

# Lesson 7: Naked Inspiration

## AUDIO LESSON TRANSCRIPT

Hello ladies and gents! It's Tamra here for Lesson Seven of *Remarkable Relationships*. Now the big question I have for you all, is how did your date with YOU go? Did you find that you enjoyed yourself? Or were there things you felt you might like to change? I want you to have a think about what you would need to clear, in order to enjoy your own company fully; In order to fall madly and deeply in love with YOU. In order to choose your own company over the company of anyone else!

So just take a minute now to remember back to your date with YOU. If you need to close your eyes to sink into that date, simply do that now. Float back to your date. And simply begin to write down your realisations - you'll find space on page 2 of your playsheet. What did you notice? How did you *feel* on your date? What did you like? And what did you NOT like so much? So I'll give you a moment to do that now.

And so now we'll take that a step further. I'd like you to list any behaviours or thought patterns or ways of being that you *didn't* like so much. Things that, maybe left a bad taste in your mouth or made you judge or criticise yourself. Or just things you noticed that weren't all that nice!

So the idea *this* time, is to identify, what you have playing out in your life that you need to clear, in order to fall 100% in love with you? So I'll give you another minute to write down the more gunky elements you noticed.

So now look at what you've put down as things you need to do some clearings around, and consider: What do I need to clear or what actions do I need to take to change those elements I dislike about myself, or those elements that stop me from loving me fully? And make sure you tune into your True Self for your answers on this one.

If your weight's getting you down, maybe you need to start an exercise regime. If you got *bored* on your date, what hobby or interest could you take up to make you feel more interesting? Something that would give you something to talk about with others. Or is it simply a case of removing a belief about 'not being interesting enough'.

If you needed *alcohol* to get through your date, you might want to look at clearing some beliefs around why you feel you need to *drink* to enjoy your own company. If you felt lonely, you may have a belief of 'I'm Alone'. If so, clear that one this week. If you have a physical trait, be it a protruding nose, or scar for example, that you absolutely despise. This isn't about making *physical* changes - I'm not telling you to book in to the plastic surgeon this week! If you do fall into this category, I want you to tune in on what *beliefs* you would need to change, in order to accept and love the body part in question.

So I'll give you another minute to brainstorm at least two things you could do this week - and this will form part of your homeplay - in order to help you love your wonderful self even more. So I'll give you a minute now to get the answers from your True Self.

Now I'd love to hear about your dates and what came up for you. So would someone like to raise their hand by pressing \*2, to share what they experienced. Don't be shy. Being open about your experience helps you be more accepting of yourself. It's a really big step in getting comfy in your own skin. So please press \*2 to share your experience of dating yourself. Or you would like some help coming up with some appropriate action steps, press \*2.

[A PARTICIPANT SHARES WHAT THEY EXPERIENCED ON THEIR DATE]

As you'll see on your playsheet, week seven of *Remarkable Relationships* is called *Naked Inspiration* and this is where we take a peek at who we have in our life that inspires us. If you remember back to Lesson One, we talked about the *Self-Love formula* - the five steps we need to take to create *change* in our life, so we can achieve our goal.

Number *four* was surrounding influences; so the people and the things we surround ourselves with;

our environment. We all have particular social circles, work colleagues, community groups, family and friends we spend time with. YOUR surrounding influences are whoever you have regular interactions with.

The reason this is so important, is because we are very much a *product* of our environment. We tend to mimic the people around us. So if I'm working with someone who wants to **double** their income, I'd get them spending time with people who are earning *four* times their income.

And the reason for this is, that those people have a certain set of beliefs that make them feel worthy of earning that much money. So if you start spending time with them, even just socially, once a week for a cuppa or morning walk, some of those beliefs are going to start rubbing off on you and you're going to start seeing more opportunities to increase your own income. These are the people who are going to *inspire* you to really step up and reach your money goals.

If, on the other hand, you surround yourself with people who are struggling to make ends meet, or have a negative relationship with money, then you're likely to have similar thoughts and act in similar ways. You might notice that you both get stuck in a negative conversation about money - *There's not enough to go around. Oh I can't afford that. Have you seen the state of the economy?* Conversations like this only feed the limiting beliefs around your finances, stopping you from making decisions that would allow more money into your life.

Now I'm in no way saying 'don't spend time with your friends or family' because they're gunky. This isn't a lesson in cutting people off; it's about recognising that you only have so much energy to spend. If you give your time to people who *tire* you instead of *inspire* you, you're wasting the time you need to live the life of your dreams.

We all have people in our life who drain our energy - you know because you get off the phone to them and you need to take a yoga class just to get back to feeling like yourself again! This is what we call an energy vampire. They suck you dry. The thing is - YOU are in total control of who you invite into your life.

If there are family members who fall into this category (and chances are there will be), it's time to focus on healing those relationships - and this begins with you tuning in and removing beliefs about *yourself*. As you change, your *relationship* changes. *Why?* Because the people around you are simply reflecting back to you what you already have going on internally. Perhaps it's simply a case of speaking your truth more around these people and setting boundaries in a loving way.

Start to notice the positive and negative influences in your life. If you want to really check in and see the influence your current environment has on you, simply tune into your heart space, focusing on one person in particular, and ask: Is this person helping or hindering me in achieving my goal?

I'll get you to do that now. Name one person you spend a lot of time with - it could be your mum, your best friend, your partner, your next-door neighbour, a work colleague; and write down their name on page 3 of your playsheet. Don't think about it too much - anyone will do for this exercise. Usually the first person who pops into your head is best.

Now tune into your heart space - doing the Love wrap. So just tune into your heart space now. Connecting in to your True Self. And simply ask: Is this person hindering or helping me in achieving my goal? Don't try to influence the answer - be open to receiving an answer you may not necessarily want to hear. Only when you have this awareness can you move forward. Is this person hindering or helping me achieve my goal? And write down the first answer as it comes to you.

Now if you got that your person of influence *is* hindering you. That doesn't mean you can't see them any more! Simply ask your True Self: What do I need to do, so I don't take on this person's limiting beliefs around my goal area? You may get some limiting beliefs you need to clear, or action steps - maybe not spending as much time with them or letting them know when they are indulging in negativity, or maybe you might just get some powerful realisations around the area. There are likely also - to be some beliefs you could clear.

So simply ask - what do I need to do to protect myself from that person's limiting beliefs around my goal area? And my suggestion would be to add those steps to your homeplay this week. I also suggest this week during your daily tune in's, to do this exercise on your five closest people - just to get a clearer understanding of the effect they're having on you and your ability to achieve your goal. It will give you

a really powerful insight into how certain people are keeping you in small zone.

Another question that is really valuable to ask your True Self is: What is this person here to show me? What is the lesson? Because every person we interact with here is here to teach us something, *if* we are willing to receive the lesson as a gift, as opposed to allow it to rile out ego. There really is so much value in looking for reflections in the people around us.

There's this old theory that if I wanted to know how much you earn, all I would need to do is find out what your five closest friends earn, and **you would be the average**. Of course, many say: 'But I have a friend who earns a huge sum,' and while this may be true, you may also have a friend who earns a lot less than you. From my experience this theory is correct *most* of the time. And not just around finances - but *all* areas of our lives.

So this is where I warn you, to avoid dream-stealers! Dream-stealers look just like you, but they tell you it can't be done. Don't allow other people's limiting beliefs be yours. Dream-stealers have a way of sneaking in without us knowing it most of the time. But if you share your plans or ideas with a friend or colleague and walk away feeling doubt about your plans, then you've just fallen victim to a dream-stealer.

I'm sure you've had it happen before. Perhaps you share your new whizz-bang concept, and you're met with a harsh reply of: 'Oh that'd never work'. And so you give up. These people unconsciously want you to be like them. Why? Because if you don't do it, then they don't feel the pressure to step out of *their* comfort zone either. But if you succeed, they're left feeling like failures, or like they need to step out of their comfort zone to be worthy of your time - and that scares the bejesus out of them!

So just start to notice these dream-stealers. Now you know what they look and act like. And then decide whether they're healthy to be around. Any uncertainty you have about what you're trying to achieve gets reflected back at you from the people around you. They're there to test you! To help you see what other gunk needs clearing so you can have what you desire. So if you lose faith in what's possible - don't give up. Look into the beliefs that are creating that mindset.

Our presence is our power. We can bring forth an energy that will elevate the people around us, or we can bring an energy that will bring others down. Now that of course means we can take on other people's negativity. We can choose to walk through life sponging up everyone's gunk - or we can choose to fill ourselves with love, so there's no room for other people's stuff to get in.

You don't need to *protect* yourself from other people's energies. All you need to do is stay connected to your True Self. Be in your body. Most people leave their bodies in awkward situations. You need to be more in your body. Become more alert, more aware. If something is throwing you off balance, you need to regroup and come back to your True Self.

So this first step was about becoming aware of how our *current* environment affects our goal-making abilities. Next, we want to look at how to create a *new* or *additional* environment to support us in reaching our goal - to help inspire us further.

So just remember back to the goal you set, and let's take a moment to consider what type of people are *already* achieving these results... and beyond. *Who* are the people you aspire to be like? So I'll give you a moment now, to have a feel into it - *who* are the people who are achieving the goal you're working towards.

If for example you wanted to be an actor, write down a list of people that are doing what you want to be doing. You could write down actors at the Melbourne Theatre Company or be more specific and write down names like Russell Crowe, Madeline West or Angelina Jolie. So take a moment now to brainstorm a list of the people or groups of people who are getting the results you're after.

If your goal is to have *confidence*, look at people who have confidence. Maybe it's a celebrity, or maybe it's someone you've seen run seminars or even your neighbour who you've never spoken too but holds themselves in a beautiful way. These inspirational people can come from all different places. Perhaps they're the author of one of the books you're reading from the book list I sent you at the end of the Lesson One playsheet.

Maybe you've seen someone inspirational on television or read an autobiography that resonated with you. I want these people to be people you **DO NOT** know personally. Perhaps you've met them before, or maybe they're complete strangers. But these need to be people who are **NOT** in your current

circle of influence.

So just tune in now on WHO those people might be. If you're struggling to come up with someone, simply press \*2 to raise your hand and I can help you out. So simply spend a couple of minutes now, brainstorming these people who already have your goal.

### [TAMRA HELPS PARTICIPANT BRAINSTORM INSPIRATIONAL PEOPLE]

Hopefully you've started your list of people - keep adding to the list during the week. I really encourage you to spend some time finding people who are really thriving in your goal area. If you're open, people will show up who are radiating the same frequency as you. Who have something to offer you.

Once you know these people, you need to work out how you can get in contact with them, or at the very least, learn more about them. It can be via email, phone or catch up with them personally. Maybe you could attend one of their seminars. If it's someone like Richard Branson, you might like to read his books to get an insight into how his mind works; to really analyse what his *formula* is for creating success.

You see, it's one thing to go to university and get a degree, and that's great - it'll give you some great skills and credentials. But where you'll get the *best* learnings, is from people who are *doing* what you want to do; the people who are *living* it. *Embodying* it. You can't learn in university what you can learn by actually getting out there and doing whatever it is you want to do. There's a big difference between *knowing* the *theory* and actually putting it into practise.

So for this week's homeplay, I want you to create that new circle of influence. Some may be mentors, while others will become friends or acquaintances who you catch up with regularly. When I was learning to become a therapist, I found a therapist who I admired, someone who I held a great respect for. Then I started having sessions with him and being mentored by him. I studied with him and watched how he operated. Noticing all the things he did *well*, as well as the things that *didn't* work so well for him.

You see, even these people who we tend to put on pedestals are still human, they still have areas of their life that they're still working on. If you notice the things that DON'T work for them, you have a much greater awareness of what NOT to do in your own life. Learn from a person's *challenges* as much as their wins.

I did the same thing when I began news reading. I found myself a particular newsreader who really inspired me - a woman who sounded the way I wanted to sound on air. Every time I was in Melbourne on holiday I would listen to her bulletins and analyse how I could sound more like her. I also sent her my bulletins and asked for feedback. Four years later, I was working alongside her in the same newsroom.

Realise, that the only thing separating you from these people of influence, is your *beliefs*. You may like to write that down. **The only thing separating me from the person I admire or look up to, is my beliefs.** What we see in the inspirational people around us, is in us. That's why we see it.

You now know how to remove beliefs - so there's NO excuses for not having what *others* have. You have the formula to get there - you simply need to put it into action, and **never EVER give up!** Because there *will* be challenges - but it's the challenges and obstacles that give us our greatest learnings. So begin to see those challenges as opportunities for growth.

For your homeplay this week, I want you to find yourself THREE new people who are already achieving your goal. Preferably people you can have contact with, even if it is only via email. DON'T rule people out because you don't think they would have time for you. You have nothing to lose by trying to make contact.

I may have mentioned to some of you that I went to a talk with best-selling author Cathy Lette. You may have heard of Cathy - she's the author of *Puberty Blues* and 12 other best selling novels, having written for American sitcoms, with one of her books made into a TV show. Now after the talk I purposely asked her to sign a book - not because I like getting books signed - but because I wanted 15 seconds with her, so I could ask whether she mentors people. As it happens, she does, and took my details. That's how simple this is. Act on the opportunities around you - because opportunities to mix with the people who are getting the results you want, are everywhere. Remember, anything is possible if you have the belief system to support it.

Once you identify these people and make contact with them, I want you to build a relationship with them. If it's someone like Richard Branson who you have your mind set upon, then your job is to be an investigator and see whether you can make contact with him. And I'm not joking! Think outside the box to get his attention. One of my friends did this; he started by attending a seminar of his, asked a question during question time, and now has an opportunity for Branson to fund one of his projects.

Be creative with your approach; send the person something that will really get their attention. Show them you'll go to trouble to reach them. Ask that really interesting question. Play and have fun with it. And while you're waiting on a reply from your person of choice, you want to start reading their books if they have some, and researching how they got to where they are. Watch You Tube interviews that share more about how they got to where they are. Learn everything you can about *them* and their *strategies*. Google is great for this.

If you're wanting to become a naturopath, your mentor could be a local naturopath who you know gets really great results. So maybe you could approach him/her and see whether he/she would be open to mentoring you, or at the very least, catching up for a cuppa so you can pick his/her brains. Maybe there's a university professor who does experiments into something you're interested in.

If your goal is overcoming a health issue, then find a person who has overcome the same health issue. They may have released a memoir, or you might be able to get in touch with them personally. Maybe you could track down a previous TV interview they did from the archives at the National Library. There are soooo many options. Get on Facebook and ask around. Use our Facebook group!

But remember, these people you are making contact with, *need* to be NEW people that you don't already spend time with. Strangers! Or someone you've admired from afar, but never had the courage to approach. If you feel a little scared about meeting new people, and creating this new friend circle, just remember back to what we said about your comfort zone, or Small Zone as we relabelled it. It's only when you step out of Small Zone that you're able to move into Big Zone and create your goal.

**This is the one step of the formula where most people fall over.**

You see, if you do all four of the other steps of the formula: So get your conscious and unconscious thoughts good, take action and surrender, you might *feel* as though you're doing a good job. But if you're going back into a negative environment, or an environment that doesn't support your new goals and aspirations, then your old limiting beliefs will *reinstall*. Yes, you heard right, all your good work can be brought undone, if you don't do step *four* of the Self-Love Formula. That's why it's *imperative* you apply this week's learnings.

Changing your environment is an essential part of the process. You need to put yourself in amongst it. You need to get out there, and mix with people who are doing what you want to be doing. What you want to aim for, is to have FIVE new people in your life, who have all achieved the results you're after in your goal area. Your homeplay is just THREE because I don't want to overwhelm you this week - but ultimately, FIVE is what you want. Oprah once said: 'Surround yourself only with people who are going to lift you higher.' And that really is the aim this week.

If it's a soulmate you're after, ask yourself, where would the kind of guy or girl I'd like to meet, hang out? Those who know me, know I'm very much attracted to the alternative type - even better if he has a guitar in his hand! So it was no surprise that I met my Prince at a gig my band was playing at. His band and my band were playing together that night. I was doing my passion and so was he. I was putting myself in a place with like-hearted people. That way I'd meet people with similar interests, while enjoying myself. And this brings me to talk about **passions**.

You see the more time you spend in a state of passion, the more energy you have. So *what's* something that you could do, or take part in, that will ignite that inner flame? When I play drums I have more energy for my business, and life in general. Just as we feed the body nutritious foods to keep up our *physical* energy, so too must we feed our soul, *passion*, in order to keep up our *life* energy. So ask yourself now, what are you really passionate about, and how can you do that thing, even just once a week to begin with, so you're constantly refuelling your passion stocks?

Passions are those things that you *love* to do. That you could do for hours on end, losing track of the time, because you're so engaged in what you're doing. It is these things, these passions that top up our

energy, that bring us to life and put a smile on our face. It's also our passions that point to our purpose.

I'll give you a moment now to tune into your passions. If you're not sure what you're passionate about, brainstorm a list of things you could try; hobbies, interests you've always been curious about, but never given a go. So I'll give you a moment now to come up with your passions list. If you are struggling, please feel free to unmute your line by pressing \*2 and I can help you find your passion.

### [TAMRA HELPS PARTICIPANT BRAINSTORM PASSIONS]

And once you've got a list, I want you to choose one that you will do this week, to add to your homeplay. So simply circle whichever one our True Self is guiding you to do this week. The first one that jumps out at you is the one you want to go with. Taking up a passion, or interest or hobby is one of the *easiest* ways to build the new friend circle, that is your homeplay this week. If finding a relationship is your goal, then you might like to give online dating a go. You're putting yourself in a new environment, an *online* environment. These days, technology is a **big** part of our lives, so don't dismiss it.

When I was writing *Getting Naked*, online dating made for many an *interesting* instalment. And while you may have heard some horror stories from friends about all the weirdos out there, just remember: Like attracts like. If you're clear and you've cleared your gunky gunks, then you'll attract people to you online that are at a similar point in their personal growth. One of my friends is proof of this. She went online to E-harmony, signed up for 12 months of online dating, then the first person she met was it. They're now married. All because she cleared her relationship gunk first. She was clear.

Whether it's a dancing class, speed dating, a church group, cooking class, sailing clubs, movie clubs, you *need* to get out there in some way. Maybe you've always wanted to learn a new language. Now is the time to do it. Remember though, that it doesn't matter *what* you're doing, so much as *how clear* you are, that will attract great people in.

Of course, meeting new people or putting yourself in new surroundings has the potential to bring up some insecurities. If you still have your high school friends, then you may have no idea on *how* to meet new people. That's why as part of your homeplay this week, I want you to indulge in one of your passions - this is a great way to surround yourself with people who are achieving your goal. You might meet all three people in one night!

And of course, as with everything, if you're feeling scared, simply take a look at the *beliefs* that are stopping you from getting out there. Like I said before, there are five steps to creating change. We went over the Self-Love Formula in Lesson One. If you're doing the other four steps and not this one, it *will* stop you from achieving your goal. All five steps need to be in play, in order to create success.

So now I just want to take you through a nice visualisation, to show you what you can achieve by simply changing your environment...

*So relaxing now.. allow yourself to sink into your chair.. take a deep breath in.. and as you exhale.. just allow your eyes close.. and as they close.. just notice how dark it is.. and in this darkness.. I just want you to allow yourself to absorb the black.. as you continue to inhale.. and exhale..*

*That's it.. simply inhaling.. and exhaling.. falling more and more drowsy.. as you relax into where you are.. and now.. quite simply.. I invite you to move your attention to the darkness.. just noticing what it feels like.. to be surrounded by darkness.. and simply imagine that darkness getting blacker and blacker.. deeper and deeper..*

*And as you sink into this darkness.. you become aware of who you are.. you are a caterpillar.. that's right.. you're a caterpillar.. and you're inside a magnificent cocoon.. that's why it's so dark in here.. you're in the cocoon.. quietly waiting for the right time to enter the world..*

*And as you reflect on your life up until now.. you realise that being a caterpillar has had its limitations.. only being able to walk around and climb things.. you haven't been able to reach some of the places you'd like to see.. some of the places where opportunities are abundant..*

*Being a caterpillar.. you realise.. is not all it's cracked up to be.. that's why you're here.. in this magnificent cocoon.. that's why you decided to go inside.. to really look at your deeper, darker self.. so you could give yourself the chance to transform.. to build upon your current skills.. and create a being*

that has the know-how to create everything you could imagine..

Doing something different was scary.. but you know deep down.. that this is your chance to shine.. this is your opportunity to do something with your life.. to step out into the world and be the person you've always wanted to be.. the person you are at your core.. the person who creates magic..

So as you sit in your cocoon.. you prepare for the task at hand.. you meditate on how you want to be.. you imagine yourself in full flight.. spreading your wings.. visiting sights you've never seen.. meeting people you'd only ever seen in the movie of your mind.. you feel exhilarated as you climb to heights you never thought possible..

This incubation time.. inside this magnificent cocoon.. is giving you all you need to enter the world a new person.. a powerful being.. full of hope.. ambition.. drive and enthusiasm.. you feel the darkness topping you up with all the ingredients needed to break free.. you're growing stronger and stronger.. every moment you're inside this cocoon..

No longer are you the quiet shy caterpillar.. this transformation is taking place at an alarmingly fast pace.. and you see yourself growing into this amazing creature.. the way you think is changing.. your body is transforming into the body you've always known was there.. you feel alive... vibrant.. and ready to explore all the world has to offer..

Then it's time.. time to break free of the cocoon.. you're ready.. you are finally ready.. to do what it takes to fly!. The cocoon starts to fall away.. rays of sunlight filter in through the cracks.. melting away all the old beliefs that no longer serve you.. as bit by bit the cocoon simply breaks away.. more and more sunlight pouring in.. engulfing you in a vibrancy so great.. you feel ready.. ready to take flight..

You stretch your wings out wide.. and as you catch a glimpse of their beauty.. you smile to yourself.. knowing the time spent in the cocoon.. was worth it.. all that energy and dedication you put in to clearing out your personal barriers has paid off.. that time has given you everything you need to fly.. and as you feel that belief in yourself grow.. the final piece of the cocoon simply falls away..

Your wings expand to their full length.. and you lift up into the air easily and effortlessly.. you're doing it.. that's right.. you're flying.. you're now the most beautiful butterfly.. all your patience and hard work has been rewarded.. you're now free to explore at your own free will.. flying to the most extreme heights.. mixing with other folk.. who until now.. have been out of your reach..

But now you realise.. no-one is out of your reach.. everyone is happy to meet you.. they all want to fly with you.. they want to share in your experiences.. and support you as you continue to learn more about yourself.. and the world.. you are happier than you have ever been.. and more confident than you have ever been.. this is your life.. a life of freedom and abundance.. A life of joy and exhilarating fulfilment.. A life of love..

As you contemplate this new way of being.. it makes you want to meet new people.. to mix with people who are flying even higher than you.. people who can teach you things you're yet to learn.. knowing those people are simply reflecting back the brilliance that is already inside you.. and this inspires you to fly with those who soar much more often.. to be with people are creating a difference in the world.. because you know it will rub off on you.. it will propel you higher.. give you a bigger sense of inner satisfaction..

And when you're ready.. you simply open you eyes.. full of ambition and enthusiasm for the life you are now living.. knowing that your wings of beauty and love can take you anywhere and everywhere!

When you're being your True Self, you become much more at ease in social situations. You'll notice your heart opening, you'll stand tall in who you are. So the more gunk you clear out - and I'm talking about your limiting beliefs - the easier it will be to connect with your True Self. The easier it will be to listen to the messages coming from your heart. Plus it's much easier to stay out of gunk, when the people you are around are being their True Selves too!

So once you do find someone who is getting the results you want, start to notice how they think, what they do, how they react to situations and make decisions. Then you'll start to understand why they have such a different experience of life. Find out how they got to where they are. What courses they did. Who were *their* mentors? What was their inspiration?

But whatever you do, learn from both their successes and their obstacles. The trick is to gather the

information you need from them, then apply it in a way that is *unique* to you. This isn't about copying actions, it's about identifying a person's winning formula so you can start to see how things are possible. Tune in and find out which of their learnings would help propel YOU forward.

Once you have these 'go to' people, utilise them. Some people will be more willing to offer advice and information, while others will be guarded. Keep asking, until you find someone who is happy to mentor you or spend some time giving you tips on the area you're pursuing, or simply hang out. If someone is not forthcoming, it's just because they have their own gunk that makes them insecure about sharing.

Whatever you do, don't measure the size of the mountain. Speak to the person who can move it. Maybe you need to get a personal trainer to help get you into shape, if that's what will make you feel good about yourself and get you hanging out with a person who has beliefs around being healthy. You don't have to do it alone. If we didn't rely on farmers, where would we get our food? It really is a joint effort.

So let's go over this week's homeplay. Identify THREE people who have achieved your goal - and make contact with them. If you're stuck for ideas, get on our Facebook page and ask the others in the course for ideas. Someone is bound to know a person who they can put you into contact with - I'm sure you've heard of the six degrees of separation rule. This is how I met a movie producer that's given me advice on how the *Getting Naked* book series could be turned into a movie. I was chatting to a friend, who knew a big name producer and voila!

Don't dismiss our Facebook page as just another bit of social media. Commenting regularly on the *Remarkable Relationships* Facebook page and having interaction with the people in this course is another simple and easy way to change your environment. You're mixing with people who understand the value of tuning in and removing beliefs. And when you're just starting out doing this, it's all too easy to fall off the bandwagon, if your friends don't understand it. Hence why I set you all up with a buddy.

If you're a bit nervous about getting out there. This week's track *Stepping Out Into The Spotlight* is designed to help you feel confidently social. Listen to it everyday until you feel completely at ease in engaging in new social environments. And write down two action steps you need to take - following the first exercise we did tonight: What do I need to change about me in order to fall in love with me?

Now you do have a fair bit to do this week. But by now you should have got into a routine where you can take the time to put all the necessary actions into place. *Knowing* the formula and knowing what you have to do to create success is very different from actually *doing* what's required to create that success. **Thought, without follow though, won't get you very far.** It's when you take **action** that the magic happens.

You should also be tuning into your True Self and removing limiting beliefs daily - the more time you dedicate to your tuning in and clearing, the quicker change will happen for you. When I first started I'd spend up to a couple of hours a day clearing, and things shifted so quickly. You don't have to do this every day, but be open to spending that much time clearing. If something in your current reality is stuck, you have the know-how to clear it.

You're all doing so so well. But please make sure you continue to send me your homeplay and any obstacles you may be facing - so I can help you. If you've used your sessions with me and want an additional session to clear out any blocks, please book in - if you've worked with me before, you know we can clear a LOT in just one hour. Before we finish up for the night, if you have any questions at all, please press \*2 to unmute your line. Or if you'd like to share a Best bit, Simply press \*2.

### [A PARTICIPANT SHARES BEST BIT]

Know that some of the exercises will be more difficult than others, some will be fun, some will bring up resistance. Know that resistance is a sign of growth, if only you keep going, and don't give in to you ego, you will get the results you're after. Whatever comes up for you, don't QUIT. Keep going. Trust that you enrolled in this program for a very real reason. And tonight I'll leave you with this quote: **'A mentor is someone whose hindsight can become your foresight.'** Thank you and goodnight.