

Lesson 9: Naked Wealth

AUDIO LESSON TRANSCRIPT

Welcome ladies and gents. It's Tamra here for the *final* lesson of *Remarkable Relationships*. Tonight we're going to learn the importance of **wealth** – and for those hoping to cash in tonight, I'm afraid, *money is not* the topic. *Getting Wealth* is about getting well – so *healing* ourselves. As far as I'm concerned, the greatest wealth we can all have, *is* our health. You can have all the money in the world, and not be healthy. Yet if you're well, your body and mind functioning at its optimum, you put yourself in the best possible energetic position, to then attract in *financial* wealth.

Before I teach you a new tool for keeping your body healthy and clearing up existing or future health ailments, I'd like to hear how you went over the past month. Were you able to hold yourself accountable? Did you keep tuning in daily? Or did you get distracted? Did your ego come in in full force? What did you notice as you were doing it solo for a few weeks? Press *2 to raise your hand to share, or if you have any questions on anything that came up for you during this time..

[PARTICIPANT SHARES & TAMR ANSWERS QUESTIONS]

I know many of you experienced struggle during the break – times of wanting to give up – thinking this wouldn't work for you. When this happens – at any time during your self-development journey – just know that this is your ego trying to keep you small, trying to stop you from growing. *I* went through it, most people go through it. You've gotta remember, you've allowed your ego to run the show for most of your life and to step aside and let your True Self take over, is a pretty big deal.

But there comes a time in our lives when we need to make a decision: **To give up the struggle. To give up the fear! To stop giving in to the temptation of our ego.** It all starts with this decision: 'No matter what comes up for me, I will NOT give up.' Remember the commitment you made to yourself in Lesson One? If at any time in the future you want to give up, your ego tempts you to indulge in its sabotaging ways, go back and read that commitment you made to yourself. Connect with it, and invite your True Self to guide you back to love.

I did warn everyone at the start, that their gunk would come up. Mine certainly did. Also know – that generally when you're at your absolute worst, *that* is when you're on the verge of a major breakthrough, and if only you stick in there, you'll reap the benefits. It really is a case of **breakdown** before **breakthrough**.

So is the case with our *physical* health. When we get sick, it's essentially our True Self communicating to us through our body, doing whatever it can to get your attention, because there are massive learnings and growth available to you which brings me to tonight's topic of **healing**.

So my first question to you is: When you get sick, how do you get well? What is your *process* for *healing* yourself? Is your first inclination to get a drug prescription from your doctor? Maybe take a couple of days off work to rest. Do you jump online and start reading everything you can, on how to conquer this major *inconvenience*?

From what I've found, most people view *healing* as a nuisance, an unnecessary bump in the schedule of all the *other* things that need to be done. As a result, they take an approach to healing that revolves around quickly ending the *physical symptom* in a calculated way. The problem is, popping pills only *masks* the symptoms, it doesn't actually get to the *root cause* of what created the illness in the first place. Something is **ALWAYS** going on beneath the surface.

You see, when you have a thought, it triggers off a chemical response in the body. If that thought is positive, it will guide the body to be healthy. If that thought is negative, it will create sickness in the body. This is how our body communicates to us.

Any change in your mood is conveyed via 'messenger molecules' to every part of the body, altering the basic chemical activity of each cell. That's why stress lowers our immune system. Every time we are

told something or we tell ourselves something, it triggers feelings and emotions that alter our brain chemistry. We feel in our body what we think. Therefore our mind and body are one and the same thing. The only division is the one we have created. The body and the mind are reflective of each other and the only reason we have such a sick and struggling world, is because of that division.

We get sick when we start *identifying* with the body, instead of realising that the body is offering us an opportunity to *learn*. Ask your body: *What do you have to teach me?* Some people's bodies will give them a LOT of lessons. What you need to understand is your True Self – your spirit or energetic self – is whole and complete and *well*. But if you're not **connecting** with your True Self, your body gets sick to show you this – to show you that you need to listen more to the guidance of your True Self.

Illness comes from the separation from our True Self. **Healing** comes from connecting and living as your True Self. People tend to hate their cancer or hate their AIDS, but the last thing a sick person needs is to hate something else about themselves. All illnesses no matter how extreme, are physical manifestations of a psychic scream, and their message is not 'Hate me' but 'Love me'. Illness is a cry for **love**. Yet most people go straight into fear instead. Their instant reaction is to come from the ego space of fear, not the True Self space of love.

If we take a look at cancer: A normal working cell decides that it no longer wants to function in contribution to the whole. Instead of being part of the support system of the blood or the liver, the cell goes off and builds its own kingdom. That's a malignancy, which threatens to destroy the organism. So cancer is essentially highlighting a separation from self. And for someone who has cancer, they need to explore what part of them wants to be separate or feels they are separate.

In the traditional western medical model, a healer's job is to attack disease – we see this in cancer cases where they use radiation to destroy the cancer cells. Attacking disease is not a cure. Attacking a disease only makes it yell louder. Healing comes from entering into a conversation with our illness; seeking to understand what it's trying to tell us.

We need to see beyond the sickness and feel the love that lies beyond it. No sickness can diminish our capacity to love. So instead of getting frustrated next time you catch a cold, get sick with a virus or hurt your back, get excited. Your body has found a way to get your attention! Now all you need to do, is pay attention to that signal, so you can heal that area of your body. The body is just an expression of our soul. When you look at the physical and not the soul, the physical ailment will always come back.

This is why we see so many people who have cancerous tumours cut out, get sick again soon after. Going through chemo may kill the bad cells, but if you haven't healed the beliefs and the emotions that *created* the cancer in the first place, then it will come straight back. That's the reality of it. Taking a solely *physical* approach to healing, doesn't get to the root cause of the issue.

Does that mean it's a mistake to take western medicine? Absolutely not. The True Self enters into our lives at our present level of consciousness. Many of us believe that the doctor in the white coat can heal us with that pill he's giving us. Therefore we should take the pill. But the healing doesn't come from the pill, it comes from our *beliefs*. Our True Self finds ways to express love through vehicles we can accept at that point in time. Medicine is such a vehicle.

When you receive an awful diagnosis you can choose to suffer or you can choose to heal. For it is a **choice**. Everything in life, is a **choice**. That is why you need to avoid the temptation to see illness as a 'problem' and instead use it as a springboard to dive heart first into love and change your life for the better; to reconnect with the loving wisdom of your True Self.

You see, there is always something in it for us, if we are ill. Perhaps you get attention when you're sick. Perhaps you get more love. Perhaps you get something you are not giving yourself, and so unconsciously you continue to manifest this illness, because it gives you what you think you need externally. One example of this, is we get the flu. At a deeper level our True Self knows we need a break from the go go go lifestyle we're torturing ourselves with, and so it makes us sick to ensure we take that break. Yet if you simply took that break, you could enjoy that time-out, minus the illness.

Put simply: **Sickness is a communication tool**. It lets you know something in your life isn't quite right. It could simply be letting you know that you need to go to bed earlier, or it could be letting you know that you need to remove a limiting belief around valuing yourself more. Maybe someone overstepped your boundaries, and it's come out in your body *physically* – to let you know, *that's* something you need to

address. Perhaps you're in the wrong job or a relationship that is draining you, and the physical illness is there to help steer you out of whatever it is, that is detrimental to your wellbeing. Whatever it is, it is specific to you! And it's because you're not listening to your True Self.

Think back to the last time you were sick. What were the thoughts that were going through your head? What emotions were you feeling? What is the state of your spirit when you are ill? Do you harbour dismal thoughts of doom and gloom, giving in to the pull of negativity, or do you hoist yourself out of the disease long enough to get perspective on what the greater lesson is? What if we saw illness as a *gift*? Something to sink into, in order to reflect on deeper levels? What if we *danced* with our symptoms rather than *fearing* them? How would that change our healing process?

Tonight's exercise is a process you can do on yourself whenever you get sick OR to **protect** your body from illness. But before I guide you through it, I want to share a personal story with you, which will show you the power of the exercise I'm about to share with you.

Back in 2012 I had to do some serious clearings when I returned an abnormal pap smear result - and was diagnosed as being the stage before cancer. Being such a high risk case, the doctors wanted to rush me into surgery and perform an operation that could have left me unable to conceive. I said 'No', despite the fear I was experiencing at the time, and decided to take a more natural approach to my healing.

So I tuned into my True Self and was guided to tune into a number of my sexual organs, including my ovaries, my womb, my fallopian tubes, my vaginal canal and of course, my cervix - all the areas you'll be clearing if you're a woman and you're taking part in the *Sexual Self* course. Now it took me about a week or so to completely clear out all of those areas, spending about three hours every day. Yes it was a timely process, but I committed fully to it, because I didn't want to go down the western medicine path.

What came up for me was around mothering. Before my clearings I wasn't someone who was overly maternal. I had a lot of resistance and fear around having a child. *After* the clearings I actually got to the point where I was excited about having a family. And to confirm that I was physically in the clear, I went back to see my gynaecologist who ran all the tests and claimed there'd been a 'miracle' with me now clear - my cervix 100% **healed**. It's these sorts of healings that we're ALL capable of.

Our body has its own intelligence - it knows how to heal itself naturally - without the modern high tech medical intervention we now rely so heavily on. It's our childhood conditioning that gets in the way. Our conditioning rewires the brain so it can no longer do what it was designed to do. When you undo the wiring - by way of clearing limiting beliefs and thus changing your thinking patterns - the body can do its job and heal you of any ill-health you're experiencing.

Instantaneous healings are possible. 'Thinking' is what blocks our innate potential for self-healing. If you develop more trust and faith in your own inner healing ability, spontaneous physical healing can occur more often. Examine what you have going on - what beliefs have created the physical body you now live in. A weak body, a flabby body, a lowered immune system - these are all symptoms of your *beliefs*.

Some of you may be thinking, but hold on, this condition runs in the family. Identical twins are born with the same set of genes, yet if you take their genetic profile at age 70, their genes are totally *different*. This just shows that how we live our life affects our *genes*. Yes you were born with some predispositions that will determine how your body turns out, yet as you change your beliefs, a fixed trait will turn out to be very malleable.

Excuses like 'But you don't understand - my condition is for life' is a *belief*. And it's this belief that is stopping the body from being able to heal. It is my belief that: **No disease is unhealable**. If you believe you can heal it, so shall it be. It all begins with what you believe about your body.

You the Healer by Jose Silva talks about other cases similar to this, where a paralysed man was able to walk, and then run again, using this very concept of changing beliefs. There are a number of books on your book list from Lesson One that talk about miraculous healings using these kinds of methods. Your body has an amazing ability to correct itself once you start removing beliefs, once you start tuning in your True Self, and essentially once you start to live from a place of love.

So without any further ado, let's give you a little practise at body clearing. So I'll give you a moment

to turn to page 3 of your playsheet, so page 3. And once you have that in front of you, simply invite your True Self in. Connect in with your True Self via the Love Wrap. With practise you'll be able to get into your Love Wrap by simply setting the intention to be there. So once you're in that loving space, ask your True Self: Which body part should I clear today?

It doesn't have to be a body part that is sick. It can be *any* body part at all. The first one that comes up for you, is the one you want go with. So simply ask your True Self, what body part should I clear today? And write it down on your playsheet.

Now that you have your body part, take a moment to tune into that particular body part. And you do that by giving the chosen body part your full attention. Be *present* to it. Fully merge with that body part. Take a few deep breaths into it. *Smile* into that body part. Where intention goes, energy flows. So simply do that now. Breathe into the body part, and simply feel your connection to that body part grow stronger and stronger with each breath.

Really get a sense of connecting into that body part however that plays out for you. Then simply let that body part share whatever it needs to share with you, simply writing down all the words and feelings that come to you. You may get all sorts of messages, so simply be open to whatever the body part feels it needs to communicate to you at this time. I'll give you a couple of minutes to hear what your body part has to say. And I want you to keep going until the words stop flowing through onto the page..

Moving onto the next question on your playsheet, simply ask your True Self: What is the truth? So simply ask into your heart space: What is the truth? And just write down the answers you get.

Now for the really important part, you want to ask: What do I need to do, to heal this body part? So take a moment to do that now. You may have already started to receive what you need to do or know for the healing to occur from the previous two questions. Or you might get some additional information, such as limiting beliefs that need to be cleared, action steps, some realisations - or a combination of those. Your True Self could even take you through your own personal visualisation - so just be *open* to wherever you get taken and allow the information in. So ask that question now: What's required to heal this body part? And keep asking: What do I need to do to heal this body part? Until you stop getting insights and bits of information.

Now if some limiting beliefs came up, once you get off the call tonight, go and clear them *immediately*. If you had some action steps you need to take, make sure you write them straight into your diary, so you can action them immediately. *Schedule* them in. I often have my diary handy when I do tuning in, in case I need to put action steps in there.

The next step is *smiling* into that body part and allowing it to sit in pure unconditional love. If your Love Wrap is strong this will happen naturally. So all you do is simply set the intention for that body part to be bathed in pure unconditional love. Please note here, we're not *sending* the body part love, we're *allowing* it to sit in a state of pure love and pure awareness. You're allowing that body part to connect with what it truly is: Love. This allows the body to reorder into its natural state of being.

We are all love at our core, it's just that most people have disconnected from it. When this happens, the body communicates to us through illness, letting us know we've lost our connection. We need to re-educate ourselves on a cellular level. Our cells rejuvenate every seven days so you need to energetically fill this area with love so you can change the molecular structure.

So I just want you to focus now, on letting that body part *be* love. Allow yourself to smile - and sit in love for a couple of minutes. Don't try to *do* anything. Just *be* with the love. This is a really important step and allows all the clearing work you've just done to integrate. Awareness and love do the healing. Healing is a side effect of becoming **aware**. Therefore we don't need a diagnosis or a label of what's wrong, we simply need to return the ill area to pure love. So the focus is on **health**, not sickness. Imagining your body part as **ALREADY** healed, not in the process of healing.

It's important to understand that the physical integration of your energetic healing will take as long as you *believe* it will take. Hence why continuing to clear beliefs around your ability to heal yourself, will help you get to the point where you can heal yourself physically, in that moment. *Self-belief* really is one of the key tools in this technique working. And just to give you some context on the power available to you, I want to share with you some research done by Russian scientists.

These scientists had a patient who had a large tumour in her bladder. Now in this experiment they

had the ultrasound screen up, so you could see the tumour clearly. They brought in some Chinese healers who circled her and chanted the words: 'You are healed'. Now the woman *believed* she was going to be healed, and ultimately that's the key here. The ultrasound showed within 2 minutes and 40 seconds, the tumour shrunk down and completely disappeared.

This is just one of hundreds of successful experiments scientists have done, but unfortunately it's not getting out to the general public, because it's still buried in academic papers. So please feel free to do some research of your own and read about what's really possible when it comes to self-healing.

We don't need to wait to see ourselves as healed and whole. If we accept our True Self's will as already accomplished, we experience the healing of all wounds immediately. To the ego, reality is only what we can perceive *physically*. But many things that we know to exist cannot be seen with the naked eye - neither atoms nor protons nor viruses nor cells. It's only the arrogance of the ego that would have us believe that what we can't physically perceive must not exist.

When you choose to let go of who you thought you were and accept who you *truly* are, then the healing can occur. This exercise allows the cells to reorganise themselves to pure health, letting past trauma, emotions or experiences dissolve into nothingness. Please know also, that the symptoms may get worse before they get better - this can sometimes be part of the healing process.

If you've had a long-standing ailment, it can be a bit like peeling back the layers of an onion. Sometimes you need to peg away at it or a while. This was the case when I was working on clearing up my problem skin - for anyone that knows me, I had acne problems from age 14 up until I was 30 when I created this course. I had to really clear out some serious weeds before it finally cleared up.

Now something I suggest to all of my RR clients is to do a FULL body clearing once this course finishes. That's right, go through and clear very single body part, allowing your True Self to guide you on which ones to do first. It may take you a few weeks of dedicated clearings, but you'll *feel* the difference. If you do this, you're less likely to get sick. This is very much an exercise in *prevention*.

We live in a society that is all about *treat* as opposed to prevent. But if you could spend a few hours clearing your body parts each month in order to stay well, I'm sure you'd agree that would be well worth it? The magic of doing a full body clearing, is that you completely clear out your body and allow the cells to be removed and replaced. The body really is a construction site in that way.

Energy really is more powerful than matter. Studies in longevity, for example, look at why some people live to a healthy old age. Their secret was not in good genes, diet, not smoking or even exercise - as beneficial as those things are. The big winner for these people was having **emotional resilience** - the ability to bounce back from life's setbacks. If you're emotionally resilient, and by that I mean able to return to love every time you notice yourself indulging in fear, then you'll live a longer healthier life. It really is that simple.

As a child we loved our bodies but as we grew up we fell out of love with our body. If we look at **ageing** - an ageing body reflects the heaviness of our pained and worried thoughts. The ancient sages call ageing a mistake of the intellect. Ageing is a process of forgetting how to make things right within a cell. Dr. Deepak Chopra points out that DNA, which controls cellular functions, is virtually invulnerable to wear and tear.

The very stuff of our being is simply ageless. Yet we age. *Why?* Because we have *learned* to age. The mind begins to prepare for ageing as soon as it is capable of intellectualising. You prepare your body for its own self-destruction. Yet you *can* refuse to let an old person into your body. Your body is your very own garage that you have used to temporarily park your soul. So it's up to you, how that physical manifestation of your soul drives through life.

So would anyone like to share what they experienced during that body clearing exercise or does anyone have any questions on what we've gone through tonight? Simply press *2 to ask a question or share. This is our last rendezvous together, so if you have a burning question, please ask it ☺

[PARTICIPANT SHARING AND QUESTIONS]

If you feel bloated, sickly, tired, anxious, lethargic, achy or hangover - ask your True Self: *What is my body saying to me? What lesson do I have to learn here?* Simply listen and take notice. Depending on

how disconnected you become, your body will send back increasingly severe reactions, absence of pleasure, reduced vitality, discomfort, numbness and pain. These are all pointers to your *internal* wounds.

Know also that we have our own **quantum pharmacy!** What I mean by that, is when we experience joy and happiness and pleasure, our body naturally creates from scratch, thousands of drugs in the body. You can quite literally create a tonic – to the very potency of an anti-depressant – to ease depression, fear, stress or any other negative emotion. Whatever emotions you are choosing with your thoughts will take up residence in your body. And we can use love to treat them.

Now I'd like to just take you through a beautiful visualisation to seal in the healing we've all done tonight..

So simply relaxing now where you are.. simply being where you are.. I invite you to breathe love in through your cells and let it pass through you.. touching every part of you.. lighting you up.. awakening you.. And simply ask your True Self: Where is the love right now? And I simply invite you to continue to breath in this way.. at your own steady pace.. breathing in wellness and vitality.. and exhaling any negative feelings or emotions..

And I invite you now to bring up on the screen of your mind.. a picture of a beautiful, luxurious bath tub.. that's right.. you're standing by the side of a sparkling clean bath.. and as you turn on the tap.. you notice the water is crystal clear.. it's so pure.. so honest.. So inviting. And as the warm water fills the tub.. you add in some of your favourite aromatherapy oils.. to make the bath even more therapeutic.. and a handful of rejuvenating bath salts.. simply breathing in the scents as the tub fills with beauty and love..

With the bath now full.. you undress.. that's right.. you're getting naked.. And as you step into the warm water.. and immerse yourself.. you feel an instant wave of relaxation move through your body.. a feeling of letting go, wash over you.. Allowing your head to rest against the back of the bath now.. Warmth permeates your entire being from the outside inwards.. and you feel even more relaxed.. to the extent that you're able to unwind and dive deeper into your subconscious..

Simply focusing now on the top of your head.. that's it.. the top of your head.. you notice there's a lotus flower balancing on there where your seventh chakra is.. on top of your head.. sitting there in complete and total beauty.. and just notice how the flower opens up.. blossoms open.. and as it opens up.. you see a big rush of golden white light pour down the centre of the flower.. entering your body now.. filling you with beams of golden white light.. healing light..

That's right.. this golden white light is coming in through your head.. and running straight down your body.. right through your other six chakras.. right to the base chakra at the base of your spine.. and it continues to pour down your body.. running through your chakras.. and this golden white light is healing your body..

It's bathing your body from the inside out.. giving your immune system vitality and love.. this golden white light is infusing you with health.. prosperity and unconditional love.. it's giving you strength.. you feel alive.. as this golden white light bathes your soul.. topping you up with elements from the sun: Happiness.. positivity.. unconditional love..

Bringing your awareness to your immune system now.. feel your entire immune army being fortified by the golden white light.. breathe in the reserve of energy.. and as you do.. feel the energy of the cleansing power of the bath-salts.. penetrate your being.. helping your body dissolve any bacteria.. viruses or fungi..

With your next breath.. see your body being infused with the energy of the essential oils that you put into the bath earlier.. the aroma and the oil keeping your body protected.. and clear from interference.. it's sealing in all the healing you've done.. since that golden white light poured in through your head.. energising all your chakras.. and repairing your immune system..

When you feel ready.. simply step out of the bath.. letting the bathwater.. and anything that released from you while in the tub.. make its way down the drain.. That's right.. just watch the grime.. the negative emotions.. any illness that was stored in the body.. simply disappear down the drain.. Your body free now from the mental and physical grime.. free to experience pure health..

Dry yourself off with a towel of love and truth.. feeling alive and strong .. well and energised.. This is

your new skin.. healthy.. exuberant.. the nakedness filling you with warmth and ease.. as you gently open your eyes and return to your world.. feeling refreshed and ready to live a healthy and happy life..

Know that when you live as your True Self, your dis-ease, will ease. Essentially, everything is energy, including every cell in our body. Everything is a vibration and every vibration has a particular frequency. If we're working every day, doing things that we don't want to do, going places we don't want to go, our vibrational frequency is going to be quite low, which is going to give us a particular experience of life, and it becomes very difficult to hold and experience pleasure or peace within our bodies.

If we can develop the capacity to hold love in our bodies, we raise the cellular vibration of our bodies, and in doing so we start to communicate differently with life and with other people. Our vibrational frequency is a form of language and it's how we communicate to the world around us. If you raise your vibration and change the way you communicate, you will change your experience of the world and of the people in it.

So I really encourage you to become not only a student of your physical body, but a student of your **life**. Your life will show you where the wounds are that need healing. We think there are different categories of life, such as money, health, relationships, and then, for some of us, another category called 'spiritual life'. But only the ego categorises. There is really only one drama going on in life: our walk away from love, and our walk back. We simply re-enact that one drama in different ways.

Denying love really is the only problem, and **embracing** love is the only answer. Love heals all of our relationships - our relationship with money, our career, our body, our emotions, ourselves, and our relationships with one another. Through the miraculous power of pure love, we let go our past history in any area and begin anew.

It's not up to us that we learn, as we are here on earth to learn. Our only choice is whether we learn through joy or pain. You *will* learn to love yourself, but whether you learn it peacefully or painfully, is entirely up to you. The more you resist the growth, the more you will learn through pain and struggle. The more you embrace the growth - and remain open to receiving the lessons, no matter how confronting they are - the more you will learn through love.

Being your True Self - tuning in and removing beliefs - this is your natural way of being and to ignore it is to ignore who you truly are. And I'm going to say this again: You **MUST** tune in with a pen and paper. *Why do I keep repeating this?* Because when we just do it in our head, we tend to miss out on the deeper messages - they will begin to become clouded by our conditioning. The subconscious flows out through the hand onto the paper, before we've had a chance to even 'think' it. For this reason you'll go much deeper if you tune in daily with a pen and paper.

If you imagine, the insights come from our heart. Our heart is the source of all our internal wisdom. If we use a pen and paper when we tune in, the insights go straight from our heart to our hand, and out onto the paper. If we do it in our head, you run the risk of the insights going from your heart, to your head - where all your conditioning is. So the end message you get, can be tainted by your conditioning. It's sort of like Chinese whispers. The greater number of channels it must go through, the more chance of error. Yet, when you tune in with a pen and paper, you're getting the messages clear from your heart.

I really can't say it enough, tune in with a pen and paper daily, and then live your daily life tuned in as well. But whatever you do **DON'T** stop tuning in with a pen and paper every day, even if things are going well. Don't stop tuning in, or before long, life will start to go downhill again. I see it happen **ALL** the time. Months out from the course, clients will get in touch and say I need a session, life has started to fall apart again. I ask: *Have you been tuning in?* And they answer: *No, I didn't feel I needed to. Life was going well.*

When life is great, the ego will try to convince you that you don't need your True Self's guidance. But let me ask you: Why would you ever **NOT** want to follow your True Self's guidance when your True Self is there to create more love in your life, to help you enjoy the happiest, most fulfilling, most abundant life? Your purpose in life is to live as your True Self - to be love - and for this reason alone, you want to surrender to your True Self, and let your True Self create magic for you.

To have an inspired life you need to commit to your journey *inward*. Having a daily tuning in practice, reading inspirational books, attending seminars that help wake up your inner voice and spending time

with other people on the same path are all ways of committing to your journey inward. Once you commit to this inward journey, doors will open for you. Opportunities you were previously unaware of will come into your line of vision. And you will experience the love you always wanted.

Remarkable Relationships really has been a crash course in healing your life. So if you haven't quite grasped all of what I've shared with you, that is completely normal. If you can't quite get to the root of a belief, or you are struggling to believe it's possible for you to instantly heal a physical illness on your own, or if your life still hasn't manifested into the love story you desire, then ask for help. That is what I'm here for, and that is why I always offer my RR people the chance to be mentored by me one-on-one for three months.

I only have a limited number of these spots available, as I only work with a handful of clients at a time, so I can ensure they get my full attention. So if you would like the opportunity to go deeper with me, please let me know ASAP. All the details are in your emails, but ultimately you get three months of email support with me, 6 45-minute one-on-one phone sessions, three Love Infusions and the opportunity to clear out a whole lotta gunk in a really short time.

I know from personal experience, it can be a little daunting when you first start tuning in, to get all the answers, and to know what questions to ask to get the answers you need. And it can be nice to have someone to help keep you on track until you get into a routine of doing this on your own. So, if you would like this support, please let me know and I can book you in straight away.

Also, please feel free to continue contributing to the Facebook page. That is there for you to support each other - share your insights and to stay in touch. It's really nice to know that there are other people who are practising the techniques you've learnt. So please continue to take full advantage of that. Like I've said, having surrounding influences who value their relationship with self, will make the journey that much easier.

For those of you who are curious about my other offerings - I also run a two-month course called *Sexual Self* which teaches you how to connect more deeply with your body and your energetic self and use sex as a vehicle for self healing. You'll learn more advanced tuning in techniques, like how to tune into another person, and how to expand your pleasure. I liken this course to being like Level 2 of your self-love journey.

There is also the *Conscious Couples* course. This will take you deep into healing past relationship wounds so you are free to experience the love you deserve. It will also include advanced communication techniques and help you undo negative dynamics within your relationship so you can have a partnership that nourishes you on all levels.

People often think they don't have time for a spiritual practice. So if this is you, simply ask yourself this question: Do I not have enough time to have a magical life? A life full of love, happiness, ease, fun, pleasure, an inspiring life that is abundant and full of nourishing relationships?

For this reason I am going to set you a 30-day tuning in and belief clearing challenge. As part of this challenge I would like you to tune in and remove at least one belief everyday for the next thirty days. Why? Because they say it takes 21 days to form a new habit, and tuning in daily is certainly a habit you want to create, as it's going to make your life easier. AND tuning in and belief clearing this regularly will create a HUGE shift in your life.

If you want change in your life, which is why you signed up for this course, doing a 30-day tuning in and belief clearing challenge is what will help you get there. And once you're tuning in each day, don't stop. Tuning in daily is the key to living a life of love, happiness and pleasure. Great relationships, financial abundance, optimum health and overall satisfaction and fulfilment are available to you when you live as your True Self.

Tuning in really is no different to running. If you run regularly, you can train an out-of-shape body to run a 26-mile marathon in 3 to 5 months. As you train, the body adapts and builds the physical fitness to operate at its optimum. But if you stopped your training once you got to that peak level, you'd be out of shape within the year.

One study on college athletes at peak fitness levels even showed within two weeks of being put flat on their back and not being allowed to move, their muscles lost ten years of training! So it is with tuning

in. Stop tuning in, and you lose that ability to get clear messages. You need to strengthen your tuning in muscle to keep your True Self's voice loud and clear. Stop tuning in for a few weeks and it *will* take a bit to get that line of communication clear again.

Before we finish up tonight, who would like to share their best bit. Simply press *2 to raise your hand?

[A PARTICIPANT SHARES BEST BIT]

Miracles can only happen when you get rid of beliefs of 'impossible' and start believing in 'magic'. Life is magic *if* you believe it to be so. You create miracles by believing they are possible, then refusing to doubt them or be afraid of them. So practise loving yourself. Practise the art of self-love every moment of every day. For love really is the only way.

Thank you everyone for your commitment and your insights. I can't say how honoured I am to be able to share this journey with all of you and watch you grow and fall more and more in love with yourself each day. Please continue this journey inwards, continue to love yourself, and I will leave you with this final quote: '**Healing takes trust, and we all have a True Self we can trust, even if we have to dig a little, to find it.**' Thank you and for the final time, goodnight.