

Lesson 3: *Naked Connection*

AUDIO LESSON TRANSCRIPT

Hi everyone, it's Tamra here. Great to be back tonight for Lesson Three of *Remarkable Relationships* - which is actually my *favourite* week because you get to build on what you learnt last week and start consciously connecting in with your True Self. But before I take you there, I'd love to hear how everyone went with their Love Wrap. How did you go? Now's the time to share your struggles, your wins - if you have question, just pop up your hand. So who would like to share or ask a question? Simply press *2 to raise your hand.

[PARTICIPANT SHARES THEIR EXPERIENCE]

Being able to easily enter the loving space of the Love Wrap really is the key to experiencing more love and happiness and ease in your life. That's why, I really encourage you to keep practising until you get really comfy with it. You want to get to the point that you can do your Love Wrap without closing your eyes when you're in public places, so that if someone triggers you into a gunky headspace, you're able to quickly and easily rise above the gunk and get a clear perspective.

Now that you have this tool you can turn to, I'm going to invite you to start paying more attention to your addictive patterns. We all have some form of addictive pattern playing out. For some it will be smoking or binge eating. For others will be saying 'Yes to others at the expense of saying yes to themselves'. You know who you are :) Maybe you're someone who is addicted to being busy or someone who like's to be right or blame others for your feelings.

Whatever your addiction, when you notice this behaviour playing out, instead of filling yourself with a head-storm of negative self-depleting thoughts, stop and do your Love Wrap. This is about taking conscious responsibility for your behaviour so you can gain the clarity that you need. Once you're in that loving space you'll be able to get the insight you need - and we'll go much deeper into this today - so you can start to break the negative patterns playing out in your life.

So this week is called *Naked Connection*, as you will see on your playsheet. Now when I say naked connection, I'm talking about getting connected to our own internal source of information, which comes from our heart. It's this space in our heart, that is often hidden beneath all those layers of self-doubt, fear, negative emotions - or ego - as some of you may know it.

Underneath all our beliefs, is an aspect of *inner knowing*, an *intelligence* that does not see you as limited, it does not see imperfections, it does not see a lack of money or happiness. If you like, you can imagine it as your internal GPS - like the navigation you may have in your car - this part of you knows the best and smoothest way for you to travel through life.

It knows what will bring the greatest fulfilment. It knows what decisions you need to make in the *now*, to be happy in the *future* now. This is who we are, but as we grew up we started to see ourselves as *separate* from this level of intelligence. *This* is the true you - it is your True Self. But over the years we've become so familiar with these limiting beliefs, we've come to see *those* as our truth. Those beliefs, as you know, were made in error. The true us, *beneath* those beliefs, is pure unconditional love, pure intelligence. And this lies within ALL of us.

So what I'll teach you tonight, will give you the tools to go on a journey of self-discovery where you'll be able to get *all* your own answers, about yourself *and* the world around you. What's your life purpose? How do you achieve abundance in *all* areas of your life? How do you design a nourishing relationship? How do you overcome that niggling health problem?

By practising these skills *everyday*, you'll be able to get all your own answers. You'll become your own healer, so you can heal your life of anything you dislike! Those moments of genius you've experienced at various points in your life, you'll be able to tap into that genius, whenever you choose to. No longer will

you need to do up a 'pros and cons' list or ask your friends or wise mentors... or go to a psychic! You'll be able to tune into that deeper part of yourself that has all the right answers for you.

We are the ones who know what is best for us, and once we learn how to tap into that part of us that is free from limiting beliefs, we're able to pave the best way forward so we can create our goal, as easily as possible. This is where you get to give up the *struggle*. You're able to find out the unique steps YOU need to take, in order to get the results YOU want.

You see, each of us is unique. We are all unique because of our different experiences in life. If you remember back to the Subconscious Mind, it records every single thing that we experience in life, and it shapes who we become. So even identical twins will act, think and behave differently due to their unique life experiences. Just as no two people can have the same fingerprint, no two people have an identical set of beliefs.

Really embracing *all* of who you are is where the power is. It also helps you realise, that just because one person achieved their goal a particular way, doesn't mean that *their* method will work for you. By all means *learn* from that person, but realise that you are YOU, and by releasing beliefs and being tuned into your heart space - which knows all the answers - is the quickest way to create the results you want.

Don't allow *other* people's obstacles to be *your* obstacles. *Learn* from them, knowing that they had particular limiting beliefs going on that would have created those challenges. They may have believed particular things about themselves that stopped them truly embracing all that they were. Just because someone else had a bad experience buying a house, doesn't mean that you will too. *Their* difficult experience was created from *their* gunk. If you don't have the gunk, if you've cleared it out - using the skills I'm sharing with you - then buying a house can be a breeze.

Know that what makes you *different*, matters. Most of us spend so much time trying to fit in, that we fail to see all the great things that set us *apart*. Like Judy Garland once said: 'Always be a first-rate version of yourself, instead of a second rate version of somebody else.'

Let me honestly ask you now: Why would you ever want to be a clone of someone else? Why would you ever try to be someone you're not? Why would you ever start acting and behaving in ways that are not true for you? Do you even know who you really are? It can be really easy to lose sight of who we are. How many times have you tried to put up a front - tried to be someone else - for fear of not being accepted? On a date, in a job interview, in daily life with friends or when you meet a stranger?

It's time to take off the mask and start being *real*. You can't truly connect with another person if you're not being real. If you're not showing ALL of yourself. People don't want a picture perfect person - they want someone who has feelings and isn't afraid to share what's really going on for them.

English poet William Blake once said: 'To be ourselves in a world that tries day and night to make us be like everyone else is the greatest gift you can give yourself.' So from this point forward, I invite you to be yourself, because ultimately, everyone else is taken. And don't worry, if you feel you have completely disassociated from yourself, tonight you will start to reconnect with who you really are.

We're all familiar with the expressions: 'Put your heart into it', 'Learn it by heart', 'Speak from your heart' and 'Sing with all your heart' - all of which suggest that the heart is more than just a physical pump that sustains life. What such expressions reflect is what people have associated throughout history as their 'inner voice'.

Today we're going to learn how to listen to your heart for that inner guidance. Some people might refer to this voice or this intelligence, as their higher power, their higher self, the universe, source, consciousness - whatever label you put on it, it is a source of wisdom and intelligence. It is that part of us that if free from the gunk we've accumulated over our lifetime. It is our *True Self*. So let's get a better understanding of all of this....

Ever heard someone say 'Follow Your Heart'? Well what does that really mean? How do we tell the difference between what our *heart* is inviting us to do, and what our *brain* is *telling* us to do? Our heart speaks to us every moment of every day, but most of us have stopped listening to its signal; it's like we've turned off that part of us that intuitively knows the answer to all our problems.

Now this isn't just a spiritual or emotional concept, modern science is proving that the heart is far more than a simple pump, it quite literally has its own brain and it's called 'neural intelligence'. It also functions as a hormonal gland, a sensor organ, and an information encoding and processing centre, with an extensive intrinsic nervous system *sufficiently* sophisticated, to qualify as a 'heart brain'. And you can read more in depth about this in **The HeartMath Solution** on your booklist.

How does this affect us? We now know that our heart sends the signal to the brain that triggers the chemistry in the brain, which is then released into our body. When we are in what's called coherence or unity, an experience that is measured as 0.01 hertz, so 0.01 cycles per second - that's when our coherence is optimum.

When I say coherence, I mean that centred, calm feeling you would have got when you practised the Love Wrap or if you've meditated before. Coherence essentially is to be in a space of love. And ultimately, you want to aim to be coming from a loving space as much as possible in everything you do - because that's where your heart's voice will be heard the loudest.

When we're in this coherent state, our heart begins to release life-affirming chemistry into our bodies, *healing* chemistry. Our immune system gets a boost; even our anti-ageing hormones increase 100% over a three-minute period of time, just from indulging in this feeling of coherence. This feeling of love. Some people even call it a state of pure awareness - which ultimately it is.

When your heart is *not* in this coherent state - I'm talking about ongoing feelings of anger, fear, frustration, worry - all those negative emotions - it throws our heart rhythm out of sync. And this directly impacts our hormones and nervous system. Once your hormones and nervous system are thrown out of whack we're more susceptible to disease and illness. This is also when we start attracting negative outcomes into our life, because our *energy* is what creates our *physical reality*.

We've been taught from the moment we were born that we live in a physical world, but we need to start understanding that it's actually an *energetic* world. If you have a big enough magnifying glass, you soon realise that there is more space than matter - and what that tells me is that we're living in an *energetic* world, and the physical world is actually an illusion.

Yet we've been taught that it's the opposite way around. We are spiritual beings come here to planet earth to have a human physical experience. Our physical self, and our physical world, simply reflect our inner world - our energy. Once we understand that, we can start to feel into the frequency of different things. *Everything* is just energy vibrating at a different frequency, and that's what we see as a physical form. The more you practise your Love Wrap and what I'm teaching you tonight, the more attuned to this energy you will become.

When the heart returns to its natural rhythm it helps us become more conscious and intuitive around decisions and emotional responses. So instead of going back into stress inducing behaviours, you're more likely to respond in a calmer manner. And this is vital when decision-making because, when emotion increases, intelligence decreases. You might like to write that down: **When emotion increases, intelligence decreases.**

While we're on the topic of emotions, I'd just like to explain the difference between a feeling and an emotion. *Feelings* are how you feel in the moment - and by all means I encourage you to express your feelings. *Emotions* on the other hand, are unresolved feelings from the past. If an event or person triggers an unresolved emotion, then you know you have some clearing to do. If an emotion surfaces, it's come up for a healing to occur.

Society generally teaches us to avoid our feelings. But whatever we don't give ourselves permission to feel, becomes *stuck* in the body. Stuck emotion in the body makes us sick. It creates mental and physical illness. Suppressing your feelings is one of the worst things you can do for your health. If you need to grieve for the loss of a relationship, a loved one, whatever it is, it's ok to grieve. We're humans. We're meant to feel. Be with your feelings and allow yourself to express, without making it wrong. Without judgment. Feeling present time. Once the feelings have been felt, they disappear.

So if you feel negatively about something that happened a year or more ago, then there is something unresolved that needs clearing, through tuning in, and belief removal which you'll learn next week. If there's something you need to be, it's more loving towards yourself. Don't beat yourself up for feeling hurt or anger or disappointment. Let those feelings out. Expressing is therapeutic. Crying,

screaming into a bathtub of water, punching a pillow – or simply sitting with your sadness, is healthy. It's always a case of 'better out than in!'

Feelings really are like a beach ball. If we suppress them, push them down under the water, they're only going to make a bigger splash when they come back up to the surface. And they will come back up at some stage in your life – this is why so many people end up with life-threatening illnesses such as cancer, because of all the feelings they have suppressed – all the unresolved emotion that's got stuck in the body.

So we know that coherence and being in a loving state is good for us as individuals. In the presence of this coherence we become less aggressive, more peaceful, more willing to cooperate – and this in turn, leads to a much stronger willingness to solve problems with others and resolve disputes. So as you can see, learning the language of the heart; learning how to tune into its frequency, actually improves communication, and thus *relationships*; whether they be personal or professional.

Now you're probably asking: *Why is our heart, not our brain or other parts of us, the key?* While our brain is certainly important – in school I was taught it's the master organ in the body – interestingly enough, the brain is not the first organ that *forms* in the body. It's actually the heart. It begins to beat in the womb and that regulates chemistry through the rest of the body.

Have a look on your handout, and you'll see: **Head Intelligence vs. Heart Intelligence**. Head-brain intelligence is what society typically calls 'normal'. It is the way the mainstream educational system and most families have taught us to function. It is how we learned to think, reason and rationalise, categorise, judge, problem solve – all qualities valued, and therefore reinforced, in our adult and professional lives.

Yet, head-brain intelligence is frequently self-centred and motivated for personal gain, for the bottom line is invariably 'What's in it for me?'. 'Butting heads' is an expression that represents why there is so much friction and conflict in people's lives and in the world. While *heads* have a tendency to collide, the nature of the *heart*, is to *share*. And when we share, we're able to *feel* and just *be*.

You see, when we live in a place of *being* as opposed to *doing*, we stop the judgements, the fear and the need to be right! How many of you fall victim to needing to prove yourself or prove your point? For what? Why would you ever need to convince someone else of something, if you believed it right to your core?

Sure, it's ok to have friendly debates and invite people to see your point of view, but if your motivation to persuade someone of your way of thinking, comes from a need for validation, then it's unhealthy. And you need to look at clearing that. You want to be unattached to whether someone agrees with your beliefs or not, and I go into a lot more depth on this in our **Conscious Couples** course.

When you allow the *brain* to govern, if it is not under the influence of the heart, you lose the direction of that *knowing* part of you, your True Self, or as you may have referred to it up until now, your intuition. When this happens the heart closes, and life is experienced more superficially. When the brain is dominant, our tendency is to judge people or size them up into categories that often fall into 'good enough' or 'not good enough', 'like' or 'dislike', 'approve' or disapprove, 'worthy' or 'unworthy' or other dualistic concepts. As a result, relationships lack substance, quality and authenticity.

When our hearts are open, we're not bothered by people's differences. Relationships bring fun and happiness, we're more accepting of other's shortcomings, we easily let go of past mistakes, and sharing love becomes a way of life. Open hearts live authentically and genuinely with love, humbleness and gratitude. And the more that we're able to open our hearts, the more we're able to experience peace, joy, and connection with both ourselves and others.

So what happens when we follow our **heart**? When our hearts become dominant, we begin to tune into our heart intelligence, which is the innate loving wisdom of our heart. This is our deepest level of intelligence that supersedes intellectual; or even emotional intelligence. Heart intelligence guides us to make choices, which allow us to fulfil our deeper purpose and to learn life lessons that we may've been failing to integrate.

This is where I want to take a moment to explain – not *all* thinking is bad. Thinking, when it comes under the influence of the *heart* is what you're ultimately after. And you'll know your thoughts are coming from a heart-centred space because you won't need to *search* for answers, they'll just *be* there.

there. And you'll feel calm, with a sense of just *knowing* what to do or say.

The heart takes our *needs* into consideration, but it is not self-centred, for it accesses the bigger picture that is often beyond the perceptions of the brain and guides us to making loving, wise choices. Another tell-tale sign you've lost connection to your heart is: If you make a decision from a place of *fear* or *needing* something, you are *not* acting from that all-knowing heart space. You are acting out of your gunk or limiting belief systems.

And this can get you into all sorts of trouble. Maybe you feel alone, and because you listen to that *thinking* voice that says you are in fact 'alone', you get yourself into a relationship that is not healthy for you. It may be a mentally or physically abusive relationship. You stay in that relationship because your gunk is saying: 'I need to be in a relationship to feel worthy, to feel loveable, so I'm not alone.' And so you stay.

If, on the other hand, you enter a relationship from that loving heart space – you know that relationship is not fulfilling a *need*, and you are there because you genuinely love that person and they are good for you on *all* different levels. Your heart knows who you should spend your time with, whether it be romantically or simply as friends. Yet sometimes we can get a little confused between what our head is saying and what our heart is saying.

When you catch yourself making comments such as 'The reality is...' or 'It's just not practical...' or 'Be realistic..' you know you've disconnected from your heart's voice. It's all based in how we *feel*, as opposed to how we *think*. Many of us were taught from a young age to allow our thinking brain to logically guide us, yet it is our heart – that feeling or knowing sensation – that was designed to be our internal GPS; our inner guide. Unfortunately this heart connection is not woven into our western way of living.

How many of you have felt a knowing feeling to do something, then ignored it once your logical, rational brain kicked in, only to find out later, that the initial feeling was correct? This is what some people call intuition – or as you now know it, your heart.

Once you're able to relate to our heart, listen to it as you would a wise mentor, you're able to gather all the answers you need to achieve happiness and fulfilment in *all* areas of your life. Of course, becoming heart centred doesn't mean that you stop using the brain. We still need to utilise the brain to help us function in the world. Instead, the brain comes under the influence and guidance of our heart. Our *heart* is the *first* point of reference, ALWAYS. The head-brain is far less creative than the heart-brain too.

Of course, trusting your True Self to be a reliable co-pilot takes time, just as it does to build trust in a new friendship. Our heart's voice really is like a muscle that we need to continue to build, or else it atrophies. The more you use it, the stronger it gets. Because many of you won't have been using your heart to guide you through life, it'll take practise to tune into that inner voice. Just remember, you've had however many years operating one way – so don't be hard on yourself if it takes a while to get used to operating from a different space.

So you're probably saying OK, we understand the importance of following our hearts, now HOW do we do it? So you can see it in action for yourself, I'll take one of you through the process. So can I get a volunteer please. Just press *2 to put up your hand.

[TAMRA WALKS PARTICIPANT THROUGH TUNING IN]

So as you can now see, all the answers are available, through your heart space. And that's what you'll learn tonight. Now if you're feeling under pressure right now or a little uncertain that you can do what we just did, know that you have the rest of your life to practise this and ask as many questions as you like.

We'll be running through a few questions tonight, which you'll see on your playsheet, and then you'll get a *bonus* question to ask whatever it is you would like in *any* area of your life. So please turn to page 4 of your playsheet, so page 4.

So to begin tuning into your True Self – or your heart – you must *always* do the Love Wrap first, as it will ensure you're not listening to your ego or the negative beliefs that will only fill you with doubt. Any

sign of doubt or questioning or answers that make you feel worry or fear - you know you need to re-do the Love Wrap, as negative feelings are NOT your True Self.

When you've done the Love Wrap, tuning into that Heart Space becomes easy, and being able to listen to that inner guidance happens naturally, the way it was always meant to be. So this isn't about *thinking* and *trying* to make that connection happen, this is about letting go of that logical mind and allowing your imagination, and your heart to take over.

Let's all do the Love Wrap together now, to help you centre yourself so you can easily enter that heart space now:

So simply close your eyes.. take a deep breath in.. and breath out.. then another deep breath in.. and out.. and when you're ready.. simply imagine the souls of your feet.. and there are roots growing down from the souls of your feet.. deep into the core of this earth.. and when they get to the core of the earth.. they start drinking from the expansive pool of unconditional love..

So watch now.. how the unconditional love travels up that root system.. reaching your feet first.. filling your feet with the pure source of unconditional love.. and notice how that love streams up your body.. up through your legs.. into the trunk of your body.. spilling out into your arms.. and then finally streaming through your neck, face and head.. And just allow yourself to drink it up.. feeling that vibrational energy running through your body..

And once you feel that unconditional love pulsing through your entire body.. simply imagine a blanket of love starting at your feet.. and it's wrapping around you.. sealing you into this cocoon of love.. and this cocoon has its own intelligence.. it's own energy field that protects you.. And just allow it to wrap up your entire body now..

And this time.. when you imagine that bright white golden light above your head.. know that this golden white light is pure self-belief.. that's right.. from now on when you coat yourself in this light.. you're bathing yourself in self-belief.. So simply allow that complete and total self-belief to stream over your entire physical, emotional and energetic self.. until you feel encased by it.. sealed into this energy..

And now feeling completely calm and clear and centred.. I just want you to enter your heart space.. so simply focus on your physical heart now.. allow yourself to breathe into it.. you're able to connect into that heart space.. simply by setting the intention to do so.. so connect in now.. and simply allow yourself to be with your heart.. smiling into your heart..

Set the intention to connect into your heart.. your all-knowing heart.. and simply allow that connection to happen organically.. Ask for your True Self to make its presence felt.. simply imagine your heart opening.. so that connection with your True Self is strong and ready.. This experience will be different for everyone.. so just allow in the connection in whatever way it chooses to unfold..

Let go of any expectations, just allow this experience to play out. Immerse yourself in the loving energy of the heart. Be patient. Be allowing. You might see a colour, feel a sensation, or already be receiving messages or information. Wherever you're at, is perfect for you right now. Know that you are, where you're meant to be, right NOW.

So we're going to ask the first question, so simply pose this question into your heart space. You're going to ask your True Self: What are you to me? Just allow the response to come to you. There is space on page 4 to write down your answer. It's really important you write down the answer, as words will flow out before your head has a chance to dilute them.

You may receive a long answer, or a short answer, just a colour or a word, or a feeling. The more you acknowledge that you are receiving *something*, the greater your connection becomes. As insignificant as this message may seem, just welcome it in, knowing you are safe and secure and receiving the messages that are meant for you right now. So simply ask: What are you to me? And whatever comes to you, simply write it down.

The next question you're going to ask your True Self: What is my purpose in my life? Just allowing your response to come back, just trusting, trusting whole heartedly, everything you are hearing. If any self-doubt comes back in - if you start thinking 'Am I doing this right?' do the Love Wrap again so you can connect back into that heart space. Your *heart* knows - it doesn't *doubt* like the mind does. So simply ask your True Self: What is my purpose in my life?

The next question for your True Self is: What would you like to tell me right now? And simply allow the information to flow to you. Be patient. Let go of any expectations and just surrender to the process. Don't try to control what answers you get – just be open to letting them flow on in. What would you like to tell me right now? Know that putting pressure on yourself to receive answers, will only block out the signal. So simply open up your heart so you can hear those answers. Simply ask: What would you like to tell me right now?

We'll go to the next question now: How do I best achieve my goal? Now we're focusing on the main goal you're working on. If you find yourself 'searching' for answers, you need to redo the Love Wrap – so you can reconnect with that loving space with the answers come to you without any effort on your behalf. This is an effortless activity. So asking your True Self: How do I best achieve my goal?

Now I have a bonus question – you get to ask your True Self any question you have about your life. If there's been a question on your mind about life, love, or anything in between, feel free to ask now, and simply see what answer comes through. Always trust the first answer you get, as *that* is the true answer straight from your loving heart space.

If you double guess yourself, that means self-doubt has kicked back in, and you'll need to do the Love Wrap again, to return you to that loving space where you're able to get clear answers to your questions. So turn onto page 5, and simply ask that bonus question now. Anything you like. Anything you're curious about. Normally the first question that comes to us is the question you should ask.

And let's just finish up with this question to your True Self: How do I best reconnect with you from this day on? And just allow that answer to come to you. How do I best reconnect with you from this day on? Simply allowing the answer to come to you. It'll find its way to your paper.

If you got some clear answers, brilliant. If you struggled, simply ask into your heart space for homeplay: What limiting beliefs are stopping me from connecting with my True Self. For those who *did* connect, maybe you want to look at if there are any beliefs stopping you from having a deeper connection, or a *quicker* connection. Then next week, once you learn how to remove those beliefs, you can clear that issue. Whatever you do, be kind to yourself during this process.

Now who would like to share their experience or ask a question? To raise your hand just press *2 to share what you may have experienced or any questions you have. Simply press *2.

[PARTICIPANT SHARES THEIR EXPERIENCE TUNING IN]

Over time if you practise this every day, you WILL learn to discern your heart's voice from the myriad of other voices running around your mind and body. Your True Self is constantly communicating to you through your heart, but it can take a little time to become accustomed to its language; which is different from our ego or our fast witty minds. Be patient and give yourself as much love as you would a small child that is learning to walk.

Our heart can speak through our dreams, metaphors, synchronicity, through your body and your feelings; communicating simple but powerful, life changing truths, such as; this is not the right relationship, this job is suffocating me, drink more water, stop meditating so much and start dancing more!

Start to practise connecting into your True Self. The more you tune in, the more insights you'll have. All the answers are inside of you. So ask that difficult question, and dare to hear the answer. Remember, your True Self is always with you. It IS you. If you listen, your True Self will guide you when in times of doubt or worry. You can ALWAYS rely on your True Self.

To give you an example of how you might utilise your True Self: You meet a person and feel really attracted to them. Your mind's saying 'Yes'. Of course it is, they fit your perfect partner on the outside. When this happens, ALWAYS check in with your heart. If your heart says 'Yes' too, great! If it says 'no' however, then you know you need to look at *why*.

Set upon asking your heart a series of questions to find out why this person is not for you. Or, if they are simply not for you right NOW. When I met my husband, I had the opposite happen. My mind wasn't so sure, but when I tuned into my heart I got a definite 'Yes'. There was stuff I simply couldn't see

on the outside, that would only be revealed as I got to know him. And everything I got in my tune in about him, that I couldn't possibly know from one brief 'Hello' was 100% accurate.

If you take the time to check in on every decision you make, while it may seem a little tedious at first, you will be happy in your decision long-term and won't need to go through the heart-break of having chosen someone, or a job or a house, that while shiny on the outside, didn't live up to your inner hopes and dreams.

This is a form of self-respect. Respecting yourself enough to act on what you know is best for you. Feeling safe is a self-generated feeling that comes from having integrity and listening to your True Self and acting accordingly. We are always given the choice to choose *consciously*, or *react* unconsciously. The more we can create and participate with life-giving choices, the more free we are to fully express our deepest selves, and thus live an authentic and happy life.

So let's take a look at this week's homeplay! The most important thing you will be focusing on this week is beginning a daily spiritual practice of Love Wrapping and tuning into your True Self. You're to spend a minimum of 20-minutes every morning doing this - I do encourage longer, but 20minutes is the absolute minimum if you're serious about getting results. Even if you have to get up early to fit in your morning tune in, you'll find it's worth it.

Treat your morning tune in like part of your morning ritual. For me, I get up, I have my lemon water, I tune in for at least half an hour, I eat breakfast, then I shower. I do this EVERY morning, and on the very rare occasion I don't tune in, I feel it. In order to live a life free of your gunk, you need to build this connection to your True Self, and starting a daily practise, is what will begin that process for you.

You'll see there are some very specific questions on your homeplay sheet to ask each day - they will help you come up with daily homeplay to get you closer to your goal. So instead of coming up with a list of action steps once you get off the call tonight, I'd like you to carve out some time every morning, to get your action steps, through asking the questions on the sheet.

Once you've got through those questions, feel free to ask any *other* questions about your life. Being able to tune into yourself and gain wisdom seriously is a groovy gig, because you get everything you need, from yourself. You would have seen on last week's homeplay sheet you were asked to buy a journal or notepad, if you haven't already, please do.

You will use this as your daily tune in journal to ask these questions, do your clearings (which you'll learn next week) and gather insights to help you enjoy a yummier life. I want you to start experiencing expanded states based on love, safety and soul, not constricted states based on fear, scarcity and danger. And tuning in will help you do this. What's also REALLY REALLY important with your tuning in, and please write this down - always tune in with a pen and your tune in journal.

Messages and insights will fall out onto the page that you won't be consciously aware of, but if you just try and do it, without writing it down, especially when you're starting out, you won't get the deeper messages. You'll miss a lot of the information - so please please, tune in with a pen and paper. Like I said, I do this every morning.

I can't emphasise how important it is to get into this habit of tuning in every day. In the long run it *will* save you time, as you won't be spending your energy doing things you *think* will get you closer to your goal, but are actually just time-wasters. This is about conserving your energy and focusing on the exact steps required to get you closer to your goal.

I'm sure you've had a time when you've wanted a new job for example - and spent hours applying to a heap of different positions. Imagine if you could just tune in to find out which job is the best one for you and how to write the application to ensure it's yours. Wouldn't that be nice? And how much time would that save you?

Know also, that when we disconnect from our heart, we start doing service that goes against ourselves. We do things for others, at the expense of our own wellbeing. Our True Self knows our true purpose, not just our career, but what's needed to completely unleash our creativity and inner bliss. I'm sure you've heard the motto: 'Stay true to yourself'. It's thrown around willy-nilly - yet how many people actually understand *how* to stay true to themselves? Now you all do. You have no excuse for not staying true to yourself.

The more you do this, and the more questions you ask, the more results you will see in your goal area. And of course, don't just limit this to your goal, feel free to ask questions about other life areas too. This is a tool that can be used in *everything* you do. Just like we use our right arm to do a range of things – it is essential in our day-to-day life functions – so too is using our heart.

In this day and age, more than any other time in history, we need to be consciously connecting with our heart as much as we need to be breathing air. When we feel lost our True Self really is our truest compass. While your True Self is always with you, there are certain 'come hither' gestures you can make to connect more consciously.

Our childhood conditioning dampens our experience of life. We all have it, but the more you resolve it, clear the emotional charge, the more you can live as your True Self. Don't fall into the error of thinking tuning in is *work*. Tuning in is about connecting more with yourself, and getting into a daily practice is simply the starting point, so eventually you walk through your day tuned in, living as your True Self.

It's like learning a new language. To start with, you may need to study hard, to take notes, and refer to cue cards, until eventually, it just becomes part of your speech. This is how tuning in will become for you, *if* you put in the time and practise.

You'll also see that the track to listen to each night this week is called *A Walk In Nature*. It's a meditation track to help you relax more into the stillness of your True Self. Keep practising the Love Wrap throughout your day, and completing any other actions required to help you get closer to your goal. You have the homplay ideas sheet as well as your True Self to draw upon for action steps now – so use both of those.

One last thing before we go tonight. In week 7 I'll be teaching you the importance of building a positive support group around you – people who believe in you and your goals. So to get the ball rolling on this step, I'm going to send you out the name and contact details of another person in the course, and that person is to be your buddy until the end of the course.

Once you have your buddy – you're to make contact, preferably via phone or Skype each week to chat about your learnings, your insights from your belief removals or tuning in. Share struggles and celebrate wins together. You are there to support each other and help brainstorm homeplay ideas when required. As they say: Two heads are better than one – or as I like to say: Two HEARTS are better than one. You're there to hold each other accountable.

Enjoy having someone there to confide in, cause I can tell you, when you start on this journey it can be lonely and difficult to stay on track if you don't have people around you who understand what it means to listen to your heart. So please, make a weekly catch up with your buddy partner, a priority. By all means, chat more than once a week if you like – but the absolute minimum is once a week, and if you find your partner is not complying, please email me immediately.

What I also wanted to mention about your buddies, is in life, there are no accidents. If you get paired with someone who rubs you up the wrong way, irritates you or isn't reliable, then there are big learnings for you in this pairing. You see, when we have a negative interaction with a person – there is always a *lesson*. If you take the time to look at the lesson, then you won't have to go through that lesson again. If you fail to get the lesson – making it all about the other person, then you'll be shown the lesson through someone else.

The people we spend time with really are our biggest reflectors. They will show us all the good, the bad and ugly that's in us, including stuff that we may not want to look at just yet. So if this happens for you, don't shy away from it, ask yourself: *Where I am doing this annoying thing in my life?* Someone else's actions or words won't rile you into a negative emotion, if you're not doing it yourself. Once you resolve it within yourself, your buddy will no longer bug you.

That said, most of you will have *lovely* experiences with your buddies, but please note, that this buddy system is designed to help you reach your goal, to help reflect the gunky bits that need clearing, so you can get your goal. It's up to you to explore what you see in the other person. Don't take any of it personally – we're all here for growth, and that growth happens in all sorts of ways. So enjoy!

And that brings us to the end of today's session. Next week we'll be building on what you've learnt tonight, when I teach you how to identify and remove limiting beliefs! Before we go, would anyone like

to share their best bit of tonight's session? Just press *2 to raise your hand. Or if you've got a question, just press *2.

[A PARTICIPANT SHARES BEST BIT]

Over the next week, give yourself permission to follow your own inner guidance. Practise dialling down the mental chatter and turning up your heart's voice. Have an amazing week. Enjoy playing with your new skills, and I can't wait to hear how you all go. And this week, I'll leave you with this quote: **'When we get too caught up in the busyness of the world, we lose connection with one another - and ourselves.'** Thank you and goodnight.