

# Lesson 6: *Naked Love*

## AUDIO LESSON TRANSCRIPT

Welcome to Lesson Six of *Remarkable Relationships*. It's Tamra here if you've just dialled in. If you **HAVE** been doing all of your homeplay and going deep into your beliefs you will be starting to feel your life shift from a place of fear, to a place of love - which is ultimately the aim of this course.

As children we were taught to be good girls or good boys and we were deemed good if we did the chores or got good grades or performed well. The good was conditional on our behaviour. We were not taught, that regardless of our behaviour, we are good. At our core we are good.

Very few of us had unconditional approval, unconditional love - and not because we were raised by bad parents, but because that's how *they* were raised, and their parents before them. It was essentially the people who loved us the most who taught us to struggle - to indulge in fear. And this is what is so powerful about the belief clearing; it gives us the power to *end* the struggle, and to move from the fear, into love.

Examining the past can help clarify many of our problems, but healing doesn't happen in the *past*. It happens in the *present*. There is almost a trend these days for blaming the events of our childhood, for our current despair and shitty circumstances. What the ego doesn't want us to see is that our pain doesn't come from the love we weren't given in the *past*, but from the love we ourselves aren't giving in the *present*. Every moment we have a chance to change our past *and* our future, by reprogramming the *present*.

What you'll start to notice after clearing beliefs for a while, is that when the darkness shows up - as we will be challenged from time to time, that's how we grow - you won't *believe* it anymore. The darkness will no longer resonate with who you are. You won't *identify* with it. Those fleeting moments of darkness, keep us learning and growing, but they no longer *unhinge* us, because we know how to dissolve the ego and return to love.

For the aim in life is not to stay connected to your True Self every moment of every day. The aim, is to notice when you *lose* that connection - when you stray into a fear space - and simply acknowledge it, without judging it, so you can bring yourself back into the loving space of the heart. The safety and warmth of your True Self.

So before we get started on tonight's topic of *Naked Love*, let's hear how you all went removing your core beliefs. So if you'd like to share any insights you got, or have any questions you'd like answered, please just press \*2 to raise your hand.

### [TAMRA ANSWERS QUESTIONS / TAKES SHARINGS]

Essentially, our heart is our centre of *feeling*. By contrast, our *head* is the centre of *thinking* and the centre of ego or negative emotions and thoughts. Now I'm sure you'd agree, a happy and fulfilled life is enjoyed through positive feelings and positive thoughts, so this is why knowing how to access your heart space is crucial. By learning to follow our heart we learn to utilise our heart intelligence, which guides us to make wise choices in *all* areas of our life.

Because the heart is the centre of our deepest self - sometimes we will be a little surprised by what we find when we tune into it. So, the secret to getting the true answers, is to be *allowing*; don't judge or anticipate you will get a particular answer. Don't try and sway the answer to be something that you consciously want.

Sometimes we will get answers we may not necessarily want in that moment. Be assured, you will never be given any information you're not ready to work through - so be open to receiving the information that's needed so you can clear out the gunk in its many disguises.

The *reality* that we *live*, is a mirror image of how closely we follow our heart. It is a direct reflection of how connected to ourselves we truly are. The problem is, in today's world we are taught to think logically

and take a very *thinking* approach to life as opposed to a *feeling* approach to life. We're in our head, instead of in our heart. Like I've said, thinking is fine, as long as it comes under the *influence* of the heart.

Even if you *do* believe in this knowing part of yourself, it's all too easy to ignore that part of you. So this is about truly embodying your heart - your True Self. Or you may like to call it your *essence* or your *soul*. Our True Self loves and accepts us, it does not judge, criticise or mock us. Because at its core, our True Self is pure love. We, beneath the layers of gunk, are pure love.

When we're being our True Self we don't pay attention to the opinions, ideas, beliefs, rules or trends given to us by external sources such as the media, politicians, fashion magazines, doctors or spiritual gurus. We don't seek approval, validation or acceptance from external sources. We know that true power comes from inside of us. The only real guru in your life right now, is inside of you. Your True Self. And embodying and living from the inside out is what it means to be your True Self.

So, I invite you to take one full minute to sit in silence and simply contemplate what it means to live as your True Self. So simply be with your True Self now, and just allow yourself to experience that space and what it means to live in that place of unconditional love. Simply connect in with the love - *being* in that state of love. Whatever you experience during the next minute is perfect!

Feels nice doesn't it! The soul - or our True Self - is the vibration of love. So it makes sense that in order to experience ourselves as our True Self, we must learn to LOVE ourselves. Now true self-love is about loving yourself despite the struggles, despite the stories you've made up about yourself, despite the fear-driven behaviours. Self-love is loving ALL of you. Unconditionally. Self-love is the answer to healing the pain, the scarcity, the challenges, the fear people experience way too often.

When we're able to fully love ourselves we become vehicles for great healing and transformation because we're able to connect to everyone and everything. We see no difference between them and us. We no longer have a separate self and the ego dissolves. Love is the ultimate healer and transformer. **Love really is the glue that sticks everything together.** That's why it's so important we talk about LOVE.

Now people assign many meanings to the word *love*. We speak of loving material objects such as jewellery and cars, we love food, we love our family, our partner. Some of us even fall in love with the *idea* of love. Now if all that's not confusing enough, we also use love to explain *behaviour*: You might hear someone say: 'I did it because I love her.'

For human beings to survive they need air, water, food, shelter and the opportunity to love and be loved. Inside every person there is an emotional tank that operates best - gives us our best performance - when it's full of love. When a person really feels love, they're happy and content and at peace. When they don't, when their love-tank is empty, they seek love from outside sources, whether it be other people, drinking, sex, eating, drugs. How many people on the line, are in love with *chocolate*? Who runs to the cookie jar or the wine rack for consoling after a major disappointment... or even just a *little* one?

If someone is lacking in love, they may feel alienated, lonely, fearful, depressed, cut off, and have the sense that life is passing you by. You'll struggle to feel warmth, tenderness and affection.

So what is love? We've heard it all before, love makes the world go round. Thousands of books, songs and movies are peppered with the word **love**. Numerous theosophical and theological systems have made a prominent place for love. When love is present, everything is secure - everything *feels* good. When love is absent, everything falls apart and we're taken over by negative thoughts and emotions.

What you need to know, is *love* is your base state. It's what you are at your core. Yet as we've grown up we've become disconnected from that love, hence why we start to seek love outside of ourselves. So this week is all about helping you reconnect with the love inside of you. Cause I can assure you, it's there! And if you're not feeling it, it's only because you've become numb to it.

Love, as I've mentioned before, is the opposite of fear. If there is love present, negative emotions cannot exist. Negative emotions are simply your gunk - limiting beliefs - which left to fester, can sabotage you and your actions and thus your relationships, both personal and professional. Yet these fear-driven thoughts and behaviours cannot come out to play, if love is present.

When Michelangelo was asked how he created a sculpture, he answered that the statue already existed within the marble. So it is with us! Love is what's inside of us - we are all amazingly wonderful, beautiful, intelligent, caring, loving people. We just need to carve away the barriers - clear those limiting beliefs - that stop us seeing ourselves for who we truly are. Love.

Love also has a lot to do with our overall *wellbeing*, and can be likened to a potent *drug* that heals the mind, body and soul. People in love are less likely to become ill, and if they *do* get sick their recovery is generally a lot quicker. This is because when in a state of love, the body naturally heals. It reorders the cells to their healthy base state. Hence why staying in your Love Wrap - in that loving space of your True Self - will actually improve not only your mental health, but your *physical* health too.

Dr Dean Ornish helped conduct a study at Yale University that looked at patients undergoing coronary angiography. Those who felt the most loved and supported had fewer blockages in their heart arteries than the *other* subjects. This is solid scientific evidence that clearly proves that those who love more, are happier and healthier and they actually live longer. And I'm not just talking about romantic love, but *all* aspects of love.

You hear stories of people dying of a broken heart - especially elderly people who lose their life-long partner - sadly, they often die soon after their partner passes away.

If we take a look at *falling* in love: it creates an emotional high unmatched by any other means of healing. When two people are attracted to each other a virtual explosion of adrenalin-like neurochemicals gush forth. That explains why new lovers feel euphoric and energised and sometimes float on air. It's also why new lovers can make love for hours and talk all night for weeks on end, without feeling fatigued.

One problem with this so-called *chemical explosion* is that people can become *love junkies*. They become addicted to the chemical high they get from falling in love. Once this initial rush of chemicals wanes - what we often label as the 'honeymoon period' - their relationship crumbles and they seek out a new partner. They look for the next *hit*, the next supplier, instead of creating their OWN neurochemical love soup.

Where we as humans trip up, is we look for love in all the wrong places. You don't need to leave home to find love. In fact, the only place you need to look, is *inside* yourself. As you're aware, you can get all the answers you need by looking inside and connecting to your True Self. The same goes for love. It comes from the *inside*. Your True Self is love. When you are fully connected to your True Self, you do not need anything or anyone.

Binge eating - which is really really common - is due to a lack of love. The craving that we experience is not for food, it's for love. That's why it doesn't matter how yummy and decadent the food you fill yourself up with, you never feel satisfied. Because you're not giving yourself what you're *really* craving: Love. And the same goes for smoking, drinking, gambling; all of those addictive type behaviours.

When you're tuned into your True Self, you naturally do things that top up your own personal love-tank that make you feel lighter, more connected and more able to enjoy your day and your interactions. If your love-tank is running on empty, it's much like a car that is running out of fuel; it won't get you very far. If you think for a moment that we operate on love, that love is our fuel to get us through the day in the most enjoyable and peaceful way, you can understand why we need to be switched on to that internal source.

Now you might think, hold on, shouldn't I be giving love to *other* people? That's absolutely fine once you're tuned into your own love source and your own Love Tank is overflowing. Just imagine the car again, and you're about to run out of petrol. If you give your last bit of petrol to someone else, what happens to your car? It doesn't move. You remain stuck. We need to give to *ourselves*, before we can *fully* give to others.

This often comes up when I work with parents. They're putting all their time and energy into their children, that they're running on empty, and when they're running on empty, they're more likely to break down, and by that I mean, get cranky, not pay attention on the roads, make mistakes, or get sick, suffer post natal depression, and so forth. When this happens, you know that person is not coming from a

space of love. They've disconnected from it. And someone operating in this way is no use to anyone because what they're giving to others isn't coming from that calm, loving space. It therefore is limited.

So, I'm sure by now you're understanding why it's so important to love YOU. Not in an egotistical way, but in a way that allows you to look after YOU and do what's best for YOU; a way that allows you to see your own worth and your own beauty. Self-love in its purest form allows you to be YOU without worrying what others think of you or comparing yourself to others, knowing that you are simply love. Complete and whole and happy – just as you are – *irrespective* of the people around you or your material possessions or professional standing.

You see, the relationship you have with yourself sets the platform for how you live your life. If you're able to fall madly and deeply in love with you, that love filters out into every area of your life; your relationships with others, your career, even your finances.

Take your health for example. If you're totally in love with you, there's no way you'd eat three donuts for breakfast. You know they lack the nutritional value to keep you going. High sugar foods drain you of energy, leaving you feeling lethargic and unable to perform at your best. Ultimately, by eating such foods, you're *poisoning* your body. Would you poison someone you loved? Probably not. I hope not anyway.

Look at your interactions with others. If you loved yourself completely, you wouldn't care what other people think of you, because you would know deep down, that you're superbly amazing. No longer would you feel judged. Even when you go for a job interview, imagine the confidence you would exude if you loved yourself 100%, knowing that you are the person for that particular role.

Put simply: **The key to happiness and fulfilment, is to fall in love with yourself, unconditionally.** That's the answer. Fall in love with you, and your whole world changes. And this happens easily when you understand that you *are* love. It's there already. Closing your heart destroys your peace because it is alien to our nature. We are beings of love. And to go against that, is to go against who we are. And when we go against who we are, we are met with fear, pain and struggle.

The places in our personality where we tend to deviate from love are not our faults, but our wounds. And through tuning in and clearing beliefs and dedicating ourselves to LOVE, we can heal ourselves and our life. You simply need to be willing to surrender your old ways of thinking about yourself.

So who on the line can say they are 100% totally and madly in love with themselves? And if not, then now is the time to fall in love with you. And I'm going to help you do that. What we're looking for, is that electric feeling you get when you fall in love. You know how you might get Goosebumps when you meet someone special? You need to be able to give yourself Goosebumps.

*So relaxing now where you are.. centring yourself in the present moment.. simply become aware of your body.. how you feel.. physically and emotionally.. and when you're ready simply take a deep breath in.. and as you exhale.. gently close your eyes.. that's right.. just relaxing and continuing to breathe at your own steady pace.. that's right.. just inhaling love.. and exhaling fear.. feeling more and more relaxed.. with each deep breath..*

*Now simply imagine you're in a forest.. a big forest full of lush trees and green foliage.. and you're walking through this forest.. and as you walk deeper and deeper into that forest.. you feel the breeze on your cheeks.. so just notice now how that makes you feel.. and maybe you can hear birds in the distance.. chirping away.. and you wonder.. what could those birds be saying?..*

*And as you continue to wander through that forest.. you come to a river.. you reach down and put your hand in the water.. it's cold.. freezing actually.. you pull your hand back from the intense cold.. and moving your attention now.. you notice a beautiful garden on the other side of the river.. so beautiful is this garden.. you look for a way to cross that freezing river..*

*As you start to walk upstream.. you see a set of stepping stones.. there are five of them.. and they lead to the other side.. the side where that exquisite garden is.. and you really want to visit that garden.. cause you get this feeling.. that there's something waiting for you.. a gift perhaps.. a gift that could change your life..*

*So feeling safe and secure.. you step onto the first stone.. and as you do.. you feel instantly at peace.. you step onto the second stone now.. all your cares and worries fading away.. taking another step.. you*

relax even more.. feeling more and more at peace.. stepping onto the forth step.. it's as though you're entering a new world.. taking the fifth step now.. you smile.. knowing you are almost there.. almost to that beautiful garden.. then taking the final step.. you reach the river's edge.. and walk into the most heavenly place you've ever visited.. it's like as oasis.. Utopia..

As you begin to explore.. you notice the trees.. swaying in the breeze.. and below them.. there are beds of flowers.. bright flowers.. tall flowers and small flowers.. the most amazing colours you've ever seen.. and as you look over to the far corner.. there is a plant you've never seen before.. it's stunning.. it's like that plant is glowing.. it's talking to you.. it wants you to come over..

So swept away by its beauty.. you walk over to that plant now.. that's right.. you walk right up to that plant.. and as you admire the angelic plant.. you feel enchanted.. charmed by its magnificence.. and it makes you want to touch it.. to feel its energy radiate through you..

And as you reach out to touch that plant.. you notice it's growing fruit.. and that fruit is shaped like a heart.. and you get a sense that the fruit is ripe.. and ready to be devoured.. and you know intuitively.. this fruit is full of goodness.. and will nourish you on all levels.. physically.. mentally.. emotionally and spiritually..

So right now.. taking that heart-shaped fruit in your hand.. that's right.. taking that piece of fruit now.. you put it to your lips and take a bite.. as the fruit enters your mouth.. it brings your taste-buds to life.. the flavour is sublime.. you've never tasted anything like it.. it's extraordinary.. so extraordinary that as it travels down into your stomach.. you feel comforting warmth.. spread through your body..

And it's like that fruit.. that exquisite delight is infiltrating into your bloodstream.. flowing straight to your heart.. and as it reaches your heart.. you know this fruit.. is the fruit of love.. that's right.. this fruit of love.. is now inside you.. inside your heart.. topping you up with an abundance of unconditional love.. and that love continues to grow stronger and stronger.. with each heart beat.. and as it does.. you realise this love was ALWAYS inside of you.. it is who you are.. and this fruit has simply helped you remember that.. it has helped activate that love.. has helped get it flowing again..

The love continues to expand.. and as you take a deep breath in.. that love engulfs your heart.. and you realise it is your heart.. and it is now radiating that deep unconditional love that completes you.. makes you feel whole.. gives you all the happiness you'll ever need..

On the next heart beat.. that abundance of unconditional love starts to circulate through your arteries.. the heart pumping that love into every area of your body.. and you feel the warmth of it spread all the way from you head.. to your toes.. that's right.. feel the love reaching every organ.. every cell of every limb.. and as it does.. you know that your love for yourself is growing.. expanding.. taking over your entire body..

Every time the love returns to your heart.. it intensifies.. getting stronger and stronger.. before making its way around your body.. it continues to circulate.. the love growing with each cycle.. just take a deep breath in.. and as you exhale.. notice that love.. How does it make you feel?.. What thoughts are you now telling yourself?.. Just allow the love to keep circulating.. until you feel 100 percent pure love..

Now.. so full of love.. you know it's time to leave that garden.. you have received the gift that was waiting for you.. and you know.. that gift will stay with you.. that love.. now pumping through your body.. is a part of you.. it ALWAYS was.. and it will be there always.. to give you the happiness and fulfilment that is rightly yours..

So wiggling your fingers and toes.. which are now full of unconditional love.. simply take a deep breath in.. and as you exhale.. smile.. and open your eyes.. ready to live your life.. deeply and madly in love with YOU..

Welcome back. So the thing I want you to focus on this week, is topping up your LOVE TANK. How do you do that? Well, I'm assuming most of you have probably been on a date or two. How was it? Did it give you Goosebumps? Or was it a complete disaster that left you wondering why you even left the house?

As you may have read in my book [Getting Naked - The Dating Game](#) I've been on my fair share of dates. A dozen or so dates down, and I started to wonder: What would it be like to date ME? Would I be interesting enough to hold my own attention? Was I fun to be around? Would I find me attractive?

And what could I do that would turn me, off me? All these questions. How could I gain the answers (besides surveying every guy I'd dated)? I thought long and hard, before it dawned on me. I could date myself!

OK. Some of you may be laughing. But taking yourself on a date isn't as silly as it may sound. Dating yourself, as I discovered, is a very *insightful* experience. It allows you to see the person you've become, and make changes so you can return to who you really are at your core; the *true* you. The you who always acts out of love. If you're willing to go there, it can be a real eye-opener.

I decided to go all out on my first date and make a day of it. I cooked myself a scrumptious breakfast, reading a book in the sunshine. A massage was followed by a picnic in the Botanic Gardens where I bought myself flowers. A movie later and I was eating dinner (and a very decadent organic dessert) in a trendy little café. Yes, on my own. As I headed home for a relaxing bath I thought to myself what a wonderful day I'd had, and how I'd love to do it again sometime.

OK. Now you're really laughing. Either that, or you're thinking it's time for the straight jacket? No loony bin needed. That date made me appreciate who I am, and what I have to offer *other* people in all my relationships. It gave me time to reflect on all my positive attributes, and any not so great attributes. It gave me a real and honest awareness of what it was like to date ME.

Once loaded with that information, I was able to look at the beliefs that were creating the gunky behaviours, so I could clear them and be a more attractive me. A more *loving* me. Not just to others, but to myself. You see, it doesn't matter what anyone else thinks of you. If you love yourself 100%, you're going to win admirers; and plenty of them. People like to spend time with those who have self-love and self-belief. Secretly, they hope some of it will rub off on them.

So, how do you date YOU? Easy. Think of something you love to do. Or even better, plan to do something you've never done before. Be adventurous. Think outside the box. *Really* get creative. Put the date in your diary, as you would a date with someone else. Make it a *priority*. This is about you putting *yourself* first. Giving yourself love. And don't think that's selfish. As I said before, you're giving to yourself, so you have *more* to give to others.

Consider the last time you went up in a plane. Remember the safety check at the start of the flight? In the case of an emergency, you were probably told to put the oxygen mask on *yourself*, before helping anyone else. Why is that? Because you're no good to anyone else, unless you're breathing. Well the same goes for self-love. You cannot give love to anyone else, until you're giving love to yourself.

So you're on your date. How's it going for you? Are you enjoying yourself? Or are you bored out of your brain? If you're bored, why is that? Is that something you need to work on? What do you need to clear so you can feel more interesting? To fully own your quirks and be proud of them? What would you need to change about your behaviours and how you *do* life, in order to be that inspiring passionate person YOU would love to date? Who would keep you enthralled for the entirety of your time together? So much, that you're lining up the *next* date, before this one's even ended.

Are you convinced yet? If not, then ask yourself, what's stopping you from giving it a go? What puts you off spending time with you? Are you scared of what you might discover? Don't be. Awareness is the first step. Once we know our problem areas, we're able to clear the beliefs that are creating those negative or un-loving behaviours. It's only those people who refuse to look at themselves, pimples and all, who let themselves down. Who remain stuck, repeating the same patterns.

Doing loving things for yourself, helps you automatically connect in with your internal source of love. As I've said a number of times tonight: **Love is within you.** You simply need to start giving yourself permission to *feel* that love. *Be* it. Once you do, then you can bask in love all the time. And I encourage you to do so. Because it's physically and mentally healing and helps you live a more authentic life that flows with ease.

So... if anyone has any questions about Love and what I've just discussed, now's the time to ask, otherwise we'll continue on. So please press \*2 to raise your hand.

[TAMRA ANSWERS QUESTIONS]

So now.. I'm going to give you a moment to just connect into your True Self. So just take a deep breath in.. and let it go.. and do your Love Wrap so you can connect into your heart - your true self. So do that now.

Now the aim of this week is to bring to your awareness the importance of operating with a full Love Tank. So once you feel nice and connected, I want you to ask your True Self: From 0 to 100, how full is my love tank right now? And just see what number you get. So just ask that question now: How full is my love tank? The first number that pops in...

Once you have the answer, you will find a space on page three of your playsheet to write it down.

The next question I want you to ask is: What do I need to do this week, to fill top up my love tank? So I'll give you a moment now to just ask that question: What do I need to do this week, to top up my love tank? And simply allow whatever needs to flow onto the page to flow out through your pen.

Once you have the answer, just write it down on your playsheet. So the answer you get, will form the start of your homeplay for this week. You might get one thing, or you might get ten things you need to do. Just take your time and write them all down allowing the answers to come to you.

If you're someone with body image insecurities, giving yourself a Self-Love massage is really beautiful and nurturing. As you rub oils into body you imagine rubbing love into yourself - and you want to spend more time rubbing love into those areas you dislike the most.

It's really easy to fall into the trap of identifying with your body and seeing its appearance as an indication of your lovability. This is where you need to remind yourself that you are NOT your body at all. You are the **love** that is *inside* of you. And it is this love alone, that determines your value, your beauty, your brilliance.

Focus on the love, and any weight that is not authentically for you, will drop off. You quite literally want to love the weight away. When you realise that your weight and your appearance have nothing to do with your *body*, but all to do with your *mind*, then you can free yourself of its hold on you.

Another really good exercise to do, is spend two minutes in the morning looking in the mirror and admiring how beautiful or handsome you are, simply connecting in with your eyes. Realise that everyone is different, so what works for one person, may not work for another. So I'll give you a few more moments to get your Self-Love homeplay. If nothing else is coming through, use this time to ask: When is the best time to action these homeplay ideas?

In addition to that, I'm going to set you two mandatory homeplay tasks. The first is sending yourself a LOVE CARD. Now if you've worked with me before as part of my *One-on-One Intensive* where I've got you to do this before, that's ok, I want you to do it again. You can never send yourself too many Love Cards. For those who don't know what a Love Card is, let me explain...

I want you to buy or make yourself a beautiful card and write a message in it to yourself. Just imagine you're writing in this to a best friend and you want to tell them how amazing they are physically, mentally, emotionally and spiritually. But instead, you are writing this to yourself. You might like to connect into your True Self to come up with the exact words.

We tend to give *other* people compliments and praise, but how often do we give our *self* a pat on the back? This is like an extension of the Love Journal you started in week 1. Once you've written your Love Card, I want you to actually post it to yourself. Now this isn't about walking to your letterbox and then checking it an hour later. I actually want you to put a stamp on it, take it to the post office and send it. Wait for it to arrive, and then just notice how you feel, when you open it.

This week's big task however, is to take yourself on a date. Plan something special for the most important person in your life: YOU! Don't skimp on the trimmings. Go all out. Spoil yourself as you would a lover. Put in as much effort as you would, if you were trying to impress a first date. Be the dater and the datee, all rolled into one. It's only when you can date you, and truly *love* the experience, that you're able to really understand your own worth and value.

Now it's vital you do this, because next lesson we'll be doing some exercises that you won't be able to complete unless you've gone on your date. So this needs to be made a *priority*. Even if you have a busy week, as the absolute bare minimum, set up some candles at home and cook yourself a really nice meal, maybe get a movie and relax in your own company. Of course, if you can, make it a full day of activities like I did. But at least plan **SOME** sort of date with yourself.

Hopefully you've all listened to the Dating Yourself audio that I sent out in your email. That should provide some inspiration for your date, and give you a better insight as to what's on offer when you date yourself. So please make sure you listen to that.

So let's just recap, you're going to go on a date with you, frills and all. You're going to send yourself a Love Card, and you're going to do at least two self-love exercises. If you're struggling with any of this, it might be a time to book in your one-on-one session if you haven't already. If you have already used your troubleshooting session, you can book in for a one-off session. And I will send you all the details for how to do that.

If there's some resistance with these exercises, tune in and ask what beliefs need to be cleared in order to be able to do this week's homeplay. And now that you've had plenty of practise with your tuning in, start using it in your everyday life. Let your True Self be your stylist, and tune in to out what you'll wear each day.

I know when I started tuning in I was a jeans girl and often dressed more like a boy, until I realised I had beliefs making me feel like I needed to be boyish in order to be accepted by my dad. Once I cleared this - once this came to my conscious awareness - my True Self guided me to start wearing more skirts and dresses and be more accepting of being a woman; of expressing my femininity.

So tuning in on your clothes is a really simple way of practising tuning in on the spot. Because ultimately you want to get to the point where you can tune in out in public, in random situations, so you can make sure ALL of your decisions are coming from the heart and not from your head.

You can't just have a *casual* relationship with your True Self. You need to go all the way! And when I say that, I mean really working these skills you've learnt into your life. Don't get a good feeling about that guy you just met - tune in and find out why. Not sure which route to take to work - tune in and find out. Your True Self will guide you through life in the most loving and pleasurable way, *if* you take the time to listen.

When you're living from a place of love as opposed to fear - when you're more heart-connected - you can draw in what you want, as opposed to using 'force' to get what you want. Love is what awakens your True Self. All everyone is seeking is themselves. People run from themselves. We rob ourselves of ourselves by not listening to ourself.

And of course you have a visualisation track to listen to each night this week. This one is called *Mirror Mirror* - probably one of our favourite visualisations.

Now, I know it can feel a little strange to spoil yourself in such a generous way, but it's this self-love, this investment in you, that will help you see your own worth and value. Once you value yourself, others will value you too. Other people are just a mirror reflection, of what's going on inside of you.

If you have a belief that you're are not good enough, you will attract situations and experiences with others that validate this belief. Once you start to change your *internal* belief system, your *external* world changes. I have clients come to me after a few sessions of belief clearing, saying: 'I've been stopped in the street and told how pretty I am'. These people haven't changed anything about how they *physically* look or present themselves. What *has* changed, is how they *feel* about themselves and how *they* see themselves. It's this *energy* that people pick up on. People can spot a beautiful soul a mile away. They may not really know *why* they think that person is beautiful, they just *feel* it.

I also want you to continue with your morning tune into your True Self, asking those four questions and clearing beliefs as they come up. This is something you want to do for the rest of your life. Don't see it as a chore, see it as a morning ritual, just as you eat breakfast to give you the energy to get through the day, your morning tune-in will give you the steps you need to create everything you'd like in your life. Just like tuning a musical instrument will make it sound nicer, tuning into ourself will make us have a nicer day. You now have the most amazing tools, don't put them in the shed, to gather dust.

And whatever you do, never EVER cheat on yourself! When I say that - I mean don't take someone else's beliefs or opinions over what your own True Self knows to be true. Until you become your own best friend, your own lover of YOU - you won't create the life you love. Back yourself. Listen to your heart. And allow yourself to honour what your truth is.

Now before we finish up, does anyone have any final questions, or would someone like to share their best bit of tonight's session? Just press \*2 to raise your hand.

[A PARTICIPANT SHARES BEST BIT]

Never be afraid of love, and whenever love knocks on the door, don't hesitate to open it. When we open our hearts we deepen our connection to our True Self. The deepest peace and love that is available to us in our earthly existence, is in the core of our hearts. Don't be fooled into thinking we need to seek it from external sources. What it comes down to is giving yourself permission to love yourself. I know it sounds fluffy, but self-love really is at the core of everything we do.

So, that brings me to the end of Lesson Six. Enjoy dating yourself. As you'll find out, it's really fun!! And you may find yourself wanting to make it a regular event. Have a great week, and I'll leave you with this quote: **'Love yourself, for if you don't, how can you expect anyone else to love you?'** Thank you and goodnight.