

Sensually AUTHENTIC

9 Layers of Indie

LAYER 7

CHAPTER 3: PROCESSING LAYER 7

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What are you judging? You know, let's think. Maybe I judge – and actually, it's really good for you if you're having trouble with thinking of a general judgment. Think of somebody that's underneath your skin. Think of a family member. Maybe it's your husband. Maybe it's your mom. Maybe it's your kid. Don't be ashamed; judgments come up naturally. So, I guess maybe it's your kids. If you have like a Mother Teresa kind of role or feeling, like, "Oh my gosh, I would never judge my kid", I call BS. I call BS. If you're human, you have judgments.

Again, I haven't gone on to the most enlightened moments of my life where I'm free of judgments, where I'm free of anger – I'm not there. And from my current state, from at least where I feel, right now is my being, I don't know that I want to. In this lifetime, I learn and I grow. And I see the gift in every piece of judgment, every piece of anger, so it's an opportunity for me to continue to grow. So, yes, I've judged my kids before. Oh, I've judged my kids for being whiny. So I judge – you can write that down if that is one of your judgments. So what I'm saying is that you can actually utilize people in your life to actually access the judgment. So you write that down, I judge my kids for being whiny. I judge my kids for complaining. I judge my kids for losing their temper. I judge my kids for throwing their shoes. I judge my kids eating too much sugar. Whatever comes up for you, I judge my kids for talking back. I judge my kids for being mean to each other, okay? I wanted you to access, be real. Come on, be real! I am being real with you. I judge my spouse. You might say, I judge my husband for being lazy. I judge my husband for not taking the trash out. I judge my husband for not picking up after himself. I – okay, just go. Go, go. Go with as much as you can go. Be real. Okay, I judge my husband for cussing. That's one of mine. I hate when he does that. You can see that he is an Italian New Yorker – or I don't know, I can't. It's still; it's still there. As holy and as beautiful as he is, he still does it. And what does that mean? I'll tell you in a minute what that helped me, about me, okay?

Make your list exhaustive. As exhaustive as you can. I want you to at least have, at least half twenty, you know? I really prefer that you'd go for thirty, okay? Just go there. And, write down the ones that you are afraid of writing down. Write down the ones that if somebody else saw, you would do like, "Oh Gosh, I don't want them to think I'm a bad person because I judge some people for that." Write those ones down because it's the really powerful ones. And, you might be surprised, you may surprise yourself with some of the judgments that you do have.

Now, I judge people who don't follow their dreams. I judge people who work 9 am to 5 pm in corporate. I judge people who...whatever. Okay? Whatever it might be. Who have messy cars. Okay? Who have dirty cars, or dirty homes? These kinds of things. Write it down. List it down.

Now, once you have that list exhaustive, and you've written down the real stuff and not the stuff that you would, "Okay, if someone saw that, that'll be okay." Write down the ones that you don't really want to admit. Once you have that, that's Step 1.

Now, we have Step 2, okay? I know you're aware of this. I know you're aware of it. Whatever judgment you hold towards someone else, somewhere inside, you hold it towards yourself. I know you're aware of that. Now... I just hesitated. I bet you heard it again, because the power of this exercise [breathes deeply] has to be done in a specific order. And when I'm coaching the women through this one-on-one, I actually don't tell them what we're doing, and we spend a good 15 or 20 minutes just going through how they judge others. And then, after they have gotten it all out, then I go back, and I say, "Alright, so listen, you judge yourself for" and I go all through the whole list. You judge yourself for being angry. You judge yourself for being fat. You judge yourself for being a bully. You judge yourself for being lazy. Whatever it is that they said about someone else, okay?

I want you to really gift yourself permission to write down the real judgments without thinking into Step 2. So, don't hold back and say, "Oh my goodness, I don't judge myself for that, I'm not writing that down." You're actually going to sabotage to receive what's here for you during this exercise, okay? So that's why you heard from me a little bit of hesitation because I want this to be as powerful for you as it is for the women that I work with one-on-one. And I know it can be, you just have to gift yourself permission to really write down the truth of what you judge.

Now, you might be feeling like, "No, I don't do that, I don't judge myself for being fat. I'm not fat." Or, "I don't judge myself for being a bully. I'm not a bully." Okay? So this is very, very common. So this is what I want you to know, and just accept this, just receive this from me, the judgment is present somewhere inside of you. It may be diluted. It may be in a different aspect. But the judgment is absolutely present. You wouldn't be able to judge someone else for it if you didn't hold the judgment towards yourself.

So I had a client once, who was really, really affected by bullies. She's been bullied her whole life and when she wrote down, that she judged bullies and when we went back and said, "Okay, so you judge yourself for being a bully." And she was very upset with me, "No, I do not. I am not a bully. I can't believe how bullies hurt people. I would never bully someone else. I can't even imagine that. How can you say that to me? I'm not a bully. I'm not a bully." You know? Okay, so she was very, very upset. And as we were talking it about, what we were able to discover is, she bullied herself. She bullied herself all the time, internally. The way she talked to herself. She bullies herself all the time. So indeed, she was judging herself for being a bully. And she hated that part of herself. She had a really hard time with receiving that part of herself that was constantly judging herself because she was judging herself for being a bully. She was bullying herself. So, I want you to just receive what's here for you and understand that it does exist. You do judge yourself in some capacity for that.

So the next piece that I want you to do is that I want you to go through your list, and I want you to say, I want you to read it out loud: I judge myself. For being lazy. Woah! I judge myself, and feel into it! Feel what it feels like. I judge myself for being fat. I'm going to take you into an exercise. I'm going to get really clarity on the gift of your judgments so that second piece is that I want you to read through it and know you judge yourself for those exact things, okay?

Now, when you're doing that, they're going to be judgments that really surprise you. Okay? You're going to; you're going to argue with me. You're gonna say, "No, she probably made a mistake. That one is not true for me." You're going to feel it. It's alright. It's alright. That's normal that you allow yourself to feel that.

Once you have done that, I'm going to share with you; I'm sharing with you now, but once you've done that, you're going to do this – this piece. I want you to star all of the judgments that surprise you. And the ones that you, "Oh yeah, I can see that. I can see that I judge myself for being lazy." I want you to star the ones that surprise you, that ones that you go, "Ooh! Wow! I had no idea!" I had no idea that I judge myself for that. Or even a little bit of resistance to it, star those ones. And then teach you now, special practice, that it has become such a powerful practice within the elegant society and how to release judgment and actually see what's there for you, the power and the energy that's within a judgment. That if you allow yourself to access it, the way I'm going to teach you to access it, this will change your life. This will change your marriage. It will change your relationships with your clients. It will change your relationship with prosperity. It will change every relationship you have if you allow yourself to access it in this particular way.

Alright. So let me read through because there are five steps. I want to give you the time to write it down. So, the best time to do this is really right at the moment that you've noticed that you're judging someone, or shortly after, okay? That's the best to do that. Right now, I want you to do it with whatever you starred, to what was a surprise to you, okay? And you can do it anytime. The best time is when those judgments show up and

you know you're triggered and you know you're kicked off, and you know that little judgment light is whizzing around inside, and you're saying, [gasps] "That person is such a... oh" and you catch yourself, that's an excellent time to do this, right?

I will share you the steps, and I'm going to give you an example of how I utilized this in my life before. When this shows up for you, I want you to follow this five-step process. Number 1, is becoming aware that you're judging someone else. Now that might seem like a simple step but many people – you have no idea how many people go through life, just not being even aware that they're judging. I could name some [laughs] right now. That they can feel, no, that they feel that that is an observation when they're indeed super triggered. Super triggered. Even I see it, but like so yadda yadda, and you say, "Oh really, I didn't think you'd feel that way," "What do you mean I feel that way? It's true!" That – those kinds of people don't know that they're judging. They're not even aware of it. So Step 1, is aware that you're judging someone else, okay?

Step 2 is becoming aware that you hold that judgment towards yourself. So we just get 1 and 2 in the exercise that I gave you, right? So Step 1, becoming aware that you're judging someone else. Step 2 that you become aware that you hold that judgment towards yourself.

Now, Step 3 is where we're going to have a huge A-ha! A huge A-ha! Step 3 is that you uncover that you have the fear of others judging you for that. Step 3; you uncover that you have a fear of others judging you for that. I'll give you for an example, so you know exactly what I mean.

Step 4: you ask your Indie: who do I want to be instead? Who do I want to be, instead? Ask your Indie, who you I want to be instead? She might – typically, your Indie is not logical, right? From your thinking self, so you'll need this to get what your Indie says. Just believe her. Who do you want to be, instead?

And then, Step 5, you ask your New Yorker, immediately after your Indie tells you who you want to be, you ask your New Yorker, what action can I take right now that would allow me to be that? What can I do right now that would allow me to be that? This is such a powerful shift in your vibration and your consciousness. What it does is it aligns with your Indie in such a concrete, visceral way. That's when you start to recognize that you are who you want to be. And you gift yourself permission to participate in being that right in that moment. So, I will give you an example.

And then, Step 6 is optional. It's pretty advanced, but I'll share it with you because I have notes. You forgive the judgments, so I'm letting you do that. So let me give you an example. Say I am in a grocery store, and I have my baby with me – this actually happened a long time ago, so this, I'll share it in the present tense of what I am experiencing. I was in the grocery store, and I had my little one in front of me. We're going to the grocery store, and I noticed a mom who is screaming at her baby. She was screaming at the baby, and the baby was screaming, okay? And I don't remember what

was going on, the --, inside, I was like, "Ooh, she's not a good mom." Right? And then I was like, "Woah there." Because I was triggered by it. It didn't feel good to see the mom screaming. It didn't feel good to see the baby screaming, and my son was behaving at the present time, so there was a little bit of ego in there, "look at her, at what she's doing, she's not a good mom. I could probably figure that out." Right? So, you're judging, and your ego comes in and, "Oh, I'm a mom, better than you." Right? That's ego, right? That's judgment, right? So, I caught myself in the moment, "Woah, Cherry, you're judging that woman." You're judging that woman for being a bad mom. And then Step 2, right? I said to myself in that moment, "Woah, I judge myself for being a bad mom." There's somewhere inside of me that judges myself as a bad mom. It hurts to feel that, right? It's true. It's true. We all have been there. But – or not, I'm choosing this particular example when you hurt someone for something and you – judge yourself for that, it hurts inside.

Then Step 3 – this is so beautiful, you uncover that you have a fear of others judging you for that. I was able to say to myself, "Oh my goodness, I'm scared that other people are gonna judge me as a bad mom." Ooh. Ooh. Okay. That doesn't feel good. But it's true, though. Gosh, I have a fear of other people viewing me as a good mom, or a bad mom, not a good enough mom, right? Then I ask my Indie: who is it that I want to be, instead? If I've just identified that I'm not interested in being a bad mom, right? We're not interested in being the judgment. Who is it that I want to be, instead? And in this particular time, my Indie said to me, "I want to be a fun mom!" I want to be a fun mom. Now, that didn't necessarily correlate logically with being a bad mom, right? Now, if we're doing it logically, it's the opposite, it's like, "I want to be a good mom." No, that's not connecting with your Indie, and my Indie didn't say that. She said I want to be a fun mom. And then so I said to the New Yorker, "Okay, what can I do " – this is in the middle of the grocery store, and when you get these steps down, you will get to know them very quickly, you'll go through them very, very quickly, okay? They'll support you. Then I asked my New Yorker at that moment, "Well, who do I want to be instead and what is the one that I need to do that would allow me to be that?" And my New Yorker immediately chimed in; the insight is to step on the cart, the grocery cart like run through the aisle, you know, not too fast, speed up to the aisle and stand up to the cart and "Weee!" Like, ride the cart to the aisle. So, I did that. And I started laughing, and my son started laughing, and I was like, [gasps] "I am a fun mom!" It was awesome! I felt connected to my Indie immediately, and I saw myself in a brand new light. I was a fun mom, right? The judgment was gone. Judgment was gone. I released it.

Now, it doesn't mean that that judgment won't show up again in a different layer, but what it does mean is that your Indie and your New Yorker will react differently. It just means that there are more layers left to process, okay? And you have to free it. It's such a liberating experience. You release in that moment, the deep-seated pain that you've been holding onto. Then, you can forgive the judgment. You can say, "I forgive myself for judging myself as a bad mom." Forgive myself for judging myself as a bad mom.

Now, what I invite you to do is with the 3, or 4, or 5 that you starred is to go through this. And I mean, repeat them again. Number 1; become aware that you're judging someone else. You already have done that in Step 1, which is when you wrote the judgment down. Ask yourself whether you hold that judgment for yourself. You're real. Like, accept that there's a judgment there. And Step 3; uncover that you have a fear of others judging you for that. Step 4; as your Indie: who do I want to be, instead? Who do I want to be, instead? And then, ask your New Yorker: what action can I take right now to be that? What can I do right now to allow myself to be that? And then Step 6; forgive the judgments. I forgive myself for judging myself as – whatever it may be.

Now, these might surprise you. So, say you have a judgment against people who are fat, and then - I've had this with many of my women clients, and some of them will say to me, "But I'm not fat. I'm not fat" And I would say, "Okay, let's go to the judgment exercise, and if you feel that way right now, that's what you are telling me, let's go to the judgment exercise. I would say, "I'm aware that I'm judging someone else as fat, okay? I can see that." And then Step 2, I hope – I must've judged myself for being fat, and they'll say, "Oh, yeah, I guess sometimes. Sometimes, I guess. Doesn't everybody feel that way?" might be their response. Step 3; I have a fear of other people judging me as fat. And most of the time when we get to Step 3, women are like, [gasps] "Oh my gosh, that's totally true. I don't want anyone else to think I'm fat. I might make other people think I'm fat, or..." Okay, so whatever it may be, fat, or mean, or a bully, or, or... cheap? Whatever your judgment is, when you get to Step 3, there's usually a beautiful A-ha awareness that you have the fear of someone else judging you for that. And so we judge other people when we are afraid of them judging us for. You know how much energy that takes up? It takes up so much energy. So exhausting! We judge other people for what we are afraid of what they would judge us for. Ooh! Okay. That takes up a lot of time and a lot of energy, so I want you to free it.

You know what I'm really interested in, in this layer of Indie, who is it that you're really wanting to be? Who is it that you can be? That's what we're interested in spend all of your intentions on, right?

Hey, so this is such a beautiful exercise. I want you to go through this. I want you to understand within every judgment is a beautiful gift because it will lead you into understanding who it is that you really want to be. Who it is that you really want to be? And that is a gorgeous gift in judgment. When you can recognize what you are afraid of other people judging you for and free that, and step in, and shine your light as brightly as possible, your Indie will appreciate that. Your Indie will thank you for that. And for that, I am internally grateful. I'm internally grateful for judgments. Every time I experience some, allowing them to shed some light on who it is I truly want to be.

So I invite you this week to step into the Seventh Layer of the Indie. Allow yourself to free your judgments. Allow yourself to be liberated by the gift that's really there. And really just be honest with yourself. And then, I want you to ask this question: how can unlocking this particular energy help you move more quickly with your vision? Think

about that. Think about that. How can unlocking a particular energy or judgment assist you in moving more quickly towards your vision? What would that actually do for you? Okay?

Now, this Step 5 is not about making you feel bad about judging. I feel that it's healthy to judge what we like and what we don't like. Okay? It helps us. It assists us in allowing us to see who it is that we really want to be. This is about being! This is about the Indie. So, I am sending you love and gratitude, inspiration and permission, permission to allow yourself to go into those judgments –be sensually authentic, and freedom. I'll look forward to connecting with you next time! As we step into Layer 8. Layer 8 of the Indie. Wow! Alright. It's wonderful being with you all. Absolutely my pleasure to assist you and expand! And I will connect with you next week, Layer 8. Buh-bye, everyone!