're experiencing within the Indie as doing something and don't try to do something within the Indie that is not required or not necessary.

This is not a place for overachieving, this is a place for you to let that overachieving go and really let yourself experience and surrender wherever it is you are. I'm going to say something continually throughout this course. And I've mentioned it before in the Power of Sensuality however, it's within the Indie that we can really ground this. The way you relate to the issue is the issue, not the issue itself. All right, so what do I mean by that? I mean that whatever emotionally comes up for you, however you trigger it, however it is you choose to respond to the issue is the actual issue, it's not the issue itself.

So let me give you an example, perhaps somebody leaves the water running in the kitchen and the faucets running. And I come out and I could react in a couple of different ways. I could go and turn the faucet off and say, "Okay, I want whoever to be aware that we left the faucet running and this is not..." Or maybe something inside me gets triggered and I start screaming, "Who left the water on? What is this?" Who knows, I fly off the handle, okay. So the issue is not that the water was left running, okay, even though the majority of people and I'm giving a very simplistic example that we're to be taking deeper and deeper throughout our time together. But that's how the majority of people react. They think that is because the water was left running that they're actually having this reaction. The water is not the issue, the way I respond to the issue is the actual issue.

The water is just the gift, it's just the opportunity, it's just a trigger, really has nothing to do, just presented the opportunity for me to respond in that way and to start to see where am I with my emotions and more healing? Okay. So we'll go through this again and again and again if you're thinking, "I didn't quite grasp that," it's okay. Just remember and hear me saying to you, the way you react to the issue is the issue, not the issue itself, okay. The way you react to the issue is the issue. Your response is the actual issue that's coming up for healing. This is a really important concept and my feeling, a really important truth for you to begin to understand as a woman, okay. This is why when you begin to heal within the layers, you will find yourself that things you used to respond to in a certain way, you no longer respond that way. You are much more aware of your emotions, you are much more aware of your energy units, you are much more confident in every situation to go in acting and being the woman you want to be instead of feeling completely reactive that if something happens outside of your external circumstances that you didn't have any control over that you fly off the handle and you lose your emotions.

This is where a lot of guilt surfaces for women. They're not aligned with their emotions and their truth. Something outside of their control happens and then they react and then they feel guilty about it because they weren't allowing themselves to be who they wanted to be in that moment, okay. This is something that was very painful for me as a mother. When I wasn't aligned with my truth and all I knew was that I didn't want to be like my mom and in this way, my mom yelled a lot when I was growing up and I promise myself growing up that I would never do that, that I would never yell at my kids. And I remember when the boys were really little, I actually was in the hospital for two months prior to giving birth to my youngest in the hospital for two months.

So by the time I came home, I was exhausted, I was depleted, I was probably sicker than I had gone in right with the environment, this is my opinion of the hospital, and then I had a newborn and a two year old.

That's what I came home to. And if you think that you go to the hospital to rest and get relaxation, then I trust, I pray that you never go to the hospital because it is not that kind of environment at all. Poked and prodded all 24 hours a day and then giving a sleeping pill was my experience. So I came home on edge just to say the least and I remember when I screaming at Dominic who was two years old. Like I remember turning into my mother and I was looking for some sort of relief, I really was. I was feeling so much pain and discomfort and dissatisfaction inside that I was searching for some sort of relief. And the only thing I knew how to do was react in a way that I had seen my mother react, and I yelled. And I remember going to bed that night and feeling beyond guilt, the amount of judgment and deprecation really, self-deprecation that was going through my body my mind because I wasn't who I truly was. And so what you'll be allowing yourself to step into layer by layer and week by week is re-aligning with who you really are.

Do you know how good it feels as a woman when you allow yourself to be who you really are? You know those moments when you're just in sync, when you have a conversation or you're with your child or you're with your spouse or you're with a stranger on the street, and you feel that amount of freedom and connection with the truth of who you are? My intention is for you to feel that way as often as you possibly can. Not for you to punish yourself first and then feel, "Oh my goodness, who am I really?" But for you to allow yourself to be that woman because what happens in your external life when you're aligning yourself to be that woman will rock your world. It will change your prosperity, these are just icing, okay? It will change the way you look at yourself in the mirror because remember, all of the FemmeTypes are connected. When we allow ourselves to enhance one, the other two benefit. We can't help it.

One thing I want to make really clear for those of you who are coming into this program with some New Yorker energy, which really everybody does. Everybody does come in with some New Yorker energy. Some of your New Yorker energy might be waiting for you to prove it. Prove it to me that this class was worth it, prove it to me that this is worth the investment, prove it to me that this is really a faux-type New Yorker voice but we're not going to go into that right now. So the kind of proving energy is exhausting and it will drain you and it will actually if you continue to exist in that energy, you will miss what's actually here for you. So if that's one of the things that comes up for you, just remember the way I respond to the issue is the issue. The way I'm reacting is the issue not the issue itself. The woo, am I always looking for life to prove itself to me? These are things I want you to be aware of. This is a deep kind of questioning you learn to do is a woman who is in sync with her Indie, okay?
