

Sensually A U T H E N T I C

9 Layers of Indie

LAYER 8

CHAPTER 1: REVIEW & LOOKING BACK

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Hello, hello, and welcome. Welcome to the NINE LAYERS of the Indie where you have the opportunity to allow yourself to be sensually authentic. But you have the opportunity to be your truth. That's what this is about. That's what we're talking about. We're not talking about how to get the most results you've ever gotten; that's icing. That's just happens when you're actually being whatever it is you want to be. But we're talking about really being who it is you want to be. And from that space is where things are created naturally. Many of us have the tendency and have the programming that everything to attempt to participate in must yield the results, so we look for the results immediately, and that's what we go after. This is a really different paradigm when you step into the truth of who you are first, and then you create from that space. So if you've been feeling any kind of anxiety of finding yourself getting caught in the pattern of not having the results that you're wanting or starting to judge yourself, I want you to ask yourself the question, "Are you really allowing yourself to be who you it is you are, really?" Who it is you're being. Who it is you're being now, is it in line with you it is you are becoming? And asking yourself the question, "Who is it I choose to become?", and ask and create from that space. That will yield you the transformation and the results that you're ultimately seeking, quicker than you can imagine.

If you attempt to go into the doing and create the results from that space, you will end up overwhelmed, depleted, and you may get the results that you're wanting, but most likely, if you're a conscious woman, you will not. Because you'll have difficulty receiving that gift of the external result that you are thinking, because ultimately you will know

you're not in mind with your truth first. And even if you're not consciously aware, you will experience that, okay?

So, wow. We are stepping into the eighth. The eighth layer of the Indie together. We have been through a lot together so far. So what I'd like to do is take a moment and really review where you've been. The last week, we had some phenomenal questions. That was actually earlier this week. On the process, I want you to settle in, allow yourself to become aware of your intention for the call and not only your intention of the call, but also, your intention for this program, for this course, why you said "yes." Who is it you want to be? Who is it you're stepping into? How can you allow yourself on this call to receive more of that?

My intention is to provide in a powerful, elegant, very open way the opportunity for myself to step even deeper in who it is I am becoming. Specifically, within my ability to love more deeply. That is my own personal intention for this call. And with that, and intention for the group would be that I provide the opportunity for you all to experience that through me. What that does, I'm framing, and I'm saying that intention in a specific way. What that does that is it allows you to receive the ability to respond to responsibility, right? The ability to respond in a way that serves you.

My intention is set up in a very clear way that I am not taking over-responsibility. When we step into a space of over-responsibility as women, a couple of things happen: we get resentful which we talked about, well, we talked about resentment coming up. It also really drains our energy units because when we look at the definition of responsibility being the ability to respond, I can't, nor can you respond for anyone else. That's why we hear when we're little, "It's your responsibility." Most people have a really backwards misunderstanding of what that word really means. If you look at the word and what it really means, it means the ability to respond. So when someone says it's your responsibility, what they're saying is you have the ability to respond and it's true. We all do. We have the ability to respond with responsibility in our lives to respond in a way that we choose, in a way that's going to make us feel good. And if you're in this course, in a way that's going to allow you to become more of who it is you are becoming. So be aware, this week, of allowing yourself to maintain your own energy units and not take responsibility for someone else or something else. Make sure you are remaining in your energy, and if you have experienced the power of sensuality, you know that your central circle. Making sure that you're staying in that place where you have the ability to respond.

I want to share with you another way that this could be affecting you. Sometimes, when we're scared and we're in that second phase of the Indie, when we're in that second layer of the Indie, we will tap into that fear and try to take responsibility for other people,

and utilize that as a means of staying scared. So let me explain to you exactly what I mean. If you are scared to write a book, if you are scared to do a course, a program, a telecall, if you are scared in anyway, just to share your gifts with the world, if you're scared to write an article, if you're scared to call that person, if you're scared of whatever it may be, some action, we're going to use some action in this example. You're scared to do that. The majority of us as women are scared.

I just had a huge revelation for myself so I'm breathing and smiling and being so grateful that showed up for me right there. If you are scared to do that, the majority of us as women are scared because we are afraid of how the other person is going to react. Are they going to reject me? Are they going to like me? Are they going to approve of me? Are they going to purchase my program? Are they going to say something bad about me? Are they going to think I'm manipulative? Are they going to think I'm stupid? Are they going to think I don't have what it takes - whatever, right? That is most of the boys stopped us from doing what it is that we want to do, from stepping into our gift to the world. When we do that, we are taking an over-responsibility for the other person. You cannot, cannot make someone respond a certain way. It's not your responsibility. You do not have the ability to make someone else respond in a specific way. So, if you're utilizing the excuse of rejection, or fear, or they won't like me, what you're actually doing is, utilizing responsibility as a deception. It's holding space for you. It has nothing to do with the other people. You can't control it. The only thing you can is your ability to respond, and it's your ability to respond to your desires.

So today, before we step into the eighth layer of the Indie, I want you to review your vision. I want you to go all the way back to the first layer of the Indie, and just with me right now; you don't have to worry about going through your notes for finding your vision. I want you to just close your eyes for a minute and feel. Feel that vision. The first time you were there. When you opened that beautiful door, and you walked in. So the guided vision, and the living vision that you created. I want you to feel it now. I want you to reconnect with the excitement. I want you to reconnect with the feeling of wholeness. I want you to reconnect with the trust. I want you to reconnect with the emotion of possibility, and what is really, truly calling you, seeking you. The desires that you have to experience.

And now, I want you to understand, understand in a visceral way, not in a logical way, I want you to understand from a feeling place, that it is your responsibility to experience that vision. It is your responsibility to experience your desire. You have the ability to respond to that vision. That's it. That's what this is about. You gifting yourself with the opportunity, the ability to respond to your desires allows you to be who you really are. it allows you the opportunity to experience what it is your desiring because you, deep down in your Indie know that that is the experience you require in order become who it

is you are wanting to become. It is not about the external results. It is not about how other people are going to respond to you. It's about your ability to respond to your desires. That is what you're seeking. That is what the being of the Indie is about.

When you come from that space of creating, your whole world shifts. Your relationship with your Frenchie, your relationship with your New Yorker. I teach women how to build programs, how to create, how to receive money. They must be in line with their Indie. They must be allowing themselves to be who it is they truly are so that they can respond to their desires in a way that's true to them. The only place, I believe, the only place to create from. And on my own journey, every time I step away from that, every time I've gotten into my head or looked at statistics, or heard someone else's viewpoint of what they think I should be doing. Whenever I step into that space, everything stopped. My flow stopped, my confidence dropped, all of a sudden, the need for seeking approval and admiration and "Okay, you're doing it. You've done a good job." When that grows, that's when I know, "Wait a minute. Wait a minute. I have the ability to respond to my desires. I have to trust them. They might not make friends."

In fact, they'll share something with you very personal. I know. I know that I know that I know, that I am here to assist women in releasing a deep-seated pain so that we may shift the consciousness of this planet on a global, economic, and political scale. I know that. When I first realized that, I had no idea that the freak that meant. So serious. I was like, "Whoa. That's real. That's big. That's huge. That's why I'm here? What the heck does that mean?" And I remember saying it Dave and he said, "I don't know. Will you please write that down?" Because he was touched by it. And every time I say it, I am touched by it. It's my purpose. It's why I'm here.

And now more of it is being revealed to me. In fact, some of what I'll be, perhaps, sharing with some of you in the near future. More - the economic piece has really - whoo! Come in full circle, in a way that I've never imagined it would. So, here's what I want to show you. I know that. I know that. And yet, and yet, there is a desire deep, deep, inside of me to design clothes, to design lingerie. I sketch. I love that my whole body is involved. And yet my ego says, "What are you wasting time on this for? This isn't in line with your purpose. What does this have to do with changing the world, Tara? You're just wasting time idling. You're just dreaming. You're just fantasizing. This is ridiculous. What are you doing?" That's my ego. That's when the fear comes in. And the deepest part of my Indie says, "It doesn't matter. You have a desire to experience this, and that, my dear, is enough." And I shared that with you because that is the relationship that I have with my Indie. That's how she speaks to me. When I ask her, "Tara, what is going on here? I don't understand. What am I doing? How can I do this? Help me. I don't get it. Why do I have this desire? What does it mean?" It doesn't mean she gets off the scroll, right, of all the karma in the world and foresees my future for 20

years. She says, "Just tell me the results." She gives me the opportunity to have confidence because I desire it.

As you get to know your Indie deeper, you'll be able to ask deeper questions. And I shared this last, last week, around the last I think Q&A call. You'll be able to answer questions that go, "Why? Why do I desire it?" And not some looking for the answer for the exact reason of how it's going to assist you in your external results, but how it's going to assist you in being who you want to be, as an experience that you're seeking. You need to trust it. You need to trust it. I invite you, from a place of love to have a deeper relationship with your Indie, starting now.

After you feel the ability that you have to respond to your vision, what will very beautifully follow is fear. It's normal. It's natural. It's okay. It actually lets you know you're on the right track. Because in my experience, if it doesn't scare you, it probably isn't worth doing. And it probably isn't going to hold the energy in the capacity to grow like you're capable. So when I hear people say, I want to get rid of the fear. Really? That would be boring. I understand I want to be able to dance into it. I want to be able to go through it. I want to be able to embrace it. I want to be able to process it. How would it be for you if you were able to be with it? What if you could be with it? Be with it long enough to receive what it is that's for you that you're desiring to experience. That's how you process the second layer. You be with it. You be with it for as long as you need to be with it. You don't skip over it. You don't jump around it. You don't knock it down. You don't push through it. You don't kick it. You be with it. You be with it. Okay?

Then, you let it go and step through it. You feel it. What does it feel like, to be afraid? What stops us in the second layer is because we fear...fear. So we get stuck in between layers one and two. We could hear the fear, we see the fear of someone rejecting us or not approving us, and then we just stay there. We get stuck. Feel the fear. Feel the fear. Don't be afraid of the fear. Just feel it. What does it feel like? Be with it. Let yourselves experience it. Once you allow yourself to move into and through the fear, you naturally, almost simultaneously, will come with resistance. All the reasons you can't, all the reasons you shouldn't, all the people who told you that it was impossible; all of it will show up. And then you, because of the knowledge and awareness that you have will take a beautiful central breath, and understand that whatever it is you are truly desiring, so it's in this layer, the third layer where your desire is reinforced. What a gorgeous gift.

Let me just make sure I'm on the right track. I saw a vision. I was scared of it, and now, I'm resisting it. Whoa, perfect. I'm going in the right direction. Okay? So instead of, my goodness, I'm resisting it. There must be something wrong with me. I better turn around and go back. And sometimes, we do that. Right? We say, "Oh my goodness, I must be on the wrong track. I'm going to turn around and go back. I going to go right back into

fear, and I'll just hang out there for a little bit longer, until I wait to see if there's no resistance left." That's how it works. And you're resisting. You should encounter it and embrace it. Wow, you're here. You're here. Now, I want you to be real with this with yourself. I don't want you to feel that this needs to be perfect, pretty picture all the time. Because when we go into resistance, it doesn't always, or if ever, feel pretty.

Those of you at my elegant center immigration event, I showed a video that was not pretty. Not pretty at all. Not at all. But it was beautiful. It was raw. It was real. It was emotion. It was me processing these layers, very very deep. Very deep. For your journey to the layers is not going to be pretty. It is going to be beautiful. You have these now to utilize. Keep moving through them. Keep moving through them. You will then find yourself in resentment. Now, one of the questions that I get asked a lot is, "Well, how long do you stay in each layer?" There's no right answer for that. You'll see the layer when you're ready. You ask your Indie where you are, in layers, and she will tell you. If you think of a vision, and you know you're not where you want to be with it, ask your Indie, "Where am I in the process?" And then you can look at it, in your notes. Am I in fear? I acted like I kind of moved through the fear. Am I in resistance? Is there anything I'm resenting about this experience? Okay. You might be resenting that you haven't done it yet. Oooh. That's a big resentment. And if you don't ask yourself that question, "What is it I'm resenting?" You might not ever know that. That what you're really seeking is just you experience it, and you're resenting yourself, and you're resenting the experience because you haven't experienced it yet. The only way to get through that, then is to what, is to actually experience it. Right?

You might be resisting someone. You move into your place of power. You set out your boundary. You take responsibility for the way you feel, and the way you feel about your vision. And then you take responsibility for your vision. You are the only one that can fulfill it.

Then you move into rejection. Rejection will be looming as soon as you step into the first layer. You'll feel it very quickly and very deeply when you start to move into what it is you're wanting to experience. The fear of rejection. And you can let this one stop you. Many, many people do. I shared with you in the very beginning; it's how you get through that. You understand that it is not your responsibility how anyone else reacts. The fear of rejection has nothing to do with anyone else. The only and most painful part of rejection is when you reject yourself and you say no to your vision, by not allowing yourself to your desired experience. The many people that will get to the fifth layer and they will say, "Oh you know what, I don't know. I don't know if I really want this, actually. Maybe I'll just turn around and go back. I don't know; maybe I'll just change it. This is - yeah." And you reject yourself. Okay? So be aware. Be aware. Not beware. Be aware. [laughter]

Then, the sixth layer. If you say to yourself, "You know what, you know what, rejection? I am not going to reject myself. I understand that the proposed fear of someone else rejecting me is nothing compared to the real pain of what it feels like if I reject myself. So thank you very much for showing up." Again, I am on the right track, and now, I step into forgiveness. Forgiveness is required at this stage. Why? Because once you process rejection, it is time to really be and experience - your vision. So you're requiring at this time - confidence, and being able to achieve your desire. Now, listen to how I said it: not to achieve your vision - you and I are patching ourselves to our external results. That does not mean that you just sit around and say, "Okay, whatever happens, happens. I'm not even going to worry about vision." No. No. You will receive your vision. Because at the end of every vision, you write this for something better for the highest good of all concerned. And you understand and you trust and you surrendered that whatever it is that you are desiring in this experience is exactly what you require to become more of the woman that you are to become.

When we step into forgiveness, we clear space. We clear space and we built confidence for us to continue on the journey of our vision. We forgive those people in our lives that we have not forgiven. And most importantly, we forgive ourselves. At that point, you may wish to reevaluate your vision. It typically happens very very organically and naturally. You re-evaluate your vision. Not from a headspace, not from a logically, making sure I'm on the right plan, but from a heart space. Typically, new pieces of your vision open up at that time, once you've gone through the layers up to the sixth layer. So it's a wonderful time to ask yourself. Are there any other aspects of my vision that are showing up? Are there additional desires that I've come in contact with that I want to experience? Beautiful time to ask that. And then what comes?

The seventh layer. Judgment. Because, if you are going to allow yourself to step into that vision, you bet, there's going to be judgment. Because if you're really going for it, you are really saying yes to your vision, it's going to be big. And we judge people to achieve big things? Yes, we do. Yes, we do. If we're real with ourselves, we do. We, as a society, judge people who have money. We judge people who have success. We judge people who are doing what it is they want to be doing in the world, and you know it, right? You know it. You see the people. You can see the people who are doing what they're supposed to doing in the world. And the natural part of the ego is to judge them. To judge them by saying a multitude of things, "It was easy for them. They were born with money. Gosh, it's easy for them. They're beautiful. Gosh, it's easy for them. They have a private chef. Gosh, it's easy for them. Their dad's in the movie business. Ah, it's easy for her; she has a husband that loves her." Right? We make all sorts of judgment based on the ego of why other people are achieving their vision. Do you think that's going to show up for you personally, in layer seven? Absolutely. Because you start to be

aware of how you have judged yourself, and your ability to not only achieve your vision, but also how you are going to judge yourself for achieving your vision.

I want to say that again. I want to bring some clarity around that. A lot of times, we desire something. Maybe we desire wealth. And underneath, if we have a judgment, around wealthy people, it makes it really hard to achieve the wealth, because we're afraid. So when you look at your vision, and when you feel your vision, all the pieces may be here. If you're speaking around the world, maybe you are a billionaire, maybe you own a chateau, maybe you are feeding hungry children. Whatever it may be that's in your vision, and then you realize that you had judgment against people who have done those things. You need to release them. You need to release them so that you have space in your confidence to step into your vision, and then you need to release the judgment around yourself. The judgment around yourself for desiring this vision, and the judgment around yourself for fearing that you're not worthy of your vision. I asked you to allow yourself the seventh layer of the Indie. We arrive at what we are today.