

Lesson 2: Naked Self

AUDIO LESSON TRANSCRIPT

Hello ladies and gents. It's Tamra here for week 2 of *Remarkable Relationships*. I hope you've had a fun week and started doing your homeplay. I've received a lot of really inspiring goals, a lot focusing on eliminating that negative mind-chatter and building self-esteem and confidence in order to really cement in, your relationship with YOU.

As we discussed last week, loving yourself and feeling comfy in who you are – physically, mentally, emotionally and spiritually – is the *key* to creating happiness and success in ALL areas of your life. It really is the **foundation**. Whether it be ridding yourself of anxiety, attracting in the right mate or increasing your financial position, it all begins with YOU.

Now some of you have already started to feel a little bit of resistance come up – so let me remind you, that this is a normal part of growth. Sometimes personal growth can appear painful, because it can make us feel ashamed and humiliated to face our own darkness. But the goal of personal growth is the journey out of dark emotional patterns that cause us pain, to those that create peace, happiness, joy.

So I really encourage you, no matter what resistance is coming up, to NOT give up. If you feel you want to give up, go back and read your commitment contract from last week. It's the *resistance* that causes the pain, as opposed to the actual growth. And when you allow that change and growth to happen, it's actually a really nice journey.

Before we get into Lesson 2, does anyone have any questions from last week or what you experienced during the week? Did anyone have trouble completing their homeplay? If you did, don't be shy, this is about being honest with both me and yourself, so we can uncover what's stopping you moving forward. We all have personal barriers – and this is our opportunity to break through them.

So please press *2 to raise your hand if you'd got any questions or anything you'd like to share.

[TAMRA ANSWERS QUESTIONS]

Thank you so much for sharing. Now Lesson Two of *Remarkable Relationships* is called *Naked Self*. *Naked Self* is where we strip off all the layers of conditioning we've taken on over the years, that have us living from a place of fear or struggle; a life vacant of true unconditional love. Love for ourselves and love for the world around us.

If you've done much spiritual exploration before, you'll know that we *are* love at our core. Therefore, we have the ability to experience love in *everything* we do. But as a child we took on beliefs about ourself that stopped us from loving ourself completely, from being able to *feel* that love from within – to feel who we truly are. When we separate from that love, it leaves us feeling alone, incomplete, fearful.

So I simply invite you now to imagine your wardrobe full of old clothes, old shoes, maybe there's a cobweb or two. It hasn't been cleared out... in forever. There's dust. There's even moths eating holes into some of the garments. Now if you're getting dressed from that wardrobe every day, what are you presenting to the world? How do you *feel* when step out of your house, wearing those old clothes? What are you telling yourself as you walk down the street in those daggy old jeans that are torn, or too baggy?

Just think, if you took the time to clear out all the old, fraying and fading attire, how much space you would have to welcome in new, brighter and more appealing items. You see, you need to remove the old, before you have room to accept the new. And then consider how you would look, feel and think about yourself, wearing those *new, shiny* garments that fit in *all* the right places?

What I'm saying, is we carry around our past, and it shapes *who* we are, and *how* we interact with others. Until we look in the mirror, we will always attract the same types of relationships and the same

outcomes in ALL areas of our life. Looking back on your past relationships, whether it be personal or professional, you may start to notice there are **patterns**. You may be getting bullied in one job, only to leave, and have the same thing happen in the next job.

I know I went through a phase of guys vanishing and if you've read my book *Getting Naked - The Dating Game*, you'll be familiar with my personal journey. One minute we were dating, the next, they're not returning my calls, texts, emails. Gone, kaput! See ya later, without so much as a Sayanara!

We handle this in one of two ways. We can blame the guy, thinking they were a cad! Get our girlfriends around to commiserate and eat chocolate cookies and feed the 'it was him, not me' story. We can come up with strategies on how to trap the next one and make sure it doesn't happen again. OR, we can take **responsibility**.

You see, no matter what pattern you're repeating, there's only one common denominator, and that's YOU. You're the only one present in ALL those scenarios. That's where you need to ask yourself: Who am I being that would attract such a negative situation into my life? What is it that I need to let go of, in order to break the pattern?

If you remember back to last week, we looked at **Cause and Effect**. If you live your life on the *Cause* side of the equation, you're taking responsibility for the *results* you get. If you choose to live on the *Effect* side, that's where you blame *others* for the things that happen to you. The effect side is not a nice place to live, because that's where you have a lot of *excuses and reasons*, as to why you didn't get the results you were after. That's where ultimately; you give your power away, often to another person. Sitting on the *Effect* side, stops you from achieving your goal.

So, let's just sit on the *Cause* side for a moment. You're getting bullied. What is it in YOU that is *allowing* this to happen? What is *allowing* you to get stuffed around by potential partners? What is stopping YOU from getting every job promotion you put your hand up for? What is stopping you from getting your finances under control so you no longer stress about money?

The answer is simple: It's a host of **limiting beliefs** you hold about yourself - limiting beliefs that are stored in your subconscious mind.

Before I explain how they work, I just want you to look at your goal for a moment. So simply get your goal out now. And I want you to read it out loud. I'll give you a moment to do that now. Just read it out loud now. You're all on mute, so no-one can hear you.

Now with that goal top of mind, I'm going to walk you through a visualisation, which you should all be very familiar with by now:

So relaxing now into your chair.. if you're sitting in one.. I simply invite you to take a deep breath in.. and as you exhale.. gently close your eyes.. that's right.. just relaxing now.. letting all the worries from the day.. simply drain away.. and simply continue to breath in.. and out.. at your own steady pace.. that's right.. just inhaling.. and exhaling.. feeling more and more relaxed.. with each deep breath.

Now simply imagine you're walking onto a movie set.. and this isn't just any movie set.. it's the movie set of your life.. and as you get closer to the set.. you start to notice all those people are familiar.. they're all people in your life.. and as you take another step closer to your movie set.. you start to relax... that's it.. and you feel a wave of calm move over you.. and taking the next step you feel more and more at peace.. feeling really light.. peaceful right NOW..

And you start to notice there's something special about this movie set.. as you take another step.. you take a deep breath in.. and as you exhale.. you feel the most relaxed you've ever felt.. any burdens simply lift from your shoulders.. and your feel light.. and care-free..

Standing on your movie set right now.. someone whispers in your ear.. it's the director.. and he says to you: it's now time for YOU to take the lead'.. that's right.. no longer are you just the actor on this movie set.. now you are the actor.. the screen-writer.. AND the director.. you can now direct what will happen next on the movie set of your life.. it's now up to YOU to create the movie you'd like to star in.. the power is yours to tell your inner story.. and bring it to life..

As you contemplate this.. you start to think of the goal you've set.. that's it.. bring that goal onto the screen of your mind.. the one you read before you closed your eyes.. before you stepped onto your movie set..

And as that goal enters your mind.. the movie set before you.. starts to change into a new scene.. and as this scene starts to transform.. you notice that it's looking very inviting.. and as you give yourself permission to indulge in this new set.. just notice how amazing you feel.. and you think to yourself.. 'This is a place I'd like to spend a LOT more of my time'..

This scene of you achieving your goal.. is right here in front of you.. right now.. and as you see yourself achieving your goal.. you start to see what you would see having achieved this goal.. that's it.. really allow yourself feel what it would feel like to have this goal become your reality.. to be living this goal every day.. listen to the sounds of you achieving this goal..

And as you indulge in the sights.. sounds and feelings of achieving your golden goal.. you reflect on how easy it was to reach your goal.. and how being armed with this formula for success.. you could now achieve even bigger goals.. and you realise that writing the future you want, is simple.. so easy in fact.. that your imagination starts creating all the other things you'd like to appear in the movie set of your life..

You now know.. that your future is within your control.. you have the pencils to script your own life.. and the eraser to get rid of anything that is holding you back.. and you know that by simply focusing on your goal.. you give it energy.. you help set the wheels in motion.. to turn that goal into reality.. and this gets you excited.. very excited..

And you're feeling right now.. like you could make ANYTHING happen.. whatever you decide to work into your script of life.. can be yours.. you can create the movie you're dreaming up.. anything is possible on your movie set.. there are no limitations.. no boundaries.. just a clear set.. ready for you to bring to life.. whichever storyline takes your fancy..

Your belief in yourself is now high.. extremely high.. no longer do you question what's possible.. you know that you can pick up the eraser and get rid of any storylines that no longer serve you.. you can place any old scripts in the trash easily and effortlessly.. you can create a blank page from which to write your fulfilling life.. from now on..

Letting go of your previous experiences on other sets is the key.. you know that to move on.. to create.. from this day forward.. involves learning from the past.. then letting it go.. taking action in the present.. we all know that as homeplay now.. and being inspired by this amazing future you now see before you..

Having inspected the movie set.. having plotted the script.. it's time to get back to the writer's chair and start bringing this baby to life.. but you know that feeling you felt.. that knowingness that you can achieve anything.. it **stays** with you.. from this day forward..

As you continue to script your life.. you hold onto the knowledge that you have the power to bring any movie to life.. any goal is within your grasp.. And why is that?.. because **whatever you see in the MOVIE of your mind.. is what becomes your reality..**

So simply right now.. start to wiggle your fingers.. and wiggle your toes.. take a deep breath in.. and as you exhale.. open your eyes.. and smile at the possibilities before you.. on the movie set of your life..

Welcome back. Hopefully you're feeling pretty excited about creating your goal. As I mentioned during that visualisation, whatever we create in our mind, we can turn into our physical reality. The magic is in keeping your attention on what you want. Keep connecting in to how that looks and feels. Keep it in your heart and all around you like you're living a movie that hasn't quite solidified yet. Your inner programming creates your physical reality; that's why the more you keep your goal in the present moment and feel it as real for you right now, the faster it materialises.

Now your reality is unique to YOU. And what I mean by that, is what you see on your trip into work each day, could be very different to what your colleague sees, even if you've caught the same bus. This difference in perception comes about due to our upbringing and our individual experiences from birth. Let me explain....

The moment we are conceived, we are perfectly whole. A being of love. No baggage, no attachments, no *limiting beliefs*. Yet while we're incubating away, physically growing into a foetus and

getting ready to come out into the world, we start to take on the subconscious programming of our mother and who she surrounds herself with – and how they react to situations.

Science now shows that our childhood conditioning begins in the womb, and continues once we're born. If it was a traumatic birth, you will have taken on that negativity, with the experience starting to form how you see and act in the world. How *safe* you feel. How *worthy* you feel to be here.

Then as a little bubba we continue to fall prey to other people's criticisms, judgements, opinions and beliefs. We are naked and exposed, totally vulnerable and dependant on the big people around us – those big people might be our parents, our carers, our teachers – all those people of influence. We absorb *everything* they tell us, both the positive, AND unfortunately, the negative.

Think of a child as a sponge, and they absorb absolutely everything. There is no filter to differentiate between sarcasm, people's moods, or other factors, which would prompt someone to say something of a negative nature. We take on whatever they say as *fact*. It becomes our truth, and we go through life *believing* these things, allowing them to shape who we are, how we act, and how we behave in certain situations.

So imagine you walk into the kitchen to get a hug from your mum, and she tells you in a raised voice to get out. YOU take this as her not *wanting* you, when the actual fact is, that she's just broken a glass, and doesn't want you cutting your foot on the sharp splints. As an adult, you can rationalise this, but as a child, all you took on, was that your mum didn't want you. This could set up a limiting belief of 'I'm not wanted,' or 'I'm not lovable'.

So let's look at what **limiting beliefs** actually are. Ultimately, a limiting belief is something you believe that holds you back from moving forward, from reaching your potential. It stops you achieving your goals in *any* given area of your life. It keeps you living a small, limited life. A life where things feel out of your reach, or unattainable.

And these limiting beliefs can show up in different ways – they may block your view of the opportunities that surround you, or they could cause you to sabotage your relationships, your career, or poison your body with toxic substances. It's these sorts of beliefs that keep you heading back to the fridge for more chocolate mud-cake when you *know* that you're full.

You see, if you feel you lack something, if you don't feel full in yourself, then you'll try to fill that void with external things, such as food, cigarettes, drugs, gambling, people. People who don't feel complete in themselves often crave a romantic relationship because they think that will fill them up, give them the love they crave. The thing is, you can't get love from another person or from a substance. The only place you'll find love, is *within*.

Now the interesting thing with limiting beliefs, is most of the time we are completely *unaware* of what our limiting beliefs are, because they're stored in the subconscious mind. So let's take a look at the role of the **subconscious** mind, as opposed to the *conscious* mind. Have a look on your playsheet, for the diagram of the subconscious mind. There's room there for you to take notes if you wish.

Firstly - the *conscious* mind is all the stuff we are aware of – all the stuff that we know we know. Pretty straight forward, yeah? The **SUB**conscious mind is like a storage room for everything that's *not* in our conscious mind; we're talking about previous life experiences, belief systems, memories, your skills. It is your subconscious mind that controls the autonomic nervous system – the control system for our body; it's what keeps you breathing and your heart beating – it's what helps your body digest food.

Our subconscious is always processing different types of data. You may have also experienced times when you struggled to solve a problem, and the answer pops into your head at a later stage when you were busy doing something else. This also happens with our memories. We may have absolutely no recollection of an event, then something happens which triggers off that memory – *feelings* and all.

Just think of when you learnt to drive, you had to concentrate *really* hard and be conscious of every single action yeah? That's certainly how it was for me. But once you got good at it, the driving process became automatic, without having to *think* about it. Notice how many times you drive to work, and can't recall the actual trip. All you know is you reached your destination. It's these types of skills that help us get to places in life without us knowing how – arriving at destinations we may not want to arrive at; debt, pain, ill health, loneliness.

And the reason we keep on arriving at these destinations that we really don't want, is because our

subconscious mind is responsible for 90 percent of our thoughts, actions and behaviours. That's right, 90 percent! So we will ALWAYS get the results we are *programmed* to get - in ALL areas of our life. They may or may not be what we *consciously* want.

It's like in my early 20s, I was going to be put in a mental home after being diagnosed with severe clinical depression. I'd become a risk to myself with frequent suicide attempts. I went to various therapists and tried all sorts of things, but I couldn't breakout of the cycle. That was until I started working with the subconscious mind. As soon as I learnt how to change the programming, the depression lifted, I got off my meds, and depression was no longer part of my life.

So you can start to understand how important it is to have healthy, positive beliefs; to have a subconscious mind that supports that which you desire in life. Because it's our beliefs - our subconscious programming - that shapes our physical reality.

You may believe *consciously* that you deserve that job promotion, but if you have a host of limiting beliefs stored in your subconscious mind, that you're 'not good enough' or 'not deserving' of the new role, these can sabotage you. What you're looking for, is for your *conscious* desires to be completely aligned with your *subconscious* beliefs.

Some of us are really good at getting money, getting into relationships, getting a great figure, but if you're programmed NOT to have those things, you'll sabotage yourself and lose them. It'll be this constant journey of getting something and losing it, getting something and losing it, instead of getting something and actually *keeping* it.

You can have all the knowledge and skills in the world in your chosen life area, but if your subconscious mind isn't set for success, you'll sabotage at the first opportunity and fail to get the result you're after. And chances are you'll continue to repeat this pattern, over and over and over again. You may date five different men, but they all leave you for the same reason.

Have you ever heard of people who go from one abusive relationship to the next? It's not that they *consciously* want to be abused, it's limiting beliefs stored at the subconscious level that has them thinking they don't deserve any better. If you can clear those beliefs, and bring this to their conscious awareness, you can stop the pattern from reoccurring.

It really no surprise that we've taken on all this mental gunk, putting so much pressure on ourselves to perform, and berating ourself if we fail to live up to the impossibility high standards we set ourselves. Just look at what we were taught in school. We were taught than in order to be seen as 'good enough', we had to achieve high grades. We had to compromise ourself to fit into the popular group in the playground, or be teased for being a loner.

From that early age we started to see ourselves as separate from others with a need to compete and be better than, as opposed to connect and love. We took on this idea that we're not quite good enough and we need to struggle and strive and do whatever we can to be good enough. God forbid we make a mistake on our exam. Yet imagine how differently you would be living your life right now if you saw mistakes as learning opportunities; opportunities to grow!

We were taught that things like grades, fitting in, having lots of money and making sure we don't make mistakes, are all more important than love. Than accepting ourselves, unconditionally. Yet like I said earlier: Love is who we are. *Fear* is what we have *learnt*. And it may feel like this fear is all we know because it's been programmed into us at such a young age. That life is hard and that's just the way it is... when it's NOT. It's simply limiting beliefs at play. And as long as we allow those beliefs to remain true for us, is how long we will continue to experience the fear, the struggle, and/or the pain.

Your parents may have said some mean things to you 'You'll never account to anything' or 'You're no good at maths or spelling'. But we as adults are much more vicious to ourselves 'I'm a jerk, I'm a loser.' No one will ever beat us up the way we beat ourselves up internally. Self-loathing becomes our way of life. And this self-loathing, this negative mind-chatter is a product of our limiting beliefs. **The common enemy we all have is our beliefs. But our beliefs can be changed.**

And the more beliefs you strip away, the closer you get back to your true, naked self. The baby that was conceived, that was perfect and whole and happy! So if you consider your brain being like a computer: what we're doing is, replacing the programs that no longer serve you, with *positive* ones, that will support you in creating more love, more happiness and much more pleasure in your life.

In Lesson 4, I'll be teaching you how to remove these limiting beliefs for yourself, so you can heal your own inner wounds. So whenever a problem arises, whether it be around health, wealth or love, you can go to the root cause and clear it out yourself, so you can move forward easily. Be more in the flow of life, as opposed to being stuck. Because the only thing separating you from the person who is achieving everything you'd like to be achieving, is your *beliefs*.

But in order to be able to access your beliefs, you need to learn how to tune into your subconscious mind - where your beliefs are stored. And so this week I will share with you a technique that will allow you to get into the calm and loving space needed to easily access your subconscious mind. It is essential you are *always* in that calm space before you begin the removal of beliefs.

If any negative emotions or thoughts are present they *will* cloud your ability to access your subconscious. That's why this exercise I'm about to share with you is so so important. It will help you turn down the *thinking* so you can listen to how you *feel*. So you can easily rise above your gunk and access your subconscious.

As you'll see on your playsheet, this exercise is what I call the **Love Wrap**. And no I'm not going to break into spoken song - this is about wrapping yourself in calming, loving energy to help you connect in with yourself on a much deeper level. You may have experienced this relaxed centred, space if you've meditated before.

So we'll do our first Love Wrap together now... but just so you're ready, I'd like you to turn to page 6 of your playsheet, as we'll be using this once you're in your Love Wrap.

So turn to page six... then simply close your eyes, taking a deep breath in, and then out. Focus on the breath, breathing in fresh, clean air, and on your exhalation, letting out any worries or stress, any tension or negativity you may be holding in your body. Breathing in pure awareness and exhaling anything that's not serving you right now.

Allow a smile to spread easily onto your face as you relax into the breath. And just continue to breath in, and out, at your own steady pace.

And now simply imagine your feet firmly planted on the ground, connecting you with the earth. And just notice how grounded you feel. So grounded, there are roots, like you would see at the base of a tree, and they're growing from the souls of your feet, deep into the earth, so deep, they extend right down into the centre of the earth.

And at the centre of the earth, at the earth's core, is pure, unconditional love. And that pool of love is expansive. It's abundant. There is a continual overflowing supply of this unconditional love.

And as the roots grow into that pure, unconditional source of love, you feel the powerful force of that love. It's alive, full of energy. And it feels really yummy, comforting and safe.. all at the same time..

And the roots that have travelled down from your feet into this pool of unconditional love start to absorb this source of pure love, and just like a tree sips water up into the body of its trunk, you drink up this unconditional love.

That's right, the pool of pure love is now carried through this entire root system, until it reaches the souls of your feet, and as it does, you feel in your feet, this vibration. You may experience it as a small tingle, or you may feel a strong force, perhaps you simply sense it being there. Whatever your experience, is perfect.

And now with that love seeping in through the souls of your feet, simply imagine it start to enter your blood stream. That's right, this pure unconditional love, straight from the core of this earth has now entered your blood stream, and is making its way through your entire body. Notice how it starts at your toes, working its way up through your feet, up through your ankles and into your calves, reaching your knees now, the vibration growing stronger, as it continues to reach each and every body part; each muscle, each organ, each cell of your being. And as it does you smile to acknowledge its presence.

The unconditional love is now climbing up your thighs, into your pelvic region, around your hips, and then working its way up into your stomach, then your chest, and as it reaches your shoulders, it spills out into your upper arms, running down to your elbows, your forearms, and then into your hands and each and every finger and of course, your thumbs. Your fingers and thumbs are now filled with that pure, unconditional love.

And that love still sitting in your shoulders, rises now into your neck, and then into your chin, filling your cheeks, your nose, your eyes and right to the very peak of your head. This unconditional love straight from the core of the earth is now topping you up, reaching every part of your brain, calming you as it does, filling you with a sense of inner peace and clarity. Again you give yourself permission to smile at the beauty of it all.

And once you feel yourself completely filled to the brim with that unconditional love, you return your focus to your feet, and notice now, how you are being wrapped in a blanket of love. You may see this blanket in the form of bandages, bandages of love being wrapped around you like a mummy, or maybe you see yourself being wrapped like a caterpillar in a cocoon, being enclosed in silk, the love spun around you.

However you experience this, is perfect. So just imagine this love being wrapped around you now, from your toes, all the way up your body, until you are completely wrapped in sheets of love. So just take a moment now to completely wrap yourself in this unconditional love wrap. Smiling to yourself throughout the process. You always smile when you feel this love.

And once this is complete, simply imagine a golden white light above your head, pouring down on top of you, sealing in this love that's coursed through your veins, and now this love that's been wrapped around you. Simply imagine yourself being coated in this golden white light, until it's covered your entire body. And allow the feeling to blossom onto your face in the form of a warm, knowing smile. A radiant smile.

And once this is done, simply bathe in this feeling of warmth. This feeling of pure love and serenity. Enjoy relaxing into this feeling of love – feeling connected to yourself, deeply. This is a place that is safe and secure. And YOU can create this space whenever you feel any negative feelings. This space of pure unconditional love is designed to calm you, to put you in a space where you can connect with your body and your inner self, where you can feel safe in the decisions you make.

This is also the space that we will use to give us access to your limiting beliefs. In this calm, heart space, you are connected to your subconscious mind. Because your subconscious mind can be accessed through listening to your heart.

So I'll give you another moment to simply indulge in this loving space, just allowing yourself to experience all it has to offer: happiness, calm, blissful knowing and ease. Whatever happens for you is perfect. If you experience nothing, that's absolutely fine too.

Simply be with that nothingness for a moment. And always remember to smile. Allow the love's warmth to fill you with that inner smile. And let that inner smile shine through to an outer smile. Knowing that whenever you do the Love Wrap from this day forward, you will smile as you feel that love fill you up energetically – as a smile of the energy of love...

And now, feeling totally peaceful and clear, I simply invite you to open your eyes, staying present to this loving space.

So in that loving space, simply start to write down whatever flows out onto the page. Whatever comes into your thoughts, simply write it down in the space provided on your playsheet in the space provided on page 6, without questioning it. So just take a couple of minutes now, to write down your experiences. You may have seen pictures, heard sounds, felt emotions or be the channel for a stream of words. Just allow it to fill your page. Whatever you get is perfect.

And be patient with yourself. ALLOW information to come to you. BE allowing. No effort is required here. Remember to trust what you 'get' no matter how subtle or unimportant it may appear at first; this is what keeps information flowing. Self-doubt will only get in your way. So let the love flow out through your pen now – writing everything that comes to you. I'll give you a couple of minutes to do this, so simply allow yourself to be... and see what falls out onto the page.

If at any stage you feel negativity come in – any self-doubt – simply connect your feet with that pool of love and let it fill you up again.

So just finish up writing what came to you now. Just allow those last messages to filter out of you onto the paper. Now would someone like to share what they experienced. Just press *2. Don't be afraid to

share what happened for you. And don't compare yourself to others, because what took place for you is your own unique experience.

[PARTICIPANT SHARES THEIR EXPERIENCE]

So this Love Wrap exercise is what we'll use to get you into a calm space to work with our subconscious mind, as well as tuning into our True Self, which you'll learn next week. Now because we'll be using this a lot throughout the course - it is the entry point into your subconscious - I want you to spend this week practising the Love Wrap... heaps. This is something you can do in all sorts of situations.

Whenever you feel anxious or any type of negative emotion, take a couple of minutes out to do the Love Wrap to help put you in that calm, clear, loving space - to help you get out of your head and all that negative mind chatter, and into the body and the present moment. If you find yourself getting frustrated or angry with someone, do the Love Wrap. Some people are very sensitive to other people's energy. If you're one of those people, you can use this Love Wrap when out in busy places to protect yourself from taking on other people's gunk.

If you have a hard decision to make, and you're battling with yourself on which path to choose, do the Love Wrap. Then ask the questions and go with the first answer that comes to you. Can't sleep because you've got too much on your mind? Do the Love Wrap. Every time you get stuck in the 'story' of your life? You know what I'm going to say... Do the Love Wrap - because the story we tell ourselves, is simply a construct of our limiting beliefs. Once we let go of the stories we make up about who we are - then we can simply enjoy what we are at our core - love! So get into the habit of doing the Love Wrap every day.

You'll see that is your homeplay this week. And you're to do it one per day with the visualisation, and once without the visualisation. And that is an absolute minimum - I do invite you to do it 20 times I day. We will be using this technique a LOT - so you need to practise it, so it comes easily to you.

Like anything, the more you practise it, the easier and faster it will get. So if you can do it throughout your day, please do - twice per day is your absolute minimum. Eventually you want to get to the point where you can do the Love Wrap in a couple of seconds - so you can use it to get through life in a calm and connected way. But however long it takes you to begin with is ok. Remember - this is new, so if it takes ten minutes or longer when you first start, that's ok.

And remember, that everyone's experience is unique to them. This is the place that is safe for you to work on removing the limiting beliefs that've been stored from your past experiences. Your reality is constructed by the beliefs you hold onto. Beliefs are so entrenched we see them as facts. The important thing to realise is that beliefs are NOT fixed. They are NOT permanent - they're more like unresolved emotion. So they can be removed just as quickly as they were adopted.

In Lesson 4, you'll learn how to do just that. I'll be teaching you how to go deeper into your subconscious mind to remove the limiting beliefs that are keeping you from getting naked! This is where the true magic happens. You'll be untangling the garden hose so the water flows through. These kinks are all set up by childhood experiences, but that doesn't mean you can't un-learn them, so you can return to your clear self; the clear self that was conceived, naked and whole and complete. The clear, True Self, we'll be learning how to connect with, NEXT week.

By connecting with your True Self and changing limiting beliefs into ones that support you, you'll find the road to reaching your goal will become much smoother. I know you'll find this really powerful, because some of us have a belief, that 'Life has to be hard', and we have to put in a lot of sweat and tears to achieve our desired result.

The thing is, life can be simple and calm and flowing, if you know how to make it that way. It's like when you take the same route to work each day, and it takes say, 25 minutes. Then one day, there's road works and you have to take a new route, and it only takes 15 minutes. Which route are you going to use from now on? The quick way? Absolutely.

I just want to help make life easy for you. And this is where I really need to emphasise, that this course isn't about indulging your 'story' - when I say 'story', I'm talking about the thoughts that define your mental landscape about who you are. We all have a story, but these experiences don't define who we

truly are. The 'story' will prevent you from getting your goal. So I invite you to take a moment to ask yourself: Am I ready to give up my story? And the limiting beliefs that have created that story?

I know it can feel scary sometimes, to give up what you know. But it's only when you clear out the old - clean out the wardrobe of unflattering attire - that you can make room for the new.

So if you have a look on your homeplay list, you'll see there are a couple of other tasks to do as well as your Love Wrap, and your Love Wrap visualisation. Buy yourself a journal or notepad - as next week when I teach you how to tune into yourself, you'll be needing this. It will become your bible for your deep insights and clearings. Perhaps buy something a pretty, as it will essentially be your LOVE journal.

Now I've been asked by a few of you, do you continue on with the homeplay from last week - or do you just do *this* week's homeplay? Each week is designed to build on the previous week - it's also designed to help you start making changes in the way you live your life.

So - if we look at the Love Journal from Lesson 1 - this is a great one to continue on, for as long as you need it. Maybe a few weeks down the track you may stop writing things down, and simply *thinking* of those three things before going to bed. You'll see in the homeplay this week you're to continue with the Love Journal, start reading the book you ordered last week and keep visualising your goal.

You'll also see some space for you to set some action steps specific to your goal area. You'll have a pretty good idea on what actions you need to take, but to help you out, you'll also see a *HomePlay Ideas* list to draw upon for the remainder of this course. So feel free to use that playsheet to help you out.

And once you've set your additional action steps, I'll get you to send them to me. You all have my email. Please get into the habit of sending me your action steps and any struggles or wins, as I'm here to support you. This email support is only available for the duration of the course, so it's up to you to take advantage of it. I can only help you, as much as you allow me too.

So, before we sign off, has anyone got any questions about tonight's session? Or any questions in general that you'd like to talk through? Just press *2 to raise your hand and I'll unmute your hand.

[TAMRA ANSWERS QUESTIONS]

And as usual I'd like to finish on someone's **best bit** of tonight's session. So again, just press *2 to raise your hand to share your best bit of tonight or any realisations you've had. That's *2.

[A PARTICIPANT SHARES BEST BIT]

Please know, the more you compliment yourself on the work you're doing, the more inspired you'll feel. Just like positive feedback from *others* makes you feel warm and fuzzy inside, so too can good feedback from yourself. So start to be more kind to yourself - as that's a really big part of developing your relationship with YOU! That's all for tonight and this week, I'll leave you with this quote: **'Nobody can go back and start a new beginning, but anyone can start today and make a new ending.'** Thank you so much, and goodnight.