

LIVE *you* FULLY

NATURAL

NE

ESSENCE

NATURAL ESSENCE

It is true that we have all three FemmeTypes™.
However, there is one FemmeType™ that is your
Power Femme, we call this your Natural Essence.

NATURAL ESSENCE

In identifying your Natural Essence, think back to when you were a little girl, there may have been a situation or memory where you were embodying your Natural Essence and it triggered or upset or even threatened someone close to you.

NATURAL ESSENCE

Let that memory come to the surface now.

NATURAL ESSENCE

We often bury and push away our Natural Essence because we are afraid if we embody it we may hurt someone we love.

NATURAL ESSENCE

When we clear this and fully release it and embody our Natural Essence, we source our power and our impact on this world.



*THE WORLD
REQUIRES **INDIE**,
FRENCHIE AND **NEW**
YORKER ENERGIES.*

NATURAL ESSENCE

Yes, you will see yourself identifying with all three... but allow yourself to feel more into your truth and let your Natural Essence reveal itself to you.

If your Natural Essence is the

I N D I E

LIVE *you* FULLY

I N D I E

You've most likely hid behind your New Yorker energy.

You are here to assist the world in becoming more aware of social truths and global issues; you have a deep affinity with nature, the universe, stars, etc.

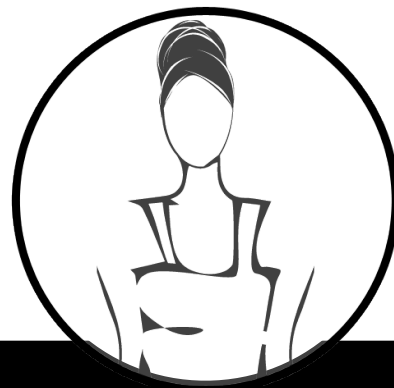
OUT OF SYNC

- 
- Can be a social butterfly (overly so); you may use this to protect yourself
 - Avoid close relationships
 - Too busy to slow down, life of the party
 - You can avoid feelings
 - Addicted to proving
 - Lots of shame present
 - You may show up scattered in life, unorganized, cluttered (you fear this as well)
 - Good at burying your past
 - Afraid to own your light
 - Hide in the shadows of other people
 - Fear you don't bring value
 - Fear you are not capable
 - Fear of abandonment

IN SYNC

- 
- Extremely powerful, conscious leaders
 - Creative and influential (incredible combination when in sync)
 - Loyal (to a detriment if not in sync)
 - Extremely empathetic
 - Supportive to those in need (make great right hand people as well as leaders)
 - Global concerns and awareness that can greatly shift the planet
 - Powerful speaker, can impact audiences
 - Incredible sense of humor
 - Can see and articulate many steps ahead
 - Deep social awareness

YOUR BIGGEST THREATS/ FEARS



I N D I E

Being alone
Not feeling safe
Abandonment
Not having value

HOW DO YOU STRENGTHEN YOUR NATURAL ESSENCE?

Being powerfully vulnerable will strengthen all FemmeTypes™.



I N D I E

Eye contact, soul-to-soul
communications.



If your Natural Essence is the

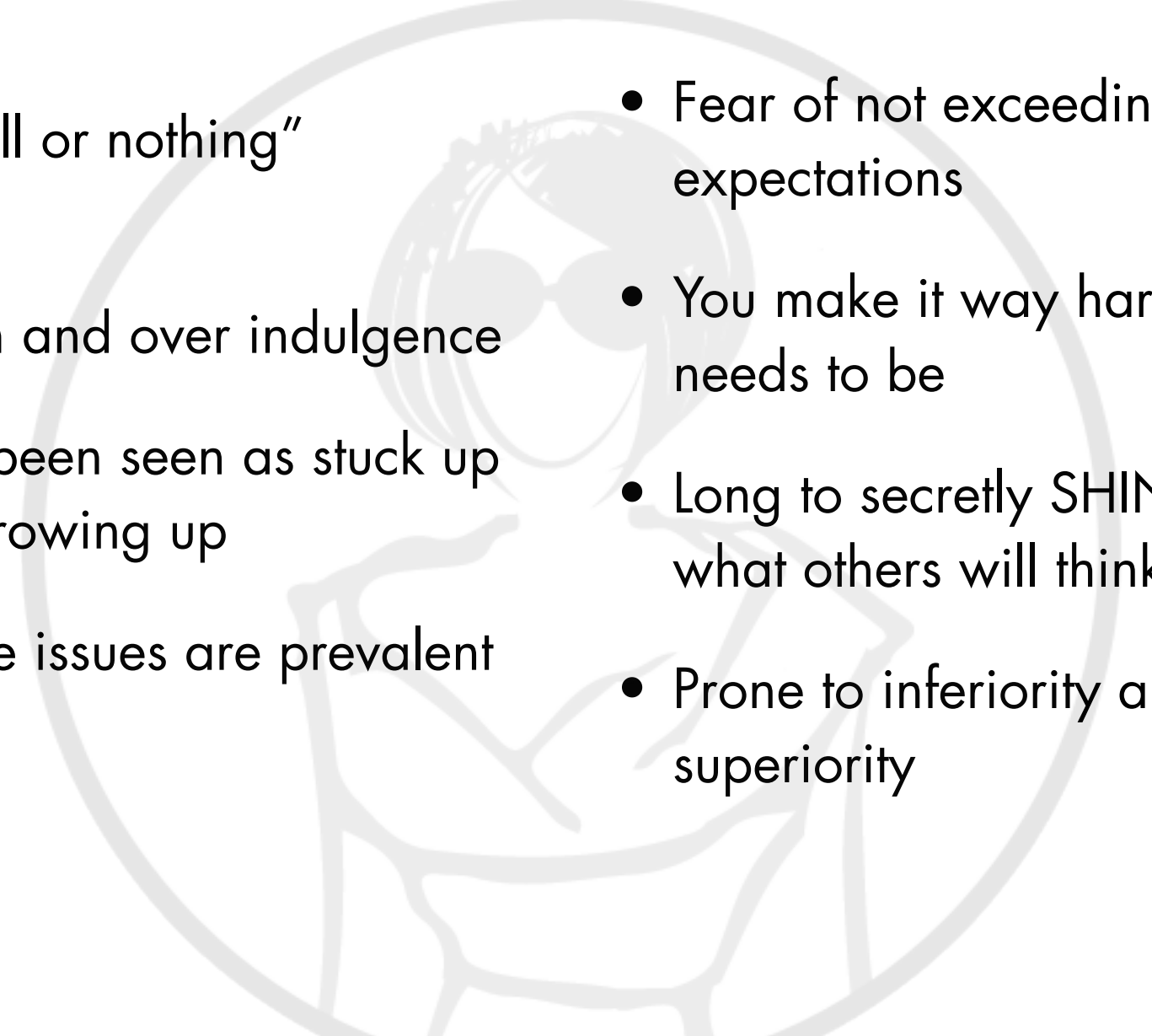
FRENCHIE

LIVE *you* FULLY

FRENCHIE

You may have hid behind your Indie FemmeType™.
You are here to bring beauty into the world in your
own way. You are here to show the world how to
receive, enjoy and experience pleasure.

OUT OF SYNC

- 
- Prone to “all or nothing” mentality
 - Deprivation and over indulgence
 - May have been seen as stuck up or selfish growing up
 - Body image issues are prevalent for you
 - Fear of not exceeding expectations
 - You make it way harder than it needs to be
 - Long to secretly SHINE, but fear what others will think of you
 - Prone to inferiority and superiority

IN SYNC

- Strong connection to beauty, both internal AND external
- Loves style and design (even and especially if scared to admit it)
- Loves design – not just in clothes, could be food, interior, presentations etc.
- People are naturally drawn to you
- Opportunities flow towards you easily
- You know how to make an entrance, hold a room (you may

not always allow yourself to—but when you Frenchie is in sync, it is natural)

- Typically have a small, intimate amount of friends 1-2
- Enjoy being alone and, in fact, require alone time
- Experience quick success in your life
- Love to gift AND to receive
- Adore luxury

YOUR BIGGEST THREATS/ FEARS



F R E N C H I E

Being seen as selfish
Not having integrity
Fear of status quo
(not being seen as unique or special)
Betrayal

HOW DO YOU STRENGTHEN YOUR NATURAL ESSENCE?

Being powerfully vulnerable will strengthen all FemmeTypes™.



F R E N C H I E

Celebrate your beauty,
don't hide, don't run

If your Natural Essence is the

NEW
YORKER

LIVE *you* FULLY

NEW YORKER

You may hide behind either FemmeType™, but most likely you live in the New Yorker FauxType. You are here to show the world how prosperous you can truly be; you are here to embody the strength in organization, business and large-scale ventures. Healthcare and education draw you because of the large effect they can have on society.

OUT OF SYNC

- Extremely hard on yourself
- Fear criticism
- Fall into *Martyr* syndrome often
- May be a hypochondriac (the only time you feel you have permission to take a break is when you are sick)
- Run on adrenaline
- May be addicted to exercise
- Overly controlling
- Deep fear of being seen as lazy
- Act like it's all together (when you really feel it is all falling apart)
- Easily go into over drive
- Afraid to admit defeat (worst nightmare)
- Afraid of being alone
- Run on fumes often (actually thrive on this)
- Avoid dealing with money

IN SYNC

- Can run high-level organization
- Extremely good at accounting and numbers (even if you have been afraid of it or avoided it)
- Amazing when you put your mind to something
- Understands high level sequences
- Can handle and manage large sums of money powerful and effectively

YOUR BIGGEST THREATS/ FEARS



NEW YORKER

Not being recognized
Not being appreciated
Being forgotten
That you are not really loved
That people tolerate you
That others think you are weak

HOW DO YOU STRENGTHEN YOUR NATURAL ESSENCE?

Being powerfully vulnerable will strengthen all FemmeTypes™.



NEW YORKER

Slow down enough to feel,
engage in something BIG.

*WHAT FEMMETYPE™
DO YOU FEEL IS YOUR
NATURAL ESSENCE?*

LIVE *you* FULLY

*What would be possible for
you if you embodied her?*

*PAY ATTENTION TO
YOUR FAUXTYPE.*

*BE PATIENT WITH
YOURSELF AS YOU GO
THROUGH THIS
PROCESS.
ENJOY*