

# Lesson 8: Naked Surrender

## AUDIO LESSON TRANSCRIPT

Welcome ladies and gents. It's Tamra here and tonight is our last week, before our one-month break, then we'll have our final week of *Remarkable Relationships*. Hasn't time flown! By now you should well and truly be on your way to achieving your goal and be feeling a lot more comfortable in yourself and what you're really capable of.

Before we begin this week's topic let's revisit *last week*. How did everyone go with meeting new people and taking the first steps in creating a new environment for you. You should have found yourself some new friends, acquaintances or a mentor or three - so a new circle of people who will help propel you forward in achieving your goal.

So I'd love to hear about your new environment, and see what happened for you; if you met any amazing people. So please press \*2 to raise your hand. If you hit obstacles, please speak up so we can work out how to make networking and changing your environment easier and fun. So just press \*2 to share what happened for you.

### [A PARTICIPANT SHARES EXPERIENCE CREATING NEW ENVIRONMENT]

Today's session is about *Naked Surrender*. Living as if you already have your goal. And how we do that, is by learning how to *unattach* from the goal you set in Lesson One. So far I've given you the formula for how to *create* your goals. The *final* step of the process is learning how to 'let it go' or surrender. This is where we take a good look at *attachment*.

So firstly, what is attachment? Ultimately, attachment is the fixed desire for a specific outcome. Attachment can be likened to an addiction. It's the *need* for something, in order to feel a certain way. Now we should never *need* anything to feel happy or fulfilled. Just like an addiction is covering up an underlying problem - or a disconnection from ourselves - so too is attachment.

Let's pretend we have David, and he wants a big two-story house with a pool and all the trimmings. He's so attached to having that house. *Why?* Because when he has it, he thinks it will make him feel worthy and successful. The thing is, it's just a house - mortar and bricks. It's a *societal* belief that you need a material object to feel worthy and successful. In actual fact, all you need to feel worthy and successful is a healthy *belief* system.

Change your *beliefs* about yourself and what it means to be worthy and successful and suddenly a house is just a house; something to keep the rain off you on a stormy night. You don't need a massive mansion; what you *DO* need, is massive self-love and massive self-belief. *Then* if you happen to have a mansion, it's an added bonus. Something to be enjoyed for what it is. It's not serving a *need*, or covering up an underlying issue that needs to be resolved within you - and if it were taken away - would not effect your feelings about yourself.

Now it's not a crime to want a material object such as a cool car or a diamond ring with a million dollar price tag. It is unhealthy though, if you *need* that object in order to make yourself feel good enough, happy, or loved. The idea, is to get to the point where you can create the desired *feeling* regardless of the physical outcome. Where you're not phased if that object is in your possession or not.

You see, the *problem* with attachments, is: they hold you back. They stop the flow of that thing coming into your life or into existence. I think of attachments as the anchors that stop the ship. They stop you sailing the sea of opportunities available to you. Ultimately, they make you a prisoner. Attachment really does cloud your life.

In the South of India, people used to catch monkeys in a vey special way. Actually, they let the monkeys catch themselves! What they did, is cut small holes in coconuts, just large enough for a monkey to put its hand in. They would fix the coconut to a tree and fill it with a lolly.

The monkey smells the lolly, squeezes its hand into the coconut, grabs the lolly and finds that the fist does not fit back through the hole. Not thinking to let go of the lolly, it holds itself prisoner. Nothing could be easier for a human being who comes and catches it.

As you can see in the case of the monkey, it lost sight of the bigger picture. It trapped itself, because it was too attached to the lolly. This is what we do when we get attached to something. We trap ourselves and that stops us from seeing the truth. Suddenly we miss other opportunities because we're so set on getting to our goal one particular way, when there could be a quicker and easier way, but we can't see it, because of this attachment to a preconceived idea of how we *think* it should be or how we *think* it should come to us, and in what form.

Removing the attachment allows whatever it is you are working towards, in. There is often the belief that if we detach, it won't happen. We will *lose* the thing we want. That's not true. Have you ever been in a relationship where someone is so attached to you - so clingy and needy - that it leaves you feeling suffocated? By attaching to you, or *needing* you in this overly excessive way, they end up pushing you away.

The thing to realise about attachment is, even without your goal, you are still breathing, living, functioning in this world. You do not need the goal to survive like air and water. Yes, it would be great to have, but it's not essential to your happiness. What is essential to your happiness is living in a place of love. **Because when love is present, nothing else matters.** For what all of us want - deep down the **ONLY** thing all of us truly wants - is LOVE.

So what we're after when it comes to this step five of the Self-Love Formula, is you want to take all the steps necessary to create your goal, then you want to let it go. This is about trusting the process and continuing to live from that space of pure love where we are whole and complete and perfect just the way we are. Right now!

The process of creating what you want is this: **You dream it up, you believe it can happen, you take action, and then you surrender.**

Now surrender is one of those areas that most people disregard. This is often the step people miss, or struggle to properly understand. 'But I need to do this, this and this to achieve my goal,' they might say. Well surrender is the opposite of *doing*, and the idea is to live in a state of surrender - or unattachment - *while* completing the *doing* activities.

Realise that your soul - your True Self - knows no *lack* or *limitation*. You can have absolutely anything you want, if you want it for the right reason. There is only one thing that will get in your way of being, doing and having anything that you want, and that is YOU. Many people don't want to hear this and discount it with excuses. Yet each of us knows the truth deep down, that we are *powerful beyond measure*. When you trust with all of yourself - all of your heart and soul - you will be rewarded massively for your faith.

So - let me clarify: To surrender, is not to sit back and relax and take no action or as the dictionary would define it 'to give up'. We've covered the action section, and you absolutely need to do everything that it takes to achieve your goals. Surrendering is more of a spiritual understanding of the universe - or a spiritual detachment to the outcome.

The best explanation I've heard of Surrendering is this: '**Let go of your attachment to the outcome and be open to receive it at the same time.**' Isn't that a powerful combination? To be able to accept that if you've done everything that it takes to achieve your outcome, then if it is right for you, it will come. When we're no longer attached to the outcome we see it as it is, and we know on a deeper level whether it's good for us or not.

Often the only thing in the way of us receiving the outcome is that we give up too soon. What many people do, is they begin to think that they're not going to achieve their dreams, and so they give up on them. Persistently being open that it *will* come, is the answer. It may just take a little longer than our impatience would normally accept. Hold your dream, and keep checking that you have done everything that it takes action-wise. **Give your goal your soft attention.** And forget about trying to control when or how it will arrive in your life, so you can let it simply flow in.

Now it's much easier to surrender and hand over control to things that don't matter so much. But when we try to surrender to things we really really want, handing over that control, and surrendering can be a lot harder. Yet it's those things that we really really want, that we need to surrender the most.

The truth is, of course, that the more important it is to us, the more important it is to surrender. That which is surrendered is taken care of best. To keep it to ourselves means to constantly grab and clutch and manipulate. We keep opening the oven to see if the cake is ready yet, which only slows down the process and may even result in the cake sinking in the middle. This is what we do to our goals, if we don't surrender them; we cause them to collapse before they've had a chance to rise into our physical awareness.

The reason we feel we need to control things in life, is because we are not fully present and aware - because we're afraid. We are living in the fear of our ego. Our True Self wants us to have an awesome life, and knows how to create that awesome life, more awesome than you could possibly imagine right now, but as long as you try to control your way through life, your True Self cannot take the driver's seat and guide you to the place that would give you the most happiness, the most fulfilment, the most joy.

So turning to page 2 of your playsheet, I'd like you to now tune into your True Self, using your Love Wrap. Simply put yourself in that loving space now and ask: What is the truth about control? So tuning in now for the answer: What is the truth about control?

And when you feel like you have some clarity, simply ask your True Self: What do I need to clear to let go of control? You might get some beliefs you can clear after tonight's session, you may get some realisations or things you need to do. So just be open to what you get told..

When you're not trying to control things, when you're letting your True Self create magic in your life, miracles happen in every moment. The reason there is no ease and magic for most people is because they try to control everything.

Self-help author and speaker Deepak Chopra calls surrendering 'the gap between your thoughts'. It's the peaceful moments where you just **know** that you're on track, that you're following your purpose, that you're flowing and in tune with everything around you. This is the state of power, the state of intuition, the state of inner knowing and certainty.

Certainty comes from **inside**. Look for past references from your life where you've got exactly what you've wanted. You'll notice that sometimes the outcome is better than you could ever have imagined, if you're patient, hold onto your vision and expect you will receive nothing short of phenomenal. Remember these times when you begin to doubt whether or not it will work this time.

It's only when you let go of that attachment and surrender, that you make space for the goal to come into existence. You give space for your results to manifest. This is a very feminine trait. We live in a very masculine world where we **push** for what we want, we work hard and we 'do' a lot in order to get a result.

Now while you certainly need to take action - as you know it's Step 3 of the Self-Love Formula - you also need to sink into your more feminine self. And I'm not talking about masculine and feminine in terms of gender. I'm talking about approaches to life, and the more feminine approach is to sit in a state of surrender and allow things to come to you - it's much softer, more in the flow. Tuning-in is a very feminine activity, because you're *allowing* the information to come to you.

So we want to engage both masculine and feminine aspects in order to reach our goal, and this week we're talking specifically about the feminine. If you do want to learn more about masculine and feminine traits, I will be going into much more depth in the *Conscious Couples* course.

To some people surrender may have negative connotations, implying defeat, giving up, failing to rise to the challenges of life. This may be the ego-view of surrender, but *true* surrender is something very different. It doesn't mean to *passively* engage in life. To surrender is to accept the present moment unconditionally.

It's to relinquish inner resistance to what *is*. Acceptance of what *is* frees you to indulge in the present, in the **NOW**; to receive the pleasures of daily life and feel them through *all* of your senses. Surrender is purely an *inner* phenomenon. It doesn't mean that on the outer level you cannot take action.

Surrender is perfectly compatible with taking action, initiating change, or achieving goals. But in the surrendered state a totally different energy, a different quality flows into your *doing*. Surrender

reconnects you with the source energy of *being*, and if you're *doing* is infused with your *being*, it becomes a joyful celebration of life energy that takes you more deeply into the *now*. No truly positive action can arise out of an unsundered state of consciousness.

The way to surrender is like letting your True Self be the sculptor and letting our life be the clay. My parents were potters as I was growing up, and if the clay was too hard or dry to work with, you couldn't mould it into a masterpiece. That's how we need to be in life, malleable, like moist clay.

If you're rigidly attached to getting something, including getting things to work out the way you 'think' they should work out, it's going to take a LOT of *effort* and hard work on your behalf to make your life brilliant. When we're set on things turning out a certain way or happening a certain way, then we have little room for spontaneous insights that would allow those things into our life effortlessly.

Look at nature: see how everything is accomplished and how the miracle of life unfolds without dissatisfaction and unhappiness. A flower simply blooms open - no effort required. Well beauty can only come to us if we give up trying to control it, if we act from a state of *knowing surrender*, for that is what will bring us the greatest results and true satisfaction - happiness!

The key to manifesting is to be detached from the outcome. It's ok to have goals. It's ok to work towards them, as long as they're not coming from a space of lack or need. You can aim for something - but to become attached to having that thing is to come from an ego space. You could miss out on something far *better* - because you're so attached to this outcome or result.

We see this in all areas of our life; we get attached to being with a particular person or buying a specific house, when there may be a person or a house that is much better for us, right under our nose, but we don't see it, because we're so attached to the house or the person we 'think' we should have.

Your focus needs to be more on how to 'be' as opposed to what you want to get. How would I 'be' if I was living in my dream house, how would I 'be' if I was in a relationship with an awesome person? Start 'being' how you would be if you already had those things or people in your life. You'd be happy, yeah? Well stop waiting for that person, that car, that house, that money to 'be' happy, and 'be' happy NOW!

Know that if you live as your True Self and live in the 'energy' of the life you desire, then you will be like a magnet, attracting in whatever things and people that match your vibration. If you're still pining for an ex lover, you're essentially putting out the 'I'm alone' vibe, so guess what you're creating? Being alone.

So I invite you to feel into how you would act and behave if you already had your goal. How much sleep would you get? How would you interact with people? What sort of words would you tell yourself? Would you be sitting in front of the TV wasting away your days, or would you be pouring your energy into something you really care about that nourishes you on all levels?

Start behaving like you would, having achieved your goal *already*. Start *being* the way you would. How would you treat yourself? Who would you spend time with? And this is our next exercise, you will see on page 3 of your playsheet. **Tune in and ask your True Self:** What would I be doing differently if I already had this goal? How would I be living my life? What would I be *feeling* each day? And just allow the words to spill out onto the page.

Now starting doing that. Start living as if you already have your goal, because on an energetic level you already do have it. And the more energy you give to that goal, the quicker and more easily it will come into your life. Would anyone like to share what realisations they had? Just press \*2 to raise your hand.

### [A PARTICIPANT SHARES REALISATIONS]

Before I got my dream car - my 66 Mustang - I had a little yellow Hyundai Accent. And I knew in order to allow my Mustang to come in, I needed to live as if I had that car already - be in the energy of it. So you know what I did? I would pretend that every time I was going for a drive, that I was in my sexy Mustang. I'd joke with my husband as I was leaving the house saying: Wanna come for a cruise in my Mustang?

Funnily enough I actually got to the point where I didn't need the Mustang anymore and stopped looking for one, as I felt like I had all I needed. And then out of the blue my Dad called up and said: I've found your Mustang. And that gorgeous car now lives in my garage.

It's so important that you understand, you can be happy now. You just need to be in the energy of love - which like I've said is all we really want anyway. And that really was what I was doing with my Mustang. Putting myself in that energy of love. If you rely on the end result making you happy, you give away your power. You put happiness on hold, and what you will find, is that once you do reach your goal, happiness will only be temporary.

The idea, is to get to the point, where you feel happy *regardless* of your outcomes, knowing that happiness comes from **within**. That you can be happy simply being you, and being on the journey to creating your goal.

Chances are, once you reach your goal you'll set a new one. You need to make sure you're happy both on the journey AND at the destination. In life, we're always working towards something, so to only be experiencing splashes of happiness every time we reach a goal, is denying ourselves a life FULL of happiness.

Attaching to an outcome shows that you are in need of something to feel happy. You should never need something to feel happy. You should just be happy - naturally. By tuning into your True Self, that will place you in that happy, at ease state, where happiness is your natural way of being. You are perfect how you are. Life is perfect for where you're at right now. Remember that. **It is ALL perfect right NOW!**

Now before we work through the exercise on how to unattach from your goal, let's enjoy a visualisation that will help you loosen your attachment on your goal:

*So relaxing now into your chair.. just get comfy.. take a deep breath in.. and breathe out.. then another deep breath in.. and this time when you exhale.. your eyes will close.. and with each inhalation.. and exhalation.. you will feel more and more at ease..*

*That's right.. getting calmer and calmer with each deep breath you take.. and in your mind's eye.. simply notice where you are.. that's right.. you're in a plane.. a small plane.. and it's taxiing down the runway.. and as it nears the end of the runway.. you feel the plane lift up into the air.. that's right.. you're now up.. up and away.. flying across the land..*

*And you're climbing quickly.. very quickly in fact.. and before you know it.. you're 1000 metres off the ground.. you relax back into your chair.. feeling safe and secure now.. that's it.. safe and secure.. this is a very safe plane.. and the ride is extremely smooth.. as the plane continues to climb.. you start to get excited about what's ahead.. once you reach your target height..*

*The plane.. now climbing to two thousand metres.. still feeling safe and secure.. straightens out a bit.. and you feel at ease as the pilot tells you that you're now at two and half thousand metres.. you know that the peak isn't far away.. you feel adrenalin running through your veins..*

*As you look out the window a surge of excitement bolts right through you.. that's it.. climbing higher and higher.. three thousand metres.. we're three quarters of the way there.. that's it.. you can't believe how calm and relaxed you feel.. you have this feeling of calm.. relaxation.. mixed with a dash of excitement..*

*Three and half thousand metres.. almost there.. that's it.. you take a deep breath in.. and as you exhale.. you hear the pilot say four thousand metres.. that's it.. we've reached our goal height.. we're where we need to be.. for our jump.. yes.. today.. we're going to sky-dive.. That's right.. we're going to jump right out of this plane..*

*As you get up from your seat you notice you have the parachute already attached to your body.. this is it.. the moment you've been waiting for.. the chance you get to jump out of a plane.. and free fall..*

*As you walk towards the door of the plane.. you suddenly get this feeling.. and this feeling is a feeling of joy.. You're about to surrender yourself to the elements.. you're about to place your life in the hands of the universe.. you're about to let go of any attachment you have to this plane.. to the fall.. to life.. that's right.. this jump is about more than stepping out of Small Zone and into Big Zone.. it's about consolidating everything you have learnt up until today..*

This jump signifies how far you've come in life.. all the amazing things you've created.. As you reflect on your achievements.. you hear your name called.. You're next!. You walk over to the door.. sitting down on the ledge.. you feel your nerves start to tingle.. but before they have a chance to take hold.. you're off.. free falling.. away from the plane..

That's right.. the instructor pushed you before you had a chance to realise what was happening.. Any attachment you had to that plane.. to the safety of that aircraft is pulling further and further away from you with every milli-second..

As you plunge down.. thoughts enter your mind.. but they don't stay for long.. leaving as quickly as they came.. all you feel now is freedom.. you realise that holding onto the edge of the plane too tight.. would have stopped you from getting any closer to the earth.. it would have kept you trapped.. stopping you from reaching the paradise below..

That's right.. below you is a beautiful.. Utopian world.. just waiting for you.. it's everything you ever dreamed of.. you have imagined coming to this place for so long.. and now the time has finally arrived.. in minutes.. you will be standing in paradise..

But you needed to let go.. you needed to trust.. that by releasing your grip.. your attachment to that plane.. that you would give yourself the space needed to fly.. to fly down to your new world.. filled with happiness and fulfilment.. and you know.. this is the place for you..

The wind hits you in your face.. as you surrender to the elements.. but this doesn't phase you.. because deep down.. you know that once you open that parachute.. you'll have the chance to enjoy the scenery.. five.. four.. three.. two.. one..

You're pulled up with a jolt.. as the parachute opens.. the free fall has come to an end.. you are now floating.. gliding through the sky.. free as a bird.. no restraints.. no attachments.. nothing to worry about.. that's right.. all your cares and worries.. simply drifting away now..

This place of surrender.. of just allowing the parachute to guide you down to your Utopian world.. is bliss.. there's nothing else like it.. and you wonder.. Why didn't you take this leap of faith before?. Why didn't you just dive head first onto the world of opportunities.. just trust.. that by letting go.. you would clear the way for a bright new future.. a future of love.. happiness.. and contentment.. a future where life flows easily and effortlessly.. where time seems to stand still as you take in every moment.. being completely present to every sensation..

The scenery below is getting closer as you drift towards the Earth.. you feel grateful for all the universe has delivered you.. the rewards you have been given for trusting and letting go.. for letting go.. for surrendering..

The earth below is now just metres away.. as you prepare to land.. you let go of any outcome.. knowing that what will be.. will be.. and what you are given will be all you hoped for and more.. this is it.. you're being given the ultimate prize.. you're landing in your utopian world.. free to live your life as you please..

Three metres.. the ground gets closer and closer.. two metres.. it's right there.. one metre.. and touch down.. you roll comfortably across the earth.. landing softly on the velvety grass.. You made it!.. in one piece.. you're here.. your dreams have become your reality.. the place you wanted to be.. it's right here.. you're living it.. right now..

As you take in how far you've come.. you smile.. knowing that from this day forward.. life will be a joyful ride of exciting experiences.. showering you with lessons and adventures.. No longer will you fear the future.. instead you will embrace it.. look forward to it.. jump into it with open arms.. this is your life.. and you now have the skills and know-how to make the most of it..

As you absorb the reality of it all.. as take a deep breath in.. feeling confident and excited about your future.. you exhale now.. opening your eyes.. knowing that letting go and trusting is the key to your happiness..

So let's work through this unattachment process together now. I'll give you a moment to turn to page six of your playsheet and ensure you're nicely connected to your True Self.

Now, simply ask your True Self: Am I attached to achieving my goal or any part of it? I'll give you a moment to pose that question now: Am I attached to my goal or any part of it? And just see what answer you get. Write down the answer you get on the space provided on your playsheet.

If the answer was 'No', great! You're in the clear. It means you have an inner knowing that your goal is available to you, and you don't need it to feel a certain way. That said, I'm still going to encourage you to complete this exercise with everyone else, and just see where it takes you.

If you got a 'Yes', that you are attached to your goal, then you want to pose the question to your True Self: How do I unattach from my goal? So I'll give you a minute to see what you get, simply writing it down on your playsheet as it comes through. Just ask: How do I unattach from needing my goal?

If your answer on how to unattach from your goal was clear and you felt a shift, then you can stop here. You may have been given a list of action steps you need to take to unattach, or you may have been given a message or realisation that helped create that shift. Maybe you got some beliefs you need to clear. Whatever you got is perfect.

If however, there is still even just a teensy bit of resistance or uncertainty about reaching your goal – which is common – pose another question: Why do I attach to this? So just take a moment now to ask the question: Why do I attach to this? I'll give you a moment to find out why you attach to it.

Often when you find out the reason for the attachment, that in itself can be enough to help you let go and surrender. But you may need to go further, and if so that's fine, simply pose this next question: How is this attachment holding me back? So simply ask that question now: How is this attachment holding me back?

Another question that helps release attachment, is: What will I gain from moving forward unattached? So ask that question now: What will I gain from moving forward unattached?

Chances are, by now you would have gathered enough information to understand the benefits of moving forward unattached and why the attachment was there in the first place. So let's check to make sure the attachment has released, simply ask: Am I still attached? So ask that question now: Am I still attached to my goal? And go with the first answer that comes to you.

If you got a 'No', brilliant! You've released the attachment to your goal, clearing the way for it to come into your life. If you got a 'Yes', Then straight after tonight's session, please go back to Step 3, and ask again: How do I unattach from this? And continue working through the questions until you know you have completely unattached.

This is the same as when you tune in to get answers, or remove limiting beliefs, you keep asking more questions until you receive enough information to let it go or gain the clarity you need to remove the block and feel at ease. I cant emphasis enough how important it is to release attachments to your goals – or anything in life really. If you don't, you'll push it away. It really is a case of surrendering to your True Self.

I used to be the queen of attachment. I pushed away many a potential suitor by attaching to the outcome of each date I went on. Instead of being present and enjoying the man's company for what it was at that particular time, I got so attached to finding my future husband, that I unconsciously sabotaged a string of relationships, as you'll read in my book [Getting Naked - The Dating Game](#).

I learnt about attachment, the hard way – over and over and over again, until I finally got it. Because in life, you keep getting sent the same lessons, until you learn them. So the point of tonight's session is to take the pain out of it for you – so you can get off the attachment merry-go-round.

You might like to practise unattaching from your partner, for instance. If you're unattached to having that person in your life, you're more likely to stand in your power and stay true to who you are and what you will and won't accept within the relationship. It's often a fear of the person leaving us – which is a sign of attachment – that stops us speaking our true feelings.

**Presence** really is the key to unattaching. When you're present, there can be no attachment. And you will know you're present, when you're not waiting for the next thing. It's so normal and habitual to be waiting for the next thing. Waiting for the next thing is filling up the NOW with thoughts. To stay awake in the NOW is to not fill up the space with things and thoughts.

So this is our second last Lesson. Our next Lesson will be released in one month's time. The reason for this gap before the last session is to give you time to cement in ALL your learnings. To get yourself into a routine with tuning in daily and taking regular actions. Then when we return, I'll teach you a new skill on how to heal your body from illness.

No doubt during the next month you will have many different experiences with these new skills - and I'm sure they will bring up plenty of questions. So this next month, I want you to play with your new skills. If you haven't used your 45-minute session with me - it's valid until our last session. And of course you can book in for additional sessions if you need them.

You may also like to use this month to catch up on any homeplay you haven't yet completed. Keep clearing out the core beliefs from Lesson Five, make sure you have five new inspiring people in your life, and keep dating yourself regularly. The more you put this formula to use, the more familiar you'll get with the process, until it happens *naturally*. What you'll also find is that, as you achieve your goals, your self-belief will grow. And this will give you the confidence to set even bigger goals.

So for homeplay this week, you need to listen to the visualisation track *A New Day* every night for the next **month**. You need to tune into your True Self and see what other action steps need to be taken this week to create your goal. Also tune in to find out if there are any limiting beliefs that need to be cleared in order for you to reach your goal.

When in daily life, start to increase your awareness of your True Self to distinguish between your responses to fear or need. If you feel like you *should* do something or have a sense of obligation or it seems logical; anything motivated by one of these is NOT a message from your True Self.

When we surrender to our True Self, we don't lose the colour in life. We still get excited, but more gently. Many people associate a spiritual life with a Grade B movie, but living as your True Self doesn't get rid of all the drama in your life. It just gets rid of the *cheap* drama. There's no higher drama than true personal growth. Nothing could be more genuinely dramatic than boys becoming real men and girls becoming real women.

Spiritual growth is not about becoming more metaphysically complicated, but rather about growing *simpler*, as these very basic principles begin to permeate more and more deeply into our thought system. A spiritual practice - so tuning in and clearing beliefs - is your road home to yourself. To your True Self.

Spiritual enlightened people are no different to you. They have love inside and so do you. It's just that they've learnt how to experience themselves as that love, while others have disconnected from themselves. It's like a toaster. If it's not plugged into its power source it doesn't work, and if we aren't plugged into our True Self, we struggle to work properly too.

Now, what can often happen when you finish a course like this, is you can lose momentum, and lose touch with your True Self, which will stop you reaching your goal. In order to stop this happening, I suggest you really focus on continuing to do your spiritual practice EVERY morning - because your True Self will guide you - your True Self will give you all the answers you need, when I'm not around.

So this next month is about taking off your training wheels and seeing how you go *without* our weekly rendezvous. You can still email me for help, and I do encourage that, because it's really important you feel comfy in all aspects of the course content before our time together ends next month.

There is also the Facebook page for you to share your developments, struggles and wins. So take full advantage of that - as having people who understand what you're doing can be a really inspirational. And we all know from last week the importance of having a supportive environment.

Because it can take a while to get a hang of these skills, I always offer a mentoring follow-on package, where we work together for three months - and that includes 6 45-minute fortnightly sessions. This is designed to help you cement in your new skills, get you really good at being an investigator so you can uncover the deep blocks and I also teach you a few new skills as well.

You'll receive an email before our last session, so if you'd like to continue this work and take part in the mentoring, do let me know as I only have a handful of those spots available. And because I won't be speaking to you for a month, please use now to ask any questions you may have about anything we have covered up until now. Just press \*2. Also know that when you share your experiences, as it really does help others in the course, and I've received emails saying that - so both you and the rest of the

people on the line grow from your sharing. So press \*2 to raise your hand to ask a question or share your best bit.

### [A PARTICIPANT SHARES]

So let's just recap on everything we've learnt over the past eight weeks. Firstly, you set a goal and you learnt the five steps you need to apply in order to create change in your life - the Self-Love Formula. Then I taught you how to connect into your heart space, so you can get clear messages from your True Self on what's in your best interests and the actions you need to take in order to reach your goal.

Next, we learnt how to remove limiting beliefs and how they stop us from creating the results we desire. We went over the importance of self-love and self-belief and how vital they are in helping you create your goal. The thing you want to always be doing is keeping your Love Tank overflowing. We all know, that if we're feeling the love, it filters out into every life area.

We learnt about changing our environment so we can put ourselves in the energy of people achieving our goals already, and finally I taught you how to detach or surrender so you can allow your goal in; and that means letting go of the attachment to the outcome while being open to receiving it at the same time! When we surrender we melt into another world, a realm of power already within us. **The world changes when we change.** The world softens when we soften. The world loves us when we choose to love the world. Surrender means the decision to stop fighting the world, and start **loving** it instead. Only then can we let down our armour and discover the strength of our True Self!

Please note, that when we tune into our heart space, sometimes we'll be given answers we don't necessarily want to hear. Trust that your heart knows what is best for you, it can see beyond your conscious sight. If you imagine you have a tower, and what you see when you're at the bottom of that tower, is the physical reality you currently see, when you're wearing your gunk. Now if you climb to the top of that tower, you get a much better view of what's really going on. It's the same when we tune into our True Self, we rise up above our gunk and have that clearer, all knowing view of ourselves and our world.

So in order to get the true, deep answers that you really want, you need to unattach from what you're going to be told - the messages you receive from your heart. If you're asking a question you're feeling a little attached to, do tonight's exercise, then tune in and ask the question so you know the answer you're getting is not coming from a *limited* view.

Most of us think we need to do more and achieve more in order to be happy. That's why we keep looking out 'there' for the answer. The answer is in 'here'. There is no need to look anywhere else for happiness because it's here, right now, in the present moment. Stop wanting your goal and start *living* it instead. You are the very thing you are looking for.

If you experience anything but a magical life, you know *fear* is the culprit. And all you need to do is ask yourself: Where is there still fear? When you let go of the fear, only then can your True Self come forth. Yet you need to be willing to surrender to your True Self. So let me ask you: Are you willing to surrender to your True Self? Are you ready to let your True Self guide you through life from this point on?

When you start to see the magic in you, and be with yourself and your life and connect with yourself, life rewards you with gifting you with more magic. You can feel good **NOW**, by making that choice. You don't need to be, do or have anything to feel better. All you need is inside you already. So, the one message that I want to leave you all with is what led me to create this course, and it is this: **'The most important relationship you will ever have, is the relationship you have with yourself. Nurture it.'** Thank you and goodnight.