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LIVE *you* FULLY

MODULE 4 TEMPLATE

“THE ESSENTIAL
SUPPORT STRUCTURE FOR THE
MODERN, EVOLVING WOMAN”

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REFLECTION TIME

REVIEW OF MODULE 3

Did you take the time to complete Module 3 and answer the questions?

Did you allow yourself to complete the Daily Requirements?

How are you relating to yourself this week?

What has begun to shift for you?

REFLECTION TIME

REVIEW OF MODULE 3

How did you honor your Sensual Circle this week?

What do you now know about your Indie? Any patterns or themes showing up for you?

What relationship in your life are you the most aware of?

In what area are you being called to further strengthen your Sensual Circle?

MODULE *Pleasure*

Discover & Define What
Pleases YOU. Awaken Your
Ability to Enjoy with
Your FRENCHIE FEMMETYPE™

ARE YOU AVOIDING PLEASURE?

Yes, we are going to switch this up! Have you ever been told “No pain, no gain?”

Many of us actually AVOID pleasure. Many women fear that if they ignite pleasure there is no turning back.

Where have you been avoiding pleasure in your life?

What do you really feel about Pleasure?

Does it scare you?

DO YOU TRUST PLEASURE?

Some women have been taught that pleasure is bad and something we need to resist in our lives.

This creates mistrust within your body on a cellular level, so that when things actually feel good you second-guess them and the mistrust begins.

DO YOU STOP YOURSELF?

Do you STOP yourself from having a pleasurable experience because you want to avoid the frustration and confusion you feel when something feels good and your mind says, *"Oh, then this must be bad," OR "It makes me bad"?*

This causes the Cycle of Deprivation and Over-indulgence, feeling good all the way to the tipping point of allowing ourselves to feel bad as a form of punishment.

What is your earliest memory of pleasure?

WHAT HAPPENS WHEN YOU HOLD BACK PLEASURE?

When you **BLOCK** pleasure you become resentful and you are unsure why.

This is when the roots of self-trust disappear and your connection with yourself and others is lost.

Where have you held back from receiving pleasure?

VOICE & VAGINA

Yes, you heard that right.

What do they have in common?

How do you express yourself?

How are you blocked?

Where do you hold back?

How do you express pleasure?

How can you more fully express pleasure?

In what ways can you begin to express yourself more deeply, more vocally? Make a list of 2-5 ways you can express yourself more deeply, more vocally.

- 1.
- 2.
- 3.
- 4.
- 5.

EXPRESS YOURSELF

When you fully express yourself vocally, without holding back, you complete the pleasure cycle.

You create a chord of trust and protection for what feels good.

Even those of us who feel our pleasure muscle is activated need to ask ourselves:

Do I fully allow myself to express and receive all the pleasure that is available to me?

WHAT ARE THE MAJOR FEARS YOU ASSOCIATE WITH PLEASURE?

*S*elf indulgence

*G*uilt

*S*lut

*G*reed

What does this mean to you?

What judgements have you been holding against pleasure?

Where did these fears originate from?

POWER OF THE FEMININE

Ancient societies misunderstood the power of the feminine and although they rightly associated pleasure with the feminine, there was a fear of this power.

In an effort to control this magic, “they” began to relate it to self-indulgence.

IT’S TOO GOOD TO BE TRUE

We have been raised for centuries to increase our capacity for pain and discomfort. Just remember some of the things we were told as children:

“This won’t last”

“This is too good to be true.”

“It can’t stay this good forever.”

Can you relate to this?

POWER OF NEGATIVE ANTICIPATION

Women have been taught to anticipate the bad or hold out for it to get worse; therefore, women have absolutely blocked their capacity for pleasure so they are not let down.

How have you experienced this in your life?

3 TYPES OF PLEASURE

We experience  different types of pleasure:

*E*motiona**l** Pleasure

*M*enta**l** Pleasure

*P*hysica**l** Pleasure

PLEASURE PEAK

Draw a mountain peak on a piece of paper.

What is a Pleasure Peak?

PLEASURE PLATEAU

Draw a mountain plateau on a piece of paper.

What is a Pleasure Plateau?

SO, HOW DO WE TELL THE
DIFFERENCE?

*S*tart with your Indie.

Tune in so you know when pleasure is over and begins to extend into self-indulgence—and therefore, self-punishment.

You REALLY do know this point.

Why does our system naturally seek pleasure?

PLEASURE IS ONE SENSE OF BEING AWAKE

And a primary motivator for why YOU do anything.

Think about this, why do you DO anything?

Because you want to feel better - plain and simple, that is why.

Do you see that if you have no capacity for pleasure, but you constantly seek it, you are going to be caught in a little bit of a cycle?

Talk about being unfulfilled.

This is where the majority of people lives their lives and for women it is amplified!

RELEASING JUDGEMENT

Until we release our judgments about pleasure, we will always find some way to block and self-sabotage.

Are you scientifically wired for pleasure?

YES, YOU are!

WHAT'S THE CONNECTION?

SCIENCE & PLEASURE

Your Invitation

Go deep into pleasure, beyond just the cultural buzz and fully surrender to it. Be aware of the pleasure you are feeling and acknowledge it fully.

How can you more fully open up to pleasure in your life?

EXAMPLES

FULLY SURRENDER TO THE SCENT OF A LILY.



THE WAY YOUR PARTNER HOLDS YOU



COLORS IN THE SUNSET



YOUR CHILD'S HUG



FULLY SURRENDER WITHOUT HAVING TO
GRASP IT OR HOLD ON TO IT

WHO IS THE FRENCHIE?

The Frenchie is the FemmeType™ that is responsible for:

*P*leasure

*E*njoyment

*B*ody Image

*R*elationships

*E*xternal Beauty

*S*tyle

Although many women say this part is important, many do not take the time to invest in the Frenchie because they feel selfish, guilty, or sinful.

We are going to start now.

WHO IS THE FRENCHIE?

Wherever you are, I invite you to stand up. Go to a mirror, and look at yourself as if it is the first time

Imagine you're a visitor in your own body, and you are experiencing yourself for the first time.

Look at yourself with love, awe, grace, and gratitude.

*Doing this regularly will open you
up to true pleasure.*

ANSWER. BE HONEST.

Now, were you really able to do this exercise and receive this result?

When I looked at myself, I felt...

What I want to see and feel when I look at myself is...

Your Intention

What is your intention for your Frenchie? How would you like to embody her?

FRENCHIE VISION

I invite you to think of a woman you find really beautiful – it may sound strange, but I invite you to trust me here.

Think of what she looks like, how she acts and what makes her attractive. I want to note here that this may or may not be society's idea of beauty... this is what YOU find beautiful.

*This is going to take courage
so I invite you to open.*

THINK OF A WOMAN THAT YOU FIND TRULY
BEAUTIFUL.

What is it about her that makes her beautiful? Is it her clothes? What is it?

THINK OF A WOMAN THAT YOU FIND TRULY
BEAUTIFUL.

What is her attitude?

How is she holding herself?

How is she walking?

What is her self-esteem like?

Take a long look at what you wrote above and really connect with it.

Is there anything here that surprises you? What is it?

WHEN WE TALK ABOUT FRENCHIE...

Many women get confused with societal views of enjoyment and beauty. They begin to feel lost and unsure of themselves.

*The frenchie is about your pleasure,
your beauty, your confidence...
not anyone else's.*

What did you name your Frenchie? Write it down.



YOUR FRENCHIE

For the rest of the module, I invite you to pretend that you are her.

I invite you to feel it in your body. I invite you to talk, walk, and act like her for the next 90 minutes.

Really connect with her.

What is your Frenchie Femme Vision?

EMBRACING YOUR FRENCHIE

Now you have a better idea of who your Frenchie is, and how she wants to be seen in the world...

Are you fully ready to embrace her and to step into this authentic and fundamental aspect of your life?

Why are you ready to step into your Frenchie?

Ok, so let's discuss why this part of your life is so crucial.
Let me just say this...

Your HAPPINESS depends on it

PSYCHOLOGISTS SAY THAT WE HAVE
TWO BASIC NEEDS:

- 1 *To be loved and accepted.*
- 2 *To be of service.*

HOW TO LOVE SOMEONE ELSE...

If you are not embracing your **Frenchie**, you will not be able to properly love yourself enough to love another. There are so many marriages that are failing and the divorce rate is getting higher by the minute.

Why?

In my opinion it's due to the **Frenchie**. The **Frenchie** is the part of you that has to take care of herself. Listen carefully.

I don't believe that stepping into sexy lingerie will save your marriage, get you a man, or make you happy.

The Frenchie is about self-care and truly being honest with what your needs are, and how you see yourself in the world of the feminine.

What is it that pleases you?

YOUR FRENCHIE IS FOR YOU

Let me be really clear here – the Frenchie is for YOU, and no one else!

What happens when you are truly plugged into your Frenchie is that you become a magnet for all. Men will be attracted to you– that's just a side effect, not the cause.

I invite you to think about...

What value do you currently place on your Frenchie?

ACTION STEPS

Complete the module and your template

Write down one thing you enjoy and how you could enjoy it even more.

Seek pleasure in your next meal.

Choose one activity you typically over-indulge in, and as you surrender, find the pleasure.

Share your experience in our Facebook Community

YOU ARE DOING FANTASTIC!

NEXT WEEK

PROSPERITY & POWER

How to confidently create and powerfully implement.

Awaken your POWER with the

NEW YORKER

FEMMETYPE™

*Bloss
Lara*

Let's Talk About **BEAUTY**

You might think, "Are you kidding, everyone wants to be beautiful and have beautiful things..."

This is easy! Well... not so fast. This is another word that has been affected by societal influences – and I see so many little girls buying into it, it just breaks my heart. We don't realize that we are sent so many mixed messages on this subject.

WE SEE "BEAUTIFUL" WOMEN...

Having it all...

And we see "beautiful" women being treated as property.

Many women want to feel beautiful, but there is a preconceived notion of being selfish and high-maintenance if you are beautiful.

I invite you to go back to when you were a little girl.

*T*hink about what you thought was beautiful...

*W*hat you were attracted to...

*H*ow beauty made you feel...



MY PERSONAL EXPERIENCE

When I was a little girl I LOVED being and feeling beautiful. Looking back, I got it from my Scottish Grandmother who was always wearing beautiful scarves, broaches, and elegant black boots.

I adored feeling feminine and pretty. I noticed that people treated me differently when I felt beautiful – now notice, I said FELT. I did not recognize that at the time, but I tapped into an amazing feeling for myself.

BONUS PDF SEGMENT:
What Does BEAUTY Mean to You?

MODULE 4. SEGMENT 7.

As I grew up, I was always attracted to beautiful things and comments started like, *“Oh yes Tara, of course you would like that - it figures, it’s expensive, it isn’t practical.”*

I began to recoil. The fact was that I had no idea how much things cost. I was just attracted to my idea of beautiful and it carried on with the way I felt about myself.



I would often get comments of, *“Well, it’s easy for you, you’re beautiful.”* Almost as if there was a limited amount of beauty to go around.

As I got older, I started to feel ashamed of being beautiful, and wanting to be beautiful. I felt selfish and wrong, although inside I LOVED being beautiful.

WHAT ARE YOUR EXPERIENCES WITH BEAUTY?

Everyone has a different relationship with beauty.

What I have learned is that there is a natural state of being beautiful, and to block ourselves off from that is – in my opinion – sinful.

*The world is full of beauty, and it's
not selfish, high-maintenance, or
wrong to want to be beautiful and to
have beautiful things*

BONUS PDF SEGMENT:
What Does BEAUTY Mean to You?

MODULE 4. SEGMENT 7.

What are your current beliefs about being beautiful?

How do you think about other beautiful women?

What are some ways you could express your beauty?

REALLY LET YOUR
IMAGINATION GO...

NOTES