

Sensually A U T H E N T I C

9 Layers of Indie

LAYER 6

CHAPTER 1

INTRODUCING LAYER 6

[Laughs][Sighs] Alright, so, welcome to Indie Layer 6. I have my own resistance coming up around this particular piece of something that I am currently experiencing which really isn't a surprise to me because every time I go through this, I'm in it. I've shared that before, so it was coming up for me, it was interesting as I feel myself knowing what I'm going to be sharing with you in today's layer, and there is an opportunity for relief within this layer.

So then why, would I be resisting it? Like, "Why would I have any resistance to experiencing some relief?" That's a really interesting question for every single one of us and sometimes it's true, sometimes we allow ourselves to continue to experience something in our lives that may be causing pain or causing unrest, and we have an opportunity for relief, and we tend to, we can sometimes even resist the relief. And that happens for a number of reasons.

We sometimes feel like we're not ready for the relief, we're not worthy of the relief; sometimes we're scared about what the relief will actually bring. What's on the other side of that? Because relief feels free, there's freedom in relief, right? And a lot of us don't operate the majority of our lives in a "freeing state," we feel very controlled by external circumstances and by narrow pathways, even though they feel constrictive. Sometimes we find comfort in that restrictive quality that we've created for our life, so sometimes we resist the feeling of relief. What is that relief going to bring? What is that relief going to look like? What's waiting for me within that relief?

So if you experience any of that, as we are going through today's layers, you should be aware of that and ask yourself some of those questions. "Am I finding some comfort in the restrictiveness that I'm feeling?" and, "What will I really allow myself into if I really trust and move into that freedom and the liberation that can be found within this layer?" Because, the freedom of liberation that can be found within this layer is something that can change everything, everything.

Now, let me feel into what I was just going to say, sometimes in life, [Pause][Sigh] and I'm realizing this more and more in my own journey, and in fact, it happens more and more as you allow yourself to experience deeper into your truth that there may be outside circumstances that challenge you, that attempt to provoke you and where you are within the layers thus far, and what did you already experience for yourself? You understand that you have the ability to respond in a way that's fully serving, who it is you are becoming within your Indie.

So as you continue to step into higher levels of growth, as opportunities come into your life, as situations unfold, as the accountability that's there for you as a woman to become who it is you're truly to become, presents itself to you. I want you to remember, that you do have the ability to respond in a certain way that you know is going to assist you more in becoming who it is you're trying to become. And this layer is pivotal, in that process. Be aware of that piece of you that wants to get trapped, close it and fix it, and feel into that liberation of how you respond, because the more comfortable you can get with that liberation--feeling true liberation, true freedom, the more comfortable you can allow yourself to become with that, the more you will step into the woman you are here to become.

Because for all of us, the woman we are here to become, requires a level of freedom; requires a level of liberation that cannot be found in the accomplishment of what most people associate with success. So, liberation and the freedom that will assist you in becoming the woman that you're here to become is a different sort of living. Is it free of some rejection right? That we talked about in the last layer, it's free of some approval, it's free from the need to justify, and its freedom from having to win, the freedom in the liberation that you will fill into on this journey, is the freedom to be who you truly are without needing permission from anyone. Okay?

So with that light level of introduction [Laughs] I am in something myself, I'm trying to feel into, and you can feel my little bit of hesitation whether I'm going to share that with you or whether I'm going to let it unfold for everyone and at the same time this week. So, let me just see, let me be that for a minute because the full clarity around myself hasn't quite presented itself. I'm just going to be in that space. So, if you feeling that little bit of hesitation, I'm wondering if I'm going to share that, that personal experience is with you now, and I'll just see how it unfolds. Okay?

I wanted to set the stage for this layer, and how important it is for us. It's something I don't want you to minimize in any way, so that piece of you that we talked about where

you say [Gasp]“I knew that.” And you fit your intuition into “I knew that.” Well, now you’re going to take that knowing to an even deeper level, because it’s one thing to know it, and it’s another thing to really give yourself the liberation and the relief that’s in this for yourself. So if I pass that easel piece that connects to “Oh gosh, I knew that already.” I think you’re all able to do that at this point, going into the “Okay, I know this. I know this is important, I could feel this, and then even go deeper.” Which is, “Can I allow myself to feel the relief that is really here?” So that’s the piece I want you focusing on today, the relief that’s present within this layer.

Now we are going to go through this in a beautiful way, and the process is fairly simple, and in fact to be done fairly quickly, I was going to say easily, but that’s not the case. So, I’m going to invite every single one of you to get really in touch with your current state of your emotions. So, just do a little review, your current state of emotions where you are finding yourself right now if there’s anxiety in your formula, if you’re feeling sad, if you’re feeling pressure, if you’re feeling happy/joy whatever your current emotional state might be, just tap into it. It’s important to know where your starting point emotionally is going to be as we step into this.

Alright, so with that, now that you know what your current emotional state is, I want you to feel how the rejection layer affected you. I heard from so many of you, so many of you, who said, “my goodness, this is changing something for me, I didn’t realize how much I’d held back in my life, in these areas, so afraid that I wasn’t going to get the approval of others. So much so that I haven’t been fully living my truth.” Now, I want you to feel how that affects your Indie, right? That piece of you who knows, that you’re here for something, and that willingness you have as a woman, to no longer reject yourself, and there’s a natural peace that follows. And so, when I reveal this next layer I want you to feel into, the natural organic longing and need that you might already be feeling for this layer. So it’s very possible that there may be an organic response within you that says [Sigh] “I knew I needed that right now.” Maybe you didn’t know, know, know, but as soon as you hear it, you say, “I knew I needed that, and I want some of that right now.” Then the relief that follows, alright, so let’s talk about this.