

LAYER 1

The 9 Layers of The Indie

TIME TO
TRANSITION
INTO
Being

What you need to know about this program?

In my journey of transition and growth, The Indie has been a foundational and necessary part of my evolution. So much so that I have taken a stand and made this program a requirement before moving into our higher level Crème program within Elegant Femme. So congratulations! You have entered into an advanced level of learning.

Who is *The Indie*?

The Indie is a bridge to your highest self, she assists you in aligning who you really are from the spiritual perspective and also who you are NOW in the human capacity. It is the core, the ability to feel your truth (and follow it). It allows you to have self - confidence, balance and self value EVEN if, and ESPECIALLY when outside circumstances are less than ideal. The Indie fills a void and at the same time creates a gorgeous space.

We will be moving into a lot together and you will be experiencing yourself in ways you may have never before.

Be patient with the process and be patient with yourself...

And so it begins...

The Indie program moves you out of DOING and into BEING. This can be uncomfortable for many of us. It is necessary for you to know, before we begin, WHY you require this.

Why do I say YES to my Indie?

What is my intention for this trimester?

What is the name of my Indie?

Who do I desire to be...A woman who...

Fill in this section from your current vantage point, you will have increased awareness as we go through the program.

My daily requirements are:

1. _____
2. _____
3. _____
4. _____
5. _____

*** moms only

Layer 1 of the Indie:

How did I allow myself to receive Layer 1?

Reflect on Layer 1...what came up as the layer was revealed?

Describe your Indie Vision...

[illegible]