

Sensually AUTHENTIC

9 Layers of Indie

LAYER 6

CHAPTER 3

PROCESSING LAYER 6

So, I want to go into a very specific process for forgiveness, and I'm going to invite all of you to do it with me in your own space. And if you have a lot of distractions around you, you really might want to come back and do this because this does really take you into, if you allow it to, a different dimension with your Indie. So, if have any distractions, if you're on the computer, if you're making dinner for your kids, or lunch or breakfast wherever in the times zones scheme of things, you are not going to be able to experience this the way you could. So, if it is all possible, step away from that. Close your computer unless you're on the web with us, and just make sure you are not checking your email while you are listening or doing those other distracting things that we do because that's actually going to be taking away from the relief that you could really experience during this time. And if you're in a situation where you cannot move away from distractions if you're making dinner, you're watching your children; I actually invite you to if you want to listen that's fine, come back and really be in this process, because this is an experience.

I want you to close your eyes right now, and just give yourself a minute, [Exhales]. Give yourself a minute. It's already coming from me; this is why you're hearing me so strong in this moment. [Exclaims] "Yowza"[Sigh] I want you to think of someone in your life that you have still not forgiven. It may have been something someone said to you, that hurt you, unkind words that affected you. It may have been something someone did to you. You will know if there's unresolved forgiveness there if when you think of it, it still hurts and it still brings with it anger. Now I want you to trust the person that came into your mind, and I want you to be aware of what sometimes happens. Sometimes the person will come into our mind, and when I've done this with women one on one, sometimes I hear women say, "But I already forgave that person for that, I don't know why that

person showed up, I've already been through that, I already forgave them." I want you to trust that whoever showed up may be requiring additional residual pieces there because you haven't taken it through the entire process. But we are going to do it together, so I really want you to trust that whoever shows up, is showing up for a particular reason and utilize that.

Now how do you know? If you think of that person right now, and you feel that person, and if there's any sadness or hurt, any hurt that still exists, and if there's any anger associated with that, then there's unresolved forgiveness we can experience together. This is the part that's really important. The majority of us, especially a very conscious woman understands that we don't want to hold on to any negative feelings, right? So we move very quickly through, into forgiveness. It's a mistake and let me tell you why. In order to fully step into a really open space with forgiveness, you have got to give yourself permission to experience the anger. So I'm going to invite every single one of you to actually stand up if at all possible in the space that you're in. So you can really feel it in your body. This is something if you are around little kids or you have that in your environment, and this is something I really needed to learn as a mom. So I watch my kids, while one of them will do something to the other and all I want as a mom, is for them to forgive each other and move on. I don't want to see anybody hurt, I just, make it right. When we bypass the opportunity to feel the anger and the hurt, you can't even move on to the forgiveness. It's what we'd consider spiritual bypass. You say you've forgiven someone, but if you haven't allowed yourself to feel the anger and the hurt, you cannot really forgive. You haven't allowed yourself to experience the emotional process that brings you into the forgiveness experience. You bypass it. So, it can be challenging as a mom. You see your little ones and then process the angry "I'm hurt" feeling before they can even forgive, right? Because they just want to fix it, we do the same exact things with ourselves, this is where the relief starts to come, okay and you need this process in order to get into the release.

So, I want you to close your eyes, and I'll be in this with you, [Exhales] Oh, my goodness, this is not going to be easy for me either. I have something so, oh man, this is why I'm using this call to tell you this right now, [Sighs] Okay, I want you to think of that person, that you have still not forgiven, and I want you to remember the specific experience. Whatever it was that they did, or said, that hurt you. I want you to feel that anger and that hurt, throughout your entire body, I want you to feel it come out through your legs, [Raises Tone] and into your thighs, and into your stomach and you might feel your stomach quench, and you might want to push away, [Tone intensifies] and you might be resisting this and letting it come up into, that piece of you, your heart, your chest, your arms. Feel what it felt like to feel the hurt, to feel that anger, let yourself feel that, feel that emotion inside. Let it come all the way up into your throat and you might feel the burn, and a ting, and the betrayal, and the sharpest and the sting of it, feel it, feel it right now, bring it all the way up, bring it all the way up into your experience, [Sigh] feel it.

And now I want you to see that person in front of you, with your eyes closed and your mind's eye. I want you to see that person in front of you, I want you to look directly into that person's eyes, directly into that soul, and now I want you to lean forward, and I want you to whisper "I forgive you." [Meditates] Now breath and beware of your body right now, be aware of how you're responding, be aware of what you're feeling. Part of you may already begin to feel some sort of energy release. And other parts of you may want to question if anything is really happening or what's this point; it's okay. All of those, just honor them. Just be fully in your present moment, and keep your eyes closed and just feel for a moment, [Silence]

Now, continue to breath, the power of forgiving others is strong. I want to make something really clear; you are not condoning what someone did. You are not even accepting what someone did. You are forgiving, so the power of forgiving others is strong. However, it is the power of self-forgiveness that separates us from mediocrity and into success. I know that all of us are reaching into the level of true success. And by success what I'm referring to is our opportunity as women to fully become that which we are here to become. To fully open up to the evolution of our souls, to allow the experiences outside of us, to trigger us, to become a reminder of what it is we told ourselves, we would allow ourselves to become. You cannot bypass this process with your Indie. [Pause]

I want you now to think of something, which you have not forgiven yourself for. And I want you to close your eyes. I want this to come organically to you. It may be in relation to what you just forgave someone else for, it may not. I just want you to feel into; you feel a memory or a little shame around "Oh, okay" and even if you think, you feel that you've forgiven yourself already, if it's coming up, I want you to trust it. So right now, what I want you to do is close your eyes, and feel into something that you have not forgiven yourself for, and just take a moment, it's going to be silent for just a moment I want everyone to feel into this space, so close your eyes.

[Pause]

Feel into something that you have not forgiven yourself for.

[Silence]

Now this is part of the portion that women overthink. I want to make something really clear, once you have this process, you can do it again and again and again. So for the sake of allowing yourself to start to participate in this process, I want you to choose something, alright? You all have something. Now we're going to go through a specific set of awareness around this particular piece so that you can access the point of forgiveness. Let me tell you what the majority of us do, if we even get to this point. If we're self-aware enough to know that we need to forgive ourselves, what we typically do is to say okay, I've got to forgive myself for that, okay, and we try to move on. But there's a specific point of access that I want you to connect with, so whatever just came

up for you that you realized that you haven't forgiven yourself for. I want you to remember how old you were. Maybe it was yesterday, maybe it was last month, maybe you were 16, maybe you were 20, maybe you were 14, maybe you were 5, I don't know. But I want you to be able to connect with the specific age. Even if it was earlier today, whatever it was, wherever you were, in your life cycle, when you did this, or experienced this, which you now know you want to forgive yourself for. I want you actually to connect with who you were then, how old you were, okay? So close your eyes, keep your eyes closed, and connect with how old you were, see her, see that woman or that little girl or that teenager, whoever that was, I want you to see her.
[Gasp]

I want you to see her. I want you to meet her in that imaginary space and time, when she did, said, experienced whatever it was, that you know you need to forgive yourself for. I want you to go meet her there. So maybe right now, you're going to meet your 6-year-old, or your 18-year-old, or 22 years old, or the person from this morning. I want you to go, and imagine yourself sitting in front of them right then, and I want you to look at you then, and I want you to look into your eyes then, and I want you to say, "You did, what you knew how to do, at the time." Meet her right there where she is at the time, however old she is, see her, "You did, what you knew how to do, at the time." "I forgive you." Tell her, tell her "I forgive you."

Feel that for a moment, [pause] and now [chuckles] I want you to see that portion of you, whether you were 6 or 18, or 20 or yesterday, now I want you to see her looking at you and I want you to open up your sense of receiving within your indie and I want you to feel her looking right at you, you right now, the present you and I want you to feel her say to you, "I forgive you."

Now what have you just done, just feel it for a minute feel that, she's forgiving you for holding her hostage all this time, she's forgiving you for being angry with her, for being disappointed in her, for holding back your true source of forgiveness and condemning her, shaming her, beating her up, telling her she should have known better, could have done better, should have done something differently, she's forgiving you, let it happen. Many of us as women try to just forgive ourselves from our current vantage point, and we can't. The woman, child, the young girl, whoever that made the decision then, you have to forgive now, you can't access it from where you are now. You must go back to, the little girl, the one, the age of which you were, and see her and forgive her for where she was then. And then allow her to forgive you for holding a grudge for the past 20, 30-40 years or even half an hour, where the forgiveness wasn't fully present, that is how you access forgiveness, [Sigh].

Now there's one last piece to this, as far as this specific part of the process and we are going to talk about logistically how this player is going to affect you in the coming weeks. So that piece of you, that you just forgave, and the piece of you that just forgave you, I want you to connect with her again. In fact, I want you to see her. I want you to see her sitting next to you, and I want you to know that she has a message for

you, with your receipting open, and your forgiveness now clear, I invite you to receive that message from her. So I'm going to let you be with that piece of you for a moment, and allow yourself to receive what it is, that she has to tell you.

Now.

[Silence]

And now what I want you to do, is I actually want you to get a pen and a piece of paper, and I want you to, take just a few seconds to write down the core of the message that she just shared with you. So now in your current awareness, I want you to write down the current message that this aspect has to share with you.

[Silence]

Okay. So now you should have that message from that piece of view. So let's talk about what actually just transpired and the opportunity you have to utilize this going forward and how often I utilize this in my life. I told you that cannot access the point of forgiveness from your current vantage point, because in your current vantage point you do know better. So if you try to do that, you're going to miss that beautiful opportune point to really open up in the forgiveness piece. So it was a while back that I kept having a memory of me as a little girl when I went to the corner store around our home, and I stole a piece of bubble gum. I might have been like 5, 5-ish around 6 years old, and it was coming into my awareness, randomly, and I thought my goodness, that was funny. Like I know I was a little girl but why do I have that memory, so what was speaking to me was that I hadn't accessed that 5-year-old little girl who was wanting forgiveness? So what's going to happen this week, and I want you to be open to this, is that you might start having memories, junior high memories, high school memories, college memories, where you did something that wasn't in full alignment, it wasn't your truth. And you feel like "Oh my gosh, that was ridiculous, I didn't know, I was a little girl, it's okay, why is that bothering me?" You've got to go through this process with it. So be able to close your eyes and for me to close my eyes and see that little five-year-old who's still crying. She was still so upset and so mad at yourself that she took that. And for me to be able to go back to her and tell her, "It's okay, I forgive you, you did what you had to do at the time." And to feel her, and then to actually have her forgive me and say "I forgive you for holding a grudge against me the past 30 years, thinking I should've known better when I didn't" freeing that space.

So, you're going to have this opportunity time and time again throughout the course of the year, and it's such a gorgeous way for you to end the year. So this is, you know what I want to say, the person also when you go through the forgiveness piece for the person, the people, memories will be coming up as well. The person does not have to be still living. So if you are having a memory of someone that passed, your grandmother had this, day, my husband's grandmother last summer and she had already passed and I was staying at her house, and I thought "oh, why does this memory keep coming?"

and I hadn't fully forgiven her for something. So the person could still be living, could already be passed, the process still works, okay.