

Sensually AUTHENTIC

9 Layers of Indie

LAYER 1

CHAPTER 2

NEW YORKER DETAILS

All right. So what I'd like to do is guide you to the back office of the Indie and let's align right now with some of the New Yorker details that are here to support your structure of opening up your Indie. So your back office and it those of you... the reason I'm hesitating a bit is because I don't want you to go into... Well that's all right. If you happen to have your computer in front of you, you can go ahead and follow along with me and then I'm going to make a very clear break for you to either tell you to shut your computer or to make sure you close all the windows if you happen to be listening to us all over the web, okay? Because I don't want us to go into... I want us to be aware of remaining in Indie energy. All right, if you allow yourself to go to elegantfemme.customerhub.net. This is a address that has been sent to you already so I'm not telling to you for the first time. But I do want to make you aware of is there's no www okay. It's <https://elegantfemme.customerhub.net>.

This is where you find your back office for the Indie. Your password has been sent to you. If you have any questions about how to access your password or where to find the link I'm telling you, please go ahead and you can email I think info@elegantfemme would be the quickest, simplest way. You can go ahead and put Indie in the subject line, okay? So there's a few things I just wanted to share with you and have you be aware of within this so that I can support you in your journey. So when you go into elegantfemme.customerhub.net, you will find some agreements and some forms and some templates that have already been preloaded for you. They're here to support you and they're here to guide you and they're here to provide some structure. So you have your Indie agreement. You're Indie agreement is here to assist you with your intention and your commitment to yourself. It's so important for you as a woman to remember that you're doing things for you.

One of the things I hear from you is, "I don't know, I don't really have the time. I don't have the time for that program, I think I'm going to wait." You're not going to be given any more time than you already have. A lot of us wear that logically but we still utilize that as an excuse. You're making yourself a priority within the Indie, just that in itself will shift your life. If you're a woman

who's running around, used to doing everything for everybody else and putting everybody else first, you making a clear line for yourself and saying, "You know what, this is for me. It's not one more thing to do, this is for me. This is here to support me and allow me to become the woman I'm here to become." If you are not allowing yourself to spend one to two hours on the woman you're here to become, what are you saying to life? What are you saying to yourself? What are you saying to the people around you? What kind of example are you allowing yourself to be for the people you care about?

As a woman and as a mother, one of the things that was very, very clear to me and I have said this before, however I really believe this and know this to be my truth is that my children will not treat themselves the way that I treat them. My children will treat themselves the way that I treat myself. And I want my children to grow up giving themselves the opportunity to be everything they're here to become. I want my children to put themselves first. I want my children to go after their desires and their dreams. I want my children to take time for themselves every week in every day is self exploration and asking the deeper questions of what brings them joy? That is what I want for my children. And I know that the only way I can provide that opportunity for them is if I do that for myself, because I can desire it for them but I can't make them do that, that's not my job actually at all. It's not my job to make my children anything at all.

I do believe it's my opportunity to provide that opportunity for them. I do believe deep within me that I can provide that opportunity and then it's up to them whether or not they choose to engage in that. But I know the only way they're even going to be inspired is by seeing me do it. My little ones will now, they do their vision exercises, they do their living visions, they intend before their soccer games, why? Because they see mommy do it and they see that it works for me. Same thing with Dave, same thing with my husband, now you might get a little bit of resistance from the people that love you in your life because they're used to you doing things a certain way. They're used to you taking care of them, they're used to you honoring them, they're used to you dropping everything that's going on for you so that you can take care of them. That was a huge defining moment in my life.

When I had those two little boys and I stopped putting my life on hold for them, I remember the first time I went out and started doing a course for a business plan. And absolutely leaving Dave with the kids and going off and doing it and how empowered I felt as a woman that I wasn't going to not do that because he wanted dinner or he wanted something. But that I was very, very clear that I came first. And when I started doing that and I started creating living visions that Dave actually makes a joke, my husband, Dave, people will say, "How did you end up in France?" And he'll smile and he'll say, "The one with the strongest intention wins." And he is very much kidding because it's not a competition. In fact, I'll be revealing more and more I think to you along the way because that's a cool thing about us working together so intimately, is like to share things with you before I share them with anybody else, and we're kind of on the ins together.

So I'll be sharing more what's going on behind the scenes in some places. But what Dave really has learned and what he'll share very openly is he saw that I was spending time focusing on who it was I wanted to become and how I wanted to experience my life and how these things started to then happen. And he jokes around, he'll say to me, "Tara, did you really need to ask for a house this yellow with this many windows? Because I created a living vision about the house I wanted to live and I wanted to be yellow, because I grew up in a little yellow house in

New York and it always just... It just felt like the quintessential home to me, I wanted a yellow home, and I wanted there to be lots of light and lots of windows. And if you ever even seen pictures of our home in France, the outside is yellow and the inside is yellow. Inside of the home is like a full paint yellow. It looks like it should be in Nice in the south but that's there's another manifest through the Mediterranean home at the base of the French Alps.

Who knew? And there's windows everywhere, in fact, our windows slide into the walls like if you see a Japanese home with the kind of screen slide into the interior of the wall, our doors do that. So we can open up really the whole wall of our patio and slide into doors and it's just an open space. So he kind of jokes about this but what he's learned is by modeling me is he knows, "Oh my goodness, this stuff works. I'm actually seeing her do this." And it's been inspiring him. So keeping your commitment to yourself is where I got started with that. You'll have your weekly accountability form. Your weekly accountability form is there to support you. Now, someone will say to me, "Oh Tara, I'm so sorry. I didn't do my weekly accountability form." I don't you be sorry to me, you really are apologizing to yourself, because as much as this form assist me in really seeing where you are with your progress, this form is here to support you, it really is.

Anytime you have any kind of action step, it's created to support you. Hey, I've done this work already and I continue to do it. So that being said, it's not that I do it once and I'm done with it, but I do this for me when I do it. You should do it for you when you do it. So the accountability form is very, very simple. It's a web form that will ask you, how do you relate it yourself this week? What did you learn about yourself this week? In fact, when you get into higher levels of mastery with the Indie, you should be asking yourself that every day. What did I learn about myself today? We're going to start just with the week. What have I learned about myself this week? I want you to send these forms in at least about 24 hours before our next layer call. So let me give you an example, today is Monday, we will meet again on Wednesday for our special Q&A call. And the next Monday, I'd like you to send it in by Sunday, okay?

If you send it in really early, I like Thursday or Friday, you're cutting your growth I feel in half because what you'll discover with the Indie layer is that you will begin to process things and it will continue to process and reveal itself to you. So there will be a lot of processing that happens between Thursday and Sunday. And you're also selling yourself short if you send it to me Monday right before our call because you haven't given yourself a time to write out the process. Filling out this form, I will hear it again and again from women, "Oh my goodness, I felt this way before I did the form, Tara and now I feel this way." Yes, absolutely, it's designed that way. It's here to allow you to anchor your learning, okay? So that is the accountability form, all right?

And so the Indie layers has been designed to support you in your growth in a natural very organic way, all right? If you remember back to the Power of Sensuality, we talked about your sixth sense. And your sixth sense will continue to increase, all of us are intuitive, all of us. You know that as a woman. However, is finding pleasure in that intuition and continuing to follow that intuition and then starting to enhance that intuition and grow your connection with your intuition. This is coming I've become very, very... to say good at, it kind of feels funny because it's not that way, it's not like I practice writing. It's something that inside of me I just know, I'm very, very aware of senses of energy. I just had a call with someone recently and they asked me, "Are you a psychic, are you clairvoyant because everything you've just said to me is just beyond what anyone has ever been able to say to me in 15 minutes." I don't know. I believe we all are and I

believe when we allow ourselves to follow more of our truth, we can speak that truth with more ease and more grace and people resonate with our truth.

When you're in your truth, people resonate with it and it's just easy to speak the truth, it becomes very, very easy. Week one, resource guide and there'll be a one to two page PDF there that is going to help you ground an anchor, the layer that we completed today. If I were you, I would invite you to as soon as you see that to go ahead and complete that because grounding that form for you is going to assist you in furthering your process.

I would not recommend that you leave the PDF to fill out to the very, very end of the week till Monday. I invite you to do this within 24, 48 hours. And then on the backend, the weekly accountability form that is what you should do 24 hours prior to our next call. So let me say that again, just so that we're clear on that. The week one resource guide that will show up after our call, complete that within 24 to 48 hours, after our call today. The weekly accountability form, complete that 24 hours prior to our next call. So we're providing a little bit of a bookend. This is for you ground your process, begin to solidify what it is you have received and then the next form is going to further assist you in the processing piece as we step into the next layer. As you increase your intuition throughout this program, you may intuitively know what's coming next. You may either feel it and be excited or kind of nervous inside about it. You may want to resist it.

All of these are not normal, natural tendencies and really, really good. It means you are improving your connection with your Indie. Sometimes when I introduce a layer, women will say to me, "Oh my goodness, how did you know? Or I knew it." And sometimes it's interesting, sometimes it's a little bit of anger and I knew it, I knew it, this is so predictable, I knew it was going to be this. And I say, "Look at how you're responding to your intuition." Because when you know something and then it shows up, you should say, "Wow! Look at that, I knew, internally I knew. I can trust myself even more instead of being pissed off that you knew. So be aware of those emotions coming up for you. All right, let me minimize this. So that is your back office. So now here's what I want to say. If you are in front of the computer and you're following along, please if you're on the web, don't close your computer or you're going to be disconnected with us.

But minimize any screen, I don't even want you looking at your computer from here on out. If you happen to open up your computer but joining us over the phone or your cell phone, close your computer. Just get it out of your way, out of your way, okay. I want you to be aware of who you're beginning to already step into by being a part of this program. It's funny because I still haven't found the word that really resonates with me along this piece. I have... you see because it's not expectations. I have higher levels of awareness as women continue to go and grow through our different programs with Elegant Femme. So as you allow yourself to grow from Power of Sensuality to the Indie Program, perhaps send to the Rendezvous or essentially reach into the Crème de la Femme if that's something that's been calling you. As you allow yourself to continue to proceed into those levels, you will feel new levels of awareness and I will be aware of you in new ways, which means what? What am I saying there?"

There are going to be tools that I'm going to provide to you that you should be, should you really want to continue your level of awareness, you should be using. One of those is the simplest. We open that up in the very end of the Power of Sensuality. I'll allow this to cradle you through the

Indie Program and beyond. That is there for you, there's a reason it's there for you. Use any journal that is by your bedside to allow yourself to begin to ask every day, "Who am I here to become? What is it today that I want to enjoy? And what is the one thing that I can do today if I did nothing else that will allow me to become more a form here to become?"

Allow your focus right now to be around the Indie and then your intention for the day. Keep that with you that is going to provide a tremendous amount of support as you go through this program and beyond, all right? Okay, so I feel like we have covered quite a bit of logistics and more than that. We've been talking about the Indie program the entire time. What I'd like to do now is begin to transition into the Indie layers.