

# *Sensually* A U T H E N T I C

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## 9 Layers of Indie

### LAYER 4

#### CHAPTER 4

#### PROCESSING LAYER 4

This week, I want you to take close attention to when resentment comes up because, I am telling you it will. It will surface, it will come up. Open up these layers, so it's going to come up for you. I want you to take a beautiful, sensual breath and respond in a new way, instead of allowing yourself to feel resentful. Step into a place of power and choose a different pattern. Choose a different reaction. It's really important for you to isolate how it is you typically respond to resentment, so you know when it's coming up. Is it silent? Is it curt? Is it angry? Is it sarcastic? Is it mean? Sometimes, people give a lot of one-liners. Just being very short with someone when they are in the place of resentment.

So first, identify how you react when you are resentful. Then I want you to start taking your power back and set some healthy boundaries. When I am talking about healthy boundaries, I am talking about you saying no when you mean no. And you are allowing yourself to react in a way that serves you. So whatever situations in your life that you are resentful about, take a look at them this week. Maybe, it's something that your husband does when it comes to laundry, or the dishes, or the household, or the business. Maybe, it's something that your children do that gets underneath your skin. What ability do you have to respond to that in a brand new way?

I had a client one time that told me she was really, really resentful because her son, and I don't remember the age I think he was kind of 11 or 12, somewhere in that range. Her son was always keeping the family late in the morning. She had to get him up for school. She had to. She told me, "I have to get him up for school, and then he comes down, and we are already eating breakfast, and then I have to make him breakfast. Then I have to take him to school because he's missed the school bus." These kind of things. I have to, have to, have to, have to. No, you don't. Once she starts breathing into, "Oh, no I don't" because resentment is directly correlated to obligation. Whenever I hate obligations, my mind, my body can just, "Ugh, I feel it." Whenever, we are telling ourselves that we have to do something, we have an obligation to something, it makes us want to run. And we get resentful and dig our heels in, because it's our way of responding.

So when I have this breathing exercise with this woman, and we went through what were four or five things that she could do instead, one was not get him up. Let him actually go to school late and let him get the consequence from his teachers that, "I slept in. I didn't get up on time." And she could stop making him breakfast and stop giving him special treatment. And the freedom for her as a mother and as a woman, and she's a very powerful business woman.

There is this powerful business woman, and there is something that is causing her lot of resentment and a lot of stress. When she felt into, "Oh my goodness, I don't have to do that. I can let him start taking responsibility, and I stop taking the responsibility for him", she had a brand new relationship with herself and with her son and everything shifted in the family. Because she set some healthy boundaries and said that you know what, I am not going to feel resentful, and I am not going to get you up anymore in the morning.

So this is the thing. When we are talking, I will share this with you. When we are talking about boundaries, the number one thing to remember is that you need to set a boundary that you have control over. You cannot set a boundary for someone else to adhere to. You cannot say, "If you don't do this", and "You have to do this." That's putting the power in someone else's hands. So if you don't do the dishes, you have to do them next week, for an example. That way you are giving the power to the other person, and it doesn't work.

A healthy boundary is, you don't do the dishes, then I am not making dinner tomorrow. And all this has to come from a space of love. It always has to come from a space of self-service that says, "I love myself, and I have to know that I am feeling resentful, and if I am not getting the help that I feel that I need, then I am not going to do something that is going to cause more resentment." So it doesn't come from a space of ultimatum. In fact, it really comes from a space of self-love and self-compassion.

In the example that I was just sharing with you about the woman that just decided, "I can not be getting my 10,11, 12-year-old son up in the morning. It's causing a lot of resentment for me." So she said, he's going to have to get himself up. Instead of not saying anything to him, she had a beautiful conversation with her son and she said, "Look, Mommy is feeling very yucky and feeling really angry inside when I have to get you up in the morning. It doesn't feel good to me. And I am realizing that I don't have to get you up. That you are really a big boy, and I trust you and that you can get yourself up. And what I am going to let you know is, we are starting this tomorrow. And if you don't get up on time, you are going to end up missing the school bus and going late to school when you do get up." Now this takes some time and some commitment from us as mothers from time to time. "When you do get up, I will take you to school or so and so will take you to school, or you are going to go in late. You are going. You are not missing the day home from school just because you decided. You don't get a treat for this. You are going, and you are going late, and I will write a note that says so and so, my son got up late today because he wanted to sleep in. Or because he didn't want to set his alarm. Or because..." After three days of this, the son was very, very clear that this wasn't feeling good to him. And she actually gifted him the opportunity to step up and start taking responsibility for his own life so that he could recognize that he had the ability to respond in a way that pleased him.

I am giving you that example, because as you start to step into a more powerful place in your life as a woman, and you start setting healthy boundaries, you do want to gift the other person

the opportunity to respond in a way. That doesn't mean they have to. The consequences are there, whatever they may be. More importantly, you need to set a boundary in a way that you can adhere to it.

We are talking about two different pieces. Allowing yourself to start setting healthy boundaries in your life in a way that pleases you. You stop doing the things you don't want to be doing. And looking particularly at a situation in your life that's causing already a lot of resentment. And allowing yourself to take it through the process that we talked about today. Going over, picking four or five things that you could do instead and then choosing one that feels liberating and freeing and not allowing yourself to do it, to take action, to implement it. You will feel the resentment lift immediately. This is such a strong layer, and you are going to feel resentment this week. The layer of it, be open to it, and allow yourself to process it in a way that will serve you. Don't pretend it doesn't exist and don't run away from it.

So there are actually a couple of pieces that I am going to invite you to participate in to further free this layer. If you are married, or with a partner, a life partner, I have two in particular that I want you to participate in this week that I have found to be particularly powerful when you are in a relationship. Because our partners are a beautiful mirror for us in feeling resentment. They really bring up a lot of our stuff, and we love them for that.

Two things. Number one. I want you to do every day this week. It has to be every day this week. You are going to have so much fun with this. I love putting the fun in the resentment layer. Every day this week, I want you to kiss your husband, your partner passionately. Whenever, they come in the door, like you did when you were in the high school. Like that crazy kind of passionate kiss. Not just a peck on the cheek or the forehead. Like an awesome kiss.

Now, this is what I will share with you. The first couple of times this happens, you are going to get a response almost like WTF. Whatever, what's going on? What are you doing? This is something that you don't typically particularly participate in; your husband's going to be a little bit surprised. What are you doing? He might think whatever you want. What happened, is everything okay? Just smile and go about your business.

Now there're a couple of rules to this. This needs to happen immediately when they walk through the door. They can put their stuff down, and if you see them in the morning and you want to do it then. If you and your husband work together from the house, from your house, you can do it in the morning; that's fine. When they first up, get out of the shower, it's a beautiful time as well. However, it works really well if your husband is out from the house and he comes home from work, and you are allowing yourself to kiss him passionately. This is before you go into any of the how are the kids, how was the day, how was the...all default pattern of that. You want to surprise him. And you want to do this everyday for a week. You don't need to tell him what's going on. You can just tell him that you loved him, and you loved to kiss him, and it's just something you are enjoying. This will free resentment. By day three, your relationship's going to be in a completely new level. So take that from me. That's a really, really powerful exercise and if you are serious about fully receiving everything you can from this course, do that.

Number two. Again, if you are married or have a life partner, I call this husband brag day. A very, very low vibration that I see women participating in, is that they complain about their spouses. What's not going right. Oh why can't they do this, or why can't they do that. They are

doing this wrong. Now I want you to participate in for a full day in husband brag day. Wherever you are, whoever you are talking to, whether it be your mother on the phone or your sister on the phone, maybe you are at the grocery store, maybe you are at the coffee shop, maybe you are getting gas, I want you to brag about your spouse. Now, you might be saying, "Well, how am I supposed to brag about my spouse when I am getting gas." Well, maybe something comes up in front of you, and you say, "Oh that reminds me of my husband. My husband is so thoughtful as well." Or you are talking to your mother-in-law, and she starts saying something negative and you say, "You know what, I am just so grateful and so thankful for Guy because he's fully so supportive of me and I am just so lucky."

Whatever comes to you naturally, your Indie loves this. Let me tell you why. It's so honest and genuine authentic in the moment, when you are looking for something to brag about. Something not about yourself, well nothing wrong with that either. When you are looking to try to find the good in someone and your Indie loves it. Because she sees it all the time. So this is giving her an opportunity to communicate and express things that she sees as on a daily basis that typically shadow the other piece of complaining.

So have fun with this. This is such a freeing exercise and your friends might start to comment, and they might start to do the same thing. You can actually see how you can shift the conversation. If you are with a bunch of your friends, and you just say, "Oh my goodness, I feel so amazed and so glad that my husband did the dishes today. My husband is picking up the kids from school. That my husband tells me every day that he loves me every day, and I am so lucky to be with him." See how that shifts the dynamics of the entire conversation and see how it begins to lift resentment for everyone. Not that it's your responsibility to shift anyone else's resentment because it's not. What I am sharing with you is that you can be, allow yourself to be with your Indie. A beautiful example for other women.

All right, the third one that you can have an opportunity to participate in. And this is regardless of whether you have a spouse or a partner. This is something that, you know my mom I remember used to tell me this. Whenever I used to get in the space of really feeling depressed and angry, she wouldn't say it the way I am saying it, but now that I look back, this was really her intention. And she would say, "Go, you know go be with someone that's less fortunate." Or, "Share some time with this person over here" and not from a space of trying to make someone else's situation better or trying to fix someone else's situation but instead, from a space of allowing yourself to receive what's available to you in that moment.

Let me share with you what I mean. I want you to pay it forward in three ways. Now, when I say pay it forward, what it is I am talking about is allowing yourself to gift something to someone else without expecting anything back. There's a couple of rules/regulations for this particular exercise. I strongly suggest that you don't do this with a family member or a friend because there's this unwritten rule, seems to happen in families that if I give something to you, you are supposed to give something to me back. And so, there can be some strings attached even underneath the surface of family members. So I strongly suggest you do this with someone that you don't know. This can be something so simple. We used to live in Santa Monica; we used to go and pay other people's needers down the street. It feels so good.

And again, this is about you receiving. Not about telling the person, "I did something for you. Aren't you happy now? Don't you feel better now?" You are not taking responsibility for how the other person is feeling. This could be something like paying for somebody's toll behind you. Or paying for a cup of coffee for the person behind you in line. Or paying if there's somebody on the street that is asking for money and you choose to go ahead and give him some. Or if you have a leftover lunch or something on your seat, and you are driving on the freeway, and there's someone with a homeless sign, and you choose to gift them the rest of your leftovers.

Now there's something really interesting that happens here when you do this. It's really important for you to listen to your Indie in this exercise. It's a really good exercise for you to hone into. The lightness of your Indie. When I say lightness, I mean how quickly and how softly she speaks, because our ego will try to talk ourselves out of it. Your ego will say, "Oh no, I can't buy a cup of coffee for the person behind me in line because they are going to think I am hitting on them. I can't gift this sandwich to this homeless person because what if he doesn't like turkey. Or what if the guy behind me on the freeway thinks I am ridiculous for handing a sandwich out my window." Our ego will speak up when we do things like this. It's so important for you to follow your intuition, for you to follow through with your Indie and do whatever you are wanting to do in that moment. It frees resentment.

So pay it forward in three ways this week and it could be something small, it could be something big. The importance is that it comes from a genuine space. And I want you to be open to this opportunity because it will show up. I want you to look for this opportunity. It will show up, and your Indie will inspire you to do something that you might not have done. Gifting a sandwich or something else, helping someone out. Maybe somebody falls in front of you, and your Indie says, "Help them up, help them up." And your ego says, "What, I can't stop and help him up. I am either late, or they are going to think I want something from them." Follow your Indie. Stop and help that person. And allow yourself to receive the gift that's really there for you, which is freeing that resentment you are holding.

This is a big week. It's a really strong layer. I encourage you to all go through resentment with ease and grace. To allow yourself to feel the depth of this layer and to really participate in the activities. Allow this to become more of who you are this week and allow it to move and process through you. Next week, we have an incredibly powerful week, we are going to step into as well. An incredibly powerful layer. So for this week, allow yourself to move and process resentment and I will connect with you. And remember to fill in, if you have questions or that kind of thing, you know where you are supposed to go for that. This is a powerful week for starting to get into the moment this week. So I am sending you love, and joy the rest of your week and allow yourself to process this powerful layer and allow yourself to process it from a space of Sensual Authenticity. I will talk to you next time.

Bye-bye.

