

Happy New Desires

TRANSCRIPT: Call 1

Alright. Hello, hello and welcome, welcome to the Happy New Desires Tele-series. We have a lot of information to cover – really! I was talking to my team before we got on the phone, and we were reviewing some of the content, and they said alright well you’ve got enough contents for 3 or 4 calls, and I look and smiled and laughed because they know me and I said, “Really, I have enough content here for about 30 calls.”

So I am going to be sharing with you some incredible information, and as I was sharing with those of you that are on the live calls, congratulations for really committing and for stepping into something brand new.

So I want you to feel that. Feel some gratitude and some recognition for yourself right now that you said yes and that you are here. You are allowing yourself to experience a brand new energy for the beginning of the year, and the process that we are going to be participating in together over the next 3 weeks has the ability and the capacity to make 2012 the best year you had ever lived. And I mean that. In fact, I feel that I’m going to share with you some deeper process as we get into this. And those of you that have been with me on live calls before know that I go all in, and this is going to be absolutely no exception. I do not hold back. I allow you to be with me in my process. I’m on the call live with you now, and so I have opened up to be experiencing with you deeper spaces and you’ll feel that from me by the end of today’s call if not by the end of the entire series.

So feel into where you are right now. Allow yourself to set-up an opportunity for you to really receive information. Make sure that you have notes and a pen with you. Okay? And before I go any further, I'm going to, I kind of feel that I know all of you already, but I do understand that there may be some of you that don't know me. So I'm going to tell you who I am in just a minute.

Before I do that, I really am very very aware of how we set-up our space as women. How we set-up our space physically, how we set up our space emotionally and mentally. So before, I even tell you who I am, I'm really concerned with you. So that, you can receive exactly what is this that you really require from this program. So make sure that you really are in a space where you really are comfortable. If you are trying to cook lunch and answer emails, answer your telephones and write that newsletter, and call back that friend and Facebook at the same time that we are on the phone --- you are going to miss out. Okay? And that actually can be a distraction technique that is keeping you from your Happy New Desires. So I want you to prepare yourself mentally to know that you are here right now that the process that we are going to be exploring together is crucial and monumental and can shift really big places in your life. So treat it that way. Treat it that way. Not because of the program but because of you and that you want to start to treat yourself that way.

So emotionally, allow yourself to begin to open up and expand, enter the possibilities of what can happen for you in the next 3 weeks. So just emotionally start to feel that piece of like, "Wow, really?" Just feel into that emotion of feeling maybe, really wow could that happen really? Yeah! Start to feel about that kind of emotion.

And physically, be in your body with me. Allow your shoulders to go back and down. Allow yourself to open up and allow yourself to ground into a space of admiration for yourself. Right away, shifting your body language in that kind of

position is already going begin to increase your confidence and you heard me say in the video, you require confidence in order to begin your Happy New Desires. So, if you can allow yourself to shift your body language into a space allowing more confidence – why won't you do that right away. If you find yourself crossing your legs, crossing your arms or slouching over --- be aware that physically you want to be prepared to receive your Happy New Desires.

So that looks like and feels like palms open, shoulders back and down and sitting up straight, feet on the floor and just in your body like yeah (!) - Welcome this is me. This is me. So, from that space again I welcome you. I welcome you to the Happy New Desires Tele-series. Let's start with that because how often, I want to say Happy New Year to you all! Happy New Year *Bona May* (?) January 13th. How often are you hearing that anymore? Or how often does anyone go telling you Happy New Year anymore?

Typically, we hear Happy New Year the day of New Year. And maybe, up until the week afterwards. And then all of a sudden people are back to the grind. There is no more happy - anything. Where did the happy go after like January 5th? I want to know what happened. People say Happy New Year and then they drop it. So instead of saying Happy New Year, I'm very fond of saying Happy New Desires. In fact, my French friends are starting to get used to, after a couple of years, they are getting used to me asking, "What do you desire this year?" "What do you desire?" And I want you to start feeling into that right away. Because I prefer to carry the new desires through the entire year and not just talk about it for one day. Not just talk about it for one day. Okay? So that's what we are going to be doing in this program together. I'm going to be sharing with you why, why your desires are so important.

And I want to tell you who I am - actually who you are even hearing from right now. So my name is Tara Marino. I am the founder of Elegant Femme and I want to share with you throughout this entire series how my desires have changed my

life. And how allowing you to begin to receive your desires and your Happy New Desires, I'm going to make a distinction in a minute, how that can shift your life as well.

I'll let you know some personal pieces. I live in France which is one of my desires ever since I was 14 years old. That's when I first step into that desire and now I live here. I have an incredible husband who puts up with a lot of my Happy New Desires. He's very supportive and incredibly charming, and we've been married for over 10 years. And we have 2 beautiful little boys. They are 5 and 8. And they are not scheduled to be on the call; however, I will let you know that I'm doing this call from my home office and one of my desires was to work from home and to be able to do that, though my boys are not scheduled to be in the live with me, you might hear them outside my office. I trust that they're fine and taken care of but just, so you know you might hear – you might hear them as well.

So that's who I am, and I want to share with you right away why this course is so important, and why I'm actually doing this course. Why am I actually doing this? And I feel that the best way for me to really explain that to you is to share from a very open, open space what my intention is for this course. What my intention is for this program. And I will tell you right now that this intention is raw. It's very unedited, and it really is the exact intention I wrote for this program. So I'll share it with you just raw and transparent how it came out.

My intention with this program is to infuse passion, possibility and hope back into the – wow I'm getting choked up, alright something's going on. I feel this. I feel this Happy New Desires so let me start again because I will allow my emotion to come through; I allow my emotion to come through so much that I can't even hear it. So my intention in this program is to infuse passion, possibility and hope back into the desires of women. So that, we understand that really this is possible. To share from a deep space of loving what I have learned. To effectively achieve and continue to ignite my own Happy New Desires. And to share with you an effective

and influential process that will allow each woman to move closer towards her Happy New Desires. That she leaves a 3-week program, in fact, you leave a 3-week program having made more progress in the direction of your desires than you have ever in your life before. I know that's a big intention, and I'm okay with that. I trust it.

My intention is to increase the community of the Elegant Femme society, to allow more women who are ready to hear and act on this message to be united and brought together in community. So that's my intention, and of course, I always say Mary Ann Williamson has taught me this --- something better for the highest good of all concerned. And when I review that intention with you, I'm really aware of how it affects me and, in fact, where that little emotional lump came up in my throat is when I said the possibility and the hope back into the desires of women; because I really feel that is something that has really been lost. I don't know what happened to hope or where it went, but I feel that we've lost it. I feel that is something that we're really, really lacking.

So when I review that intention with you, I really mean that. To infuse again the possibility and hope into the desires of women because without that, I don't know who we are. I don't know who we are. I don't know who I am. I'll tell you that right now if I don't have the hope and the possibility of my desires, I don't know who I am. I really don't know who I am. And so I really mean that. That's really my intention for you. So I want to tell you what this course is going to be about and what we are going to be covering in this course.

So, I am going to give myself permission to go wherever we are required to go on this call knowing that my ultimate desire for this program is to allow us all to receive that intention. To allow each and every one of you who participate in this program to the full capacity that you can, really really receiving the processes and everything that's here for you, that you leave this program closer to your desires than you ever had been before. Okay?

So, I'm going to talk to you about everything that we are going to be covering in this program, and I do have quite a bit to cover. So I do have it broken down into week by week, but I will tell you that as I get going, and as I get interacting, and as I'm live with you, I know that there is going to be even more in this. Okay. So that's the way I roll. Just so you know there'll be this and even more because that's real. So, Week 1 - Happy New Desires Identified!

Yes, – we need to identify what our Happy New Desire is and then we need to identify what your Happy New Desires are. So we're going to figure out what your happy new desires even are. We're going to make sure that they really make you happy. We're going to understand how your desires are going to affect you and those around you. We're going to discover how to tell if you are actually moving towards your desires or away from them.

So I'm hoping to cover all of that today, however, I want to make you aware that I am committed to going deep. Meaning, that I'm not interested in giving you a whole bunch of birds eye view content and just leaving you wondering how this is going to happen for you. I am really interested in going into the depth of the Happy New Desire making sure you understand what it is and what yours are. So if, we need to move some of the content up today into next week, I'm okay with that because I am committed in delivering all of the content in a way that you can actually utilize it and begin to step into it for yourself.

Next week, we're going to talk about Happy New Desires in a bigger scale so as you identify your Happy New Desire we're going to take it even bigger – we're going to expand it and what do you require to actually fulfill it. So, we're going to identify them today. Next time, we are going to expand them. We're going to talk about how you actually fulfill those desires.

And then, in the last week – in the last part of the teleseries we're going into your sensual legacy and what do you do if your Happy New Desires don't happen. What

do you if they don't happen? How do you react to that and what does that mean if they don't happen? That's really, really important. So I want to make sure that you're really present for every single call and especially that last call. We're going to be wrapping everything up. You're going to have an incredible understanding of your sensual legacy. What it is; why you require it and what does that have to do with your Happy New Desires. It's going to bring a lot of clarity for you. And then I'm going to answer the question that I get asked a lot. What happens if they don't happen because that is the biggest fears that I see women struggling with when it comes to even identifying their desires. So I want you to know that we are going to discuss that in the last part of the program. Okay?

So, let's get right into this, shall we? How does one start to address their Happy New Desires? First, we need to know what a Happy New Desire is. And I may just from time to time say Desire. I want you to know that if I say Desire, I'm talking about Happy New Desires. And there is a difference, okay? There is a difference between just desiring something and allowing it to be a Happy New Desire. So make that distinction and from time to time I may just say Desires or Happy New Desires or HND. It gets a little tongue twister after awhile. Alright?

So a Happy New Desire is a new desire that will make you happy, right? Sounds simple ... However, let's break it down. A Happy New Desire is what people put in their bucket list, and many times allow themselves never to achieve the things that will really truly bring you happiness. And I want you to hear that, the things that will really truly bring you happiness. The things that come through you that lights up your soul. That makes you feel incredible when you think about them. That feeling; that giddy little feeling deep inside that make you say, "Oh my gosh, some day, could I really, one day, yes --- that's it. That's a Happy New Desire. And there really is a difference because we might desire something. You might desire a million dollars. A Happy New Desire. If you have a Happy New Desire, that is going to ignite you, that is going to feel fulfilling, that is going to get you giddy, and you might have a Happy New Desire of a million dollars. However, if you just

desire a million dollars, it's not going to infuse that happy newness, freshness into you that you require. Okay?

So, I want to let you know right away what stops most people from stepping into their Happy New Desires.

Number 1 - is not knowing what they actually are. Which is what we are going to be able to identify today. I hear that often. When I talk to women, and this is what I do, this is part of the process that I teach women when we really start to work together. It's really important to know what your visions are and what your desires are. I hear a lot – "Tara I really don't know what they are. I really don't know what they even are anymore." So, that will really stop you, right? That's the first thing - a fear of the not happening. Okay? So feel your own process now and feel what's the strongest for you and what has been stopping you from actually identifying your happy new desires. I'm telling you the biggest things that come up for the majority of women – so fear of the not happening or fear of them actually happening. Fear of them actually happening. And I would say that, that is the biggest of the two fears. We say that we are afraid that they won't happen, but if we start to get really, really clear on what is really stopping us, the majority of us are afraid that they will happen, and that might feel totally "intuitive" (?). Why would I be afraid of achieving something that is going to make me happy? Well, I'll explain that to you as we get deeper into the program. Many of us are afraid of it actually happening because we are afraid of feeling that good. I'll explain to you more of what that means. So I want you to know that, that is a huge fear and a huge thing that stops women from actually stepping into their Happy New Desires.

Not choosing the right Happy New Desires – yes. And you might already be afraid of that one. You might say, "How do I know if I'm picking the right one?" "How do I know if that really is the Happy New Desire?" Once we identify today the process

for you, you are going to get clarity on that, so you don't have to be afraid of that one anymore.

And not really wanting to be happy. Oh – that's a big one. Let's talk about that one for a minute. So one of the things that can stop you from stepping into your Happy New Desires is not really wanting to be happy. Now this takes a lot to admit to yourself. To really sit with yourself and say - wow is one of the reasons am not really stepping into my Happy New Desires is because I don't want to be happy right now? This is real. So if, there's a piece of you that is saying – gosh what is she talking about? Of course, I want to be happy. Of course. Really feel into what I am saying because this is a reality for all of us and it does take a lot of courage to admit this to ourselves because sometimes we don't want to be happy. Sometimes we actually want to be pissed off. Sometimes we actually want to be bitchy. Sometimes we actually want to be depressed or miserable. It's true. It's true. So just admit it to yourself. Let it go and just be real about it. That happens from time to time. Okay.

However the real danger in that is that if it becomes a habit for you; if not wanting to be happy becomes a habit for you that you let it begin to run your life. Okay. Identifying New Desires is going to give you freedom to allow yourself to be happy. Okay. Alright.

I want you to be able to distinguish something. So get your piece of paper out and I want you to write this down because this is something right away going to help you bring clarity over your Happy New Desires and what has been getting in your way up and until this point. There is a huge difference between a desire and a wish. Okay. And often, very often, we are taught not to trust our desires. Okay – we are often taught not to trust our desires. And we often treat our desires as wishes and then we wonder why they don't happen. We wonder why they don't happen. I am going to find for you the difference between a desire and a wish because we are talking about Happy New Desires. We are not talking about happy

new wishes. Okay. I really want to distinguish between these 2 pieces for you because emotionally you relate to them differently and if you're relating to your desire as though it was a wish – you're going to have a really, really hard time allowing it to come into your life. A desire stresses the strength of feeling and often implies strong intention or aim. That is, in fact, the dictionary definition. I'll read it again. That's the dictionary definition and then I'm going to tell you what I believe the exact definition is. Very, very similar but there is no if for you there, it's really clear.

So the dictionary definition says desires stresses the strength of feeling and often implies strong intention or aim. What I understand about desire and how desire has affected my life is desire is the strength of feeling and always implies intention and aim. Always. Always. Desire is the strength of feeling and always implies a strong intention or aim. Okay. That is the desire.

So if, you really desire something, you feel it. You feel it in every piece of you and so feel it so strongly that you are willing and committed to saying an intention and aiming for it. Okay. That's a desire. When you really desire something – that's what it does to you. You feel it inside, and you automatically want to and do aim for it and set an intention for it. Strong intention. Okay.

Now let's compare that to the difference of a wish. What is a wish? A wish sometimes implies a general or transient longing especially for the unattainable. Ooh – think about that. I'm going to re-read that and then I'm going to help you get clarity on if you are associating what it is you really want in life as a wish instead of a desire. A huge mistake we don't want to make. A wish sometimes implies a general or transient longing especially for the unattainable. Okay.

Automatically in that definition you can feel the difference. You can feel the lack of motivation, and you can feel the sense of already having lost something. So, the transient longing implies a general longing especially for the unattainable. If you are associating to your desires as though they are wishes, you already feel that

they are unattainable. Going around wishing for things isn't powerful. Going around wishing for things does not create a sense of motivation. Going around wishing for things does not provide the opportunity for you to receive it in your life. In fact, going around wishing for things actually puts you in an energy of not attaining.

So I want you to really feel in your body like now like – woo that's the difference. Woo - that's a big thing. Yeah it really is. And if you've been associating to what you want in life as a wish instead of really getting into the desire, you're missing out. This is why – so you might say this, oh my goodness that's why. That's why already. That's the big reason why I haven't allowed myself to achieve my Happy New Desires. I've been wishing all over the place. Okay.

So I want you to be aware of this. We often treat our desires as wishes and then we wonder why they don't happen. Why they don't happen. Alright. So let's go into that a little bit deeper. So I want to talk to you about how you can then tell the difference between a wish and a desire? Okay.

I want you to feel this within yourself. I want you to feel the difference because it has everything to do with the feeling. Everything to do with the feeling. And we are going to identify that in a minute. One of the things I want to get clarity on for you because I feel that this question may come off for you is when we are identifying our Happy New Desires, one of the questions that may come up for you is what if I had an old desire Tara? What if it's an old desire? What if it's a happy old desire – will that work? I know it won't. No, it won't. That's why this is absolutely Happy New Desire and I want to help you with that because there is a reason why that old desire wasn't fulfilled. Most likely you were treating it like a wish. Most likely you were treating it like a wish. So if, there is a piece of you that comes up that says right now, oh gosh I've got these old desires and oh they didn't happen so how I'm I going to let myself step into Happy New Desires if I never fulfilled my old

desires. I want you to know, if you didn't fulfill that desire most likely you were treating it as a wish and not as a desire. So we're going to start fresh.

That doesn't mean that you can't take something that you have desired in the past and put it into the Happy New Desire process to re-ignite it. You absolutely can do that. So, for example, if you know that one of your desires for your entire life has been to live in Europe or go backpacking around Italy. Whatever your desire and you know you had it. Maybe its write a book, and you know you have a desire for a long time. Yes, – you can re-ignite that desire. You do need to transform it though into a Happy New Desire because if you don't, all its going to feel is that it's just a wish unfulfilled, and that's not the kind of energy that we want to infuse into what we are doing now. Okay. Because if you say, oh gosh I always wanted to do that, and I never did it, and I go into guilt, and it's never going to happen, and all the sudden wish energy. So let that go, and we are going through a process of igniting your Happy New Desires, and if that desire comes up again if that desire is real and new and fresh, even if it's something you thought about twenty years ago - yeah absolutely, then that can be a happy new desire. You just want to make sure that you do infuse that desire energy into it instead of a wish energy into it. Okay.

Alright. Let's take a look at the process. Let's get right into this. How do I identify your desires? We all have them. Yes, we do. We all have happy new desires. That is the first saying that you need to know. Many of the women I talked to had trouble identifying their happy new desires so much to the point that they become really depressive in this area and because they have been used to not getting their desires and actually they've been so used to treating their desires as wishes, right which is why they're not getting them that they stop desiring. They stop desiring. My intention again is to allow you to begin to trust and have passion and infuse hope and possibility back into desires, so you know they really can happen. Because I'm telling you right now, they absolutely can. I don't care how small it seem to you or how big it seems to you; you absolutely have every capacity inside

of you to allow your happy new desire to come forward for you. You absolutely do.

So I want you to be at peace that you do have them. If there's any piece of you that comes up and says, I don't have any happy new desires Tara. I don't know what my desires are. Just right now trust me. Feel into the space the energy that's been created already on this call and say – okay, I will trust that I do have desires. And I do have even happy new desires. Alright.

So how do I identify what they are? You know already its starts with a feeling. You have to understand that all desires are to allow yourself to feel good. So your happy new desire is going to be something that makes you feel good when you feel it. In fact, the strength, of the happy new desire makes you feel good even when you think about feeling it. Right? Feel into that --- just a piece of what I am saying. A happy new desire is going to make you feel good. And it starts with a feeling.

So, when I thought about this process and I thought about actually really giving you the most concrete and tangible way that I can help you with your own desires what came up for me was what better way to allow you to experience the feeling than to see someone else feel it. I know that, that works for me. Okay. When we see someone else feeling something, it's like why we all, you know, what we don't do it, but many of us will get emotional at a commercial sometimes especially when it's that time right of the month. When we see someone else feeling something it's much easier for us to connect with our own feelings because we're in the energy of feeling. Sometimes it can be very difficult to go into just very black and white spaces and say – okay, so what's your happy new desires? Go ahead, what is it?

So I wanted to open up the feeling of what it feels like by actually sharing with you some very, very personal information about my own happy new desires for this

year. Because I really do believe that when you experience me in that space, it will give you permission to feel as well.

So I'm going to allow myself to be extremely powerfully vulnerable which if you've worked with me or have talked with me before you know that I believe in that and that has been a big part of my process. And, in fact, if you're going to allow yourself to experience your happy new desires you need to begin to get comfortable in allowing yourself to be powerfully vulnerable.

So what I'm going to do is share with you and we'll take a look together at my own happy new desires for this year so that you can begin to feel the feeling. And then I'm actually going to assist one of you live --- as a surprise, so we're going to go live to actually do the same thing.

So, I'll just take you through my process so you can really feel this. I desire to go to Casa Angelina on the Amalfi Coast here. Why? Because it looks exclusive and luxurious, and it looks like I'll be set apart and unique. It looks like a fabulously rich experience. I can see myself tanned and lying out by the pool enjoying the view over breakfast with a cappuccino. I can smell the fresh Mediterranean air, and I feel clean, alive and fresh. Okay.

So that's one of my happy new desires for 2012. I'm going to keep going with a couple of other ones, and we're going to review them so that you know how exactly to do this for yourself.

So, you can feel the feeling that it gives me this desire – yes? Okay. And this is just a snippet. I want to share with you another big big desire because it's going to give you an opportunity to feel even into a deeper space.

I also desire a new baby Marino. Ohh how that makes my heart expand. I can feel the soul so deeply. Why? Why do I desire this? It allows me to feel more “v___”(?). It's an example of what I can allow myself to experience. It feels new and

untouched. It makes me feel a sense of completeness. There is a deep sense of trust and inner knowing when I experience and feel into this. I feel possibility. I feel youth. I feel wings spread wide. I feel a sense of dependence and independence at the same time.

So what did we just do there? I just shared with you some pretty, pretty personal pieces from my new desires, and really my intention in doing that, is I want you to know what you can feel. And that exactly where it starts. So what did I just do there? How did I identify, how did I identify those happy new desires?

I closed my eyes, and I imagine what I wanted. What would feel good this good and I let it come. I didn't push it away. The stronger the reaction to what comes up, the stronger the happy new desire and that is what I focus on. So, yes going to the French lakes by my home would be fabulous and probably be something that we are going to do one of the weekends coming up but it doesn't light me up inside. It doesn't do that thing. I've been practicing this for quite some time right. So it comes easy to me when I close my eyes. I can feel the desire.

I want you to begin to do this right now. I want you to close your eyes. I want you to think about what it is that you desire for 2012. And let it come. Let it come, whatever it may be. It might be the picture of a place. It might be a vacation you're wanting to take. It might be a relationship you are wanting to experience. Just let it come. Just let it come. And then, I want you to ask the question – why do I desire this? Why do I desire this? And I want you to answer it.

So what you'll notice, and I'm going to actually go through this with you. What you'll notice in the end when I said why do I desire this, I talked about why do I desired it and then I immediately and automatically started saying I feel, it makes me feel. So if, you looked at closely the Amalfi Coast when I identified my desire, it made me feel clean, alive, fresh, luxurious and unique. Pretty important to know.

When I talked about the possibility of having a new baby it made me feel possibility, youth, wings spread wide, dependence and independence at the same time. Once you looked at how your happy new desire will make you feel, you attached to more to the happy new desire, and you attached to it in an intimate way. You connect to them, and they are no longer a wish. They are now a part of you. It now becomes a part of you.

So, when you take the time to do this, when you take the time to actually connect and interact with your happy new desire, you begin to open up a space for it to come in to your life. Now this is what happens to many people. They say, oh yeah it would be nice to do that. Right. You can totally tell right away the energy of that, and that's a total wish energy. If something comes up for you, and you say oh really, I don't have the time for this. I don't really have the time to sit down and write about this Tara. I don't really have the time to even think about my happy new desire. What do you think the chances are that you actually going to receive what you desire this year? I would say closer to none. Okay.

So if, you have the kind of energy towards your new desire that says, I don't have the time for this. Your desire is going to hear that and feel like; okay I guess she just didn't have the time. If you're saying things like – oh yeah that would be nice, that would really be nice. Then you are coming from a space of a wish.

However, when you sit down, and you close your eyes and you say to yourself – okay, what do I really desire this year? What is going to really make me happy? And then you just stop. You don't go into a head space. You don't over think it. You just let it come. Maybe you're going to get a picture of something. Maybe you're going to get that feeling inside that says – oh my gosh, what if I really wrote that book this year. Oh my gosh – what if I really fell in love this year. Oh my gosh, what if I really learned to swim this year. It doesn't matter how big or how small the desire is. Okay. What's important is that you feel lit up inside when you think about it. That's what's important.

As soon as it comes up for you, and you have your journal and your pen out, as soon as it comes up for you, then say – why do I desire this? Now, if you are on a surface level and it's a wish, you'll have difficulty connecting with the desire. You'll feel like – oh 'cause I guess you know, maybe make me feel good. You know the difference. Let's get real with each other right now. We're women. We know what it feels like to feel. Okay. It's actually more difficult to take a man through this process because they have a tougher time connecting to their feelings. It takes longer for them to get into the feeling space. For us, it does not take very long. If we are real with ourselves and honest, we can get into the feeling space really quickly.

The thing is, are you going to allow yourselves to do that? Are you going to allow yourselves to feel into your desires? Because it does feel scary to allow ourselves to feel especially if we have been relating to our desires as wishes because there is a fear that they won't come true.

I want you to – right now, let that go. Close your eyes. What is your happy new desire for 2012? What is it? Let it come up. Then I want you to answer the question – why do I desire that? Why do I desire that? Why do I desire that? And in that answer, you're going to be answering – because it makes me feel. It makes me feel. What does it make you feel? How does it make you feel? What feelings does it provide for you is important and actually crucial for you to know that in order for us to step into the next piece of the process.

What I would like to do, and I want to be conscious of time. I know this is how I do this. I'm real. I want to be conscious of time and yet I feel like I really want to support at least one of you in this. So, here's what we can do. I'm going to allow one of you to come on live. And I'll just see who we have on the live call and see if somebody else, one of you would like to purchase a "p____" (?) because this is the thing. When you "hanker" (?) Your happy new desire and you actually allow yourself

to voice it out loud it brings a lot of energy and clarity to it for you. So I'd like to gift one of you that opportunity. One of you that are on the call live.

So let's see, let's see who we have on the phone, and I know this takes courage and bravery to do this. It's really going to be fearless of you, so let's see if you can feel into that space. So, what I'd like to do is one of you who know, who already know your happy new desire is; like you close your eyes, you saw it, you felt it come up. I want to invite you to share that in a very open beautiful way. And I'm just going to be able to take the first person who raises their hand because of time. So, press *2 if you would like to really make a commitment and woo really very quickly – there's so many of you already!

Alright, I have to honor what I said – the first person. So, the first person is a Graham "Soherty"(?). I really don't know how to pronounce your last name right. It's a 510 area code, and you're calling in from Oakland, California. So I'm going to un-mute you in a minute, and what I'd like you to do is to share. That while you can share your name. Sometimes people call in from their husband's cell phone, and I don't have the correct names. So will that be ok? I want you to share your name, and I want you to share what your happy new desire is. And then I will ask you a couple more in-depth questions about your happy new desires so that you can leave with a lot of clarity from this call. Okay.

So, hello hello – welcome.

Jamie: Hello. This is Jamie. Graham is my husband.

Tara: Okay. So see. (Laughter)

Jamie: I was like; oh my God there is another Graham that called. That is amazing.

Tara: So Jamie, welcome to the happy new desire call. Alright – excellent. So, share with us what is one of your happy new desires for 2012?

Jamie: There is a big conference happening for a school that I went to and I want, I want to get up on stage and be a speaker.

Tara: Oh

Jamie: Yeah and I said, I have no fear - I have no fear of public speaking. I do it all the time. But I just want them to say yes to my desire.

Tara: Okay. So let's go into this. Because it's this thing and I feel, I can really feel the desire in your voice, and you feel that this is really a happy new desire for you. What we want to do is to really anchor and get clarity on why – on why. So you said it's not about public speaking. It's not just about having any old random stage – right, to just go up and speak on. There is something specific about this conference. So, when you close your eyes, and you really go in, tell me why do you desire this?

Jamie: When I think about it, it makes me feel very strong and grounded and at the same time very expansive. As if with these doors will fly open.

Tara: Okay. Okay. Beautiful – very, very good. There is something intuitively in that, and that is something we call – if you're familiar with my system, we call the Indie. That intuitively sense of knowing that if you allow yourself this desire, this is just the beginning, right?

Jamie. Uhuh

Tara: There is way more down the line to allow this to come true. Okay. So now share with me particularly - why this conference? What is it about this particular conference that is igniting your desire? Why is this making you feel strong and expansive?

Jamie: Because it's a conference with all of my peers and I've never before addressed all of my peers in a room.

Tara: Okay. Alright. Keep going...

Jamie: I've had some huge breakthroughs in the last 6 months and I really feel like many of my peers are aware where I was 6 months ago, and I feel a huge call to be not only a student but a teacher in this.

Tara: Okay. Okay. So there's also something coming through for you particularly with this happy new desire in this conference is a sense of visibility. That you are actually allowing yourself to transition from the

student into the teacher role, and that's a big place of visibility for you. So is there anything inside of you that feels at all scared about this?

Jamie: Oh my God – are you kidding? Everything. (Laughter) So they're going to say yes and I'm going to give a speech. What am I going to say? And then I know what I'm going to say but then will I really deliver it well?

Tara: Yeah, yeah, yeah. So that's all perfect. The reason I asked that is because there is a lot of confidence in your voice and I wanted to make sure that there was some fear in there. Because it really is not only normal, but I feel really a requirement to have a little bit of like ahhh - oh my gosh, really, could this happen? And then your mind just go that... That's good. I really want to anchor that for you Jamie and for everyone else in the call because I want you to all know that there should be some of that in there. If they say like – oh yes, I'm up there, no problem that really isn't a happy new desire. That's like a checklist to do. Like, alright let's make sure that happens this year, right? So there's a difference.

Jamie: Uhuh

Tara: Tell me a little bit more about what you will receive from allowing this happy new desire to come into your life?

Jamie: From a feeling standpoint I think - I think I'm going to feel like I can fly after this. Like it, it's just the beginning of this new revolution that I've been putting myself into in the last 6 months. And your words – vulnerability; if we have been talking 6 months ago, I would have said I have no fear. I have no vulnerability. I'm superwoman like I'm not worried about it. But there is no way to really access that deeper more powerful piece of yourself without acknowledging your vulnerability.

Tara: I love that you just said that. I love that you just shared that. It's absolutely true. I absolutely agree with you. Very, very true. So I want you to close your eyes, and I want you to feel them saying – yes. Just feel that feeling and now I want you to feel yourself up on the stage. Just feel it. And now I want you to feel yourself leaving the stage. You've actually done

it. It went incredibly well. You're just walking off the stage. Tell me what's present for you now?

Jamie: Oh I'm so totally nauseous ... but in a really good way. I think like – you've done the roller coaster, and you're like – oh my tummy is in a twist. That was so much fun! That's exactly how I'm feeling. I'm also feeling really warm - really just kind of flushed with emotion and excitement and pride for my work.

Tara: Alright. Excellent. Excellent. So you've identified your happy new desire and one of the next pieces for you now is going to be - how do I do that? How do I get myself into that? How do I receive that? So what do you feel has actually been stopping you from allowing yourself to step into that already?

Jamie: Feeling like – I don't need need it. A big piece of this is feeling vulnerable to connection, and I just feel like – I don't need connection. I'm smart. I'm funny. I'm witty. I know what to do. I'm a business owner. I don't need connection. I can just do it myself. And so what has been keeping me from this is that connection – allowing for the connection.

Tara: Okay. So I see really real right now. Okay. I want you to be real with yourself. Since that is what has been stopping you – can you allow yourself to say and express from really really honest place that you actually do need the connection and you actually do require it, and you actually do desire the connection?

Jamie: Yes. I can.

Tara: You want to say it out loud? (Laughter)

Jamie: Okay. I absolutely desire the connection.

Tara: Yeah. I want you to really like feel yourself that Jamie because that is a big piece of what is holding you back to really receiving this opportunity. Because when I hear you talk about it, I feel that you do know what's on the other side of what is going to happen and that might be actually more of what is slowing you down and stopping you – it's the real wall of possibilities that is on the other side for you. So if, you can just allow

yourself to begin to breath in to – oh my gosh I do desire the connection, and I can now allow myself to feel some of the support and allow this new desire to come in, you're going to feel it happen much more easily and elegantly. Then if, you kind of try to prove your way through it. Okay.

Jamie: Uhuh.

Tara: So, how are you feeling right now?

Jamie: Not like there are a whole lot of things to like. Can you see this? Honestly for the last 3 minutes it's like – I'm opening up myself to receiving. I'm surrendering. Like ---all the good stuff, right. So now I have another list to surrender to. I'm ready for it.

Tara: So this is just the beginning. So you're doing beautifully. You're on the right track. You've actually identified your happy new desire. And then stay tuned for the rest of the series so that we can allow you to actually step into it. So that, by the time we're done in 3 weeks, you are light years closer to that yes and perhaps even closer than you have any idea it is possibly by the end of the 3 weeks. Sound good?

Jamie: Absolutely. Thank you so much.

Tara: You're so welcome. You're so, so welcome. Thanks for raising your hand. Good for you and you allowed yourself to be powerfully vulnerable.

Jamie: Oh I know. I wouldn't have done that before.

Tara: Alright. Congratulations Jamie. I look forward to watching you continue in this series.

Alright. Okay. Very, very beautiful. So I really do, I really do feel. First of all – congratulations Jamie because she just allowed herself to really begin to anchor her happy new desire. Because when we want something that deeply, sometimes it's hard for us to even say it out loud. Right? Like when I just shared with you some really, really personal stuff. And my husband is probably going to say - what are you kidding, you told them about that baby thing? But I haven't fully receive yet myself but you know you, I want you to feel it, and it's good for us to feel other

women's desire so we can feel into the reality of the fear and of the – oh my goodness, can I really allow myself to receive that ?

Now there is something else that I want to do. Because some of us have easier access to our happy new desires than others okay. Some of us have difficulty even identifying our happy new desires. So what I also like to do for those of you who have committed and are on the live call, I would like one of you to raise your hand by pressing *2 if you are having difficulty identifying your happy new desire because I would like to ask you some questions to help you identify what one of the desires is for you for 2012.

So, let me see if some of you are already in the – yes I already have hands raised. Okay. So I'm going to take again the first person that has raised their hand and let's see here. This is from a 519, and there is actually no name, from London ON – which I don't know. Is that Ontario? I don't know where your call is coming from. It's 519 area code, and the city is London. Alright. I'm going to un-mute you.

Tara: Hello, hello who's this?

Leslie: Hello.

Tara: Yes.

Leslie: Hello.

Tara: Yes. Can you hear me?

Leslie: I can hear you. This is amazing. (Laughter)

Tara: Who's this?

Leslie: Can you hear me?

Tara: Yes.

Leslie: My name is Leslie "Pattinger"(?) How are you?

Tara: Leslie. Leslie. I'm wonderful. Well welcome to the new desires, happy new desires teleseries.

Leslie: Thank you.

Tara: Alright. So just relax. There's a little nervousness. It's alright. You're totally safe. I want you to do what you can to pretend there is no one else on the line. And I know sometimes that feels like – how are you going to expect me to do that. But I really want you to do that because I can feel the nervousness in your voice and there is an opportunity for you to really, really get some clarity. So I want you to know that you're safe. I want to right away congratulate you and acknowledge you for raising your hand. I already feel that that was a big step for you. Okay. So – just take a breath and allow yourself to settle in and know that you're doing this for you. So it really doesn't matter who is on the phone. And this isn't about doing something right or doing something wrong. This is really about you beginning to say yes to what you really desire in your life. Okay

Leslie: uhuh

Tara: So I want to walk you through. SO you'd had problems in the past identifying what your desires are.

Leslie: Yeah. Yeah I have actually.

Tara: So what happens?

Leslie: Like, yeah... with...Well for me...

Tara: Again, when you think about your happy new desires what happens?

Leslie: Well actually I feel very much confusion because I guess really in my life if I think about what my ultimate desire would be ever since I was a little girl was pretty much has to be a great wife and a great mom, and a great friend and I feel like I have accomplished that to a degree. However, in the course of my life I've never really worried about money or anything like that so of course finance has come into place. So of course, you know different things that I've done in my life ... I feel like at this point in my life, I'm trying to do stuff as well that, to create income, so you know I got into network marketing thing which is fine and I'm having success with that. However, however, my father in law just passed away like a few weeks ago, right so we're having like a wake at our house tomorrow and I even have this call today you know, when you were talking at the beginning and you

said, allow yourself the time because you deserve that and so I have to stop some things I had to do right now, and I'm thinking, forget it, I'm just going to get on this call. So, I guess I come out even overwhelmed that actually my call came through. However I know that everything happens for a reason. So that's all good. So, yeah - I guess it's 'cause feeling like I have so many other commitments and I'm also with my husband, have come off from a different seminar that was pretty income, and I' feeling almost like I'm having some other people around because I'm almost shifting, thinking – do I really want to do this now or marketing thing because it's a matter of time, and it takes a lot of time... night stuff and weekends and there's like I'm not so sure I want to give that up anymore because I've done it the past year and I've gotten success but then it's like 3 to 5 year plan, and then – wow. I don't know. So, I don't know what direction to go I guess, and I ... I don't know I feel guilty that I don't want to be a person of not my word and I have integrity with anybody else on my team and it just – I don't know. So yes. So now I have trouble, and I'm trying to think where is this path? All these doors are I feel opening up a little bit, but I feel like – where do I go?

Tara: Yeah. Okay. Alright. So, I really do acknowledge you for not only getting on the call but actually being on the call for this length of time and allowing yourself to receive what it is you already have, and I want to make a beautiful distinction because this is something so common. There is a difference between allowing ourselves to really desire something versus figuring out what it is we have to do. Okay. And you have – you're in a place right now and I'll just be really real with you because this is something that blocks a lot of us and actually knowing what our desires are is we are trying to take care of everybody else. We want to be a good wife and a good mother which is a beautiful thing, however, if we don't allow our own desires to be fulfilled along the way, we will end up feeling resentment in those roles. And we will end up feeling that we have to please everyone else and make everyone else happy before we can actually even allow our own happy new desires to come through. And there is a little bit about your

energy that oh if I can just take care of this, and just take care of this, and just take care of this then maybe I would have some space. Maybe I'll have some space to step into something that I want. But because there is so much of you that want to take care of everyone else first, you don't even have the space right now to know what your happy new desires are. So, does that make any sense with you?

Leslie: Yeah it does.

Tara: Alright. What I want to invite you to do right now is to really truly, truly for the next 5 to 10 minutes allow this to just be about you. To just be about you. And I know – I'm a wife and a mother as well, and I know how much we love our children, our husband – I know that, I get that. However, what I also know is that if you or any of us don't allow ourselves to begin to really love ourselves and open up to our desires first, no one else is going to receive what they really can from us because we will be living on a half a "cake" (?). So I want to invite you to really make the next 2 minutes. I'm going to ask you questions about you. Okay? Are you game – are you ready for this?

Leslie: Yeah – totally.

Tara: When do you remember being happy in the past?

Leslie: I remember being happy... well... there's a lot of times I remember being happy on different things, but I guess one time would be like if it was totally 100% for myself - I'd say when I had last a relationship when I was young and I was like living on my own and I was doing things like having my own apartment, having my own fun, I don't know I guess I had a lot of things that I was going to do. There. Yes, I guess that would be these things to some degree. But I can think of lots of other things too.

Tara: I know. Yes, there are a lot of moments in our lives that can allow us to be happy and what you just said really really is important. You just said typical things. We are not looking at typical things across the board we should be happy about. Right? Not that, giving birth to our children doesn't make us happy. Of course, it is a beautiful moment, but I'm just talking

about you because you just honed in on something that is really, really valuable for yourself. Because what you just explained has a lot to do with independence - on my own, had a relationship, had my own apartment. You kind of have this hope and possibilities right in front of you, right?

Leslie: Yup.

Tara: So let's stay with that one. What were you doing? Do you remember what you were doing during that time?

Leslie: Well, at that time, I was content. I guess I was very content with my life because I had time; I had a job I really, really like.

Tara: What was that?

Leslie: Actually it was like working as a manager in like a company. It was a store, but I like managing the people, I like working with a very fast-paced retail store. So we had literally hundreds of people that come to our door every day. So it was like very fast-paced, but time went fast and it was like you had time when you went home and ...

Tara: So what were you doing when you went home? Do you remember that time in your life some of the things that you did?

Leslie: Yeah. I was a runner back then, so you know - I'd go for a run or I'd spend time with family just having a coffee or just laying low like - I don't know. I'm kind of more the, like I don't need to be glamorous stuff and I liked my own space. I liked my own time to just read, just be to myself.

However, I don't know. Like honestly I also have a vision of me being up on stage in front of like tons of people. At one point in my life too I always had a desire I guess because I've had issues in my relationships that you know, you know I've worked through that I kind of go - wow, I hear women talk about that, and I'm like encouraging people and I like you know like basically giving more of a message that men we can do it as long as we work it through. It's love, and it's a fair right. I don't know just to have the space and the time to actually to put it down, and I guess just feel that good and visualize you say. I mean I've been trying to do that the past year, and I guess that's the good thing though changing my direction doing the

networking thing 'cause I've been involve again with different things and the good books again and all kinds of stuff, except I'm not disciplining myself I guess to move forward now.

Tara: Okay. So my intention here is to really assist you in identifying a happy new desire that is going to support you. And I hear there is a lot of anxiety right now in your formula, and I want that released as much as possible so that you can really, really feel supported for yourself. I know you have a lot going on. I understand that, and that is coming really really through clearly to me is that one of your deepest desires is to actually take time to honor yourself, to feel that space of independence, to be able to feel like you have enough time to actually feel, to slow down enough, to really understand who it is you really are right now. So I want to invite you to close your eyes. Just close your eyes right now.

Leslie: Okay.

Tara: And I want you to think about where you feel, you know you don't have to feel right away, just think about it for a minute – where you feel, where – where you feel you are the happiest. It could be a specific country; it could be the beach; it could be the woods; it could be skiing, sunbathing, swimming. It could be sitting in the grass – it could be wherever. Just feel right now where you feel the happiness, where you feel the happiest. Don't answer. Feel that. And then I want you to feel into what you trust will bring you happiness in 2012. And if an image comes up, let it an image come up – let whatever come up, let is just be. And I want you to take a breath, and I want you to share with me from a space of trust and vulnerability. Just in one sentence what has opened up for you and what do you feel one of your happy new desires is for 2012.

Leslie: Well, I would say – just simplicity in my life.

Tara: So what does simplicity look like? I hear it; I hear you desiring that and I absolutely agree with you. That's a huge piece for you. When you think about simplicity – what does it look like?

Leslie: Well, I guess for me, it's allowing myself to be able to have time to exercise again, to eat properly, to even clean my house. I don't mind doing that rather than paying somebody to do it. Time to just slow down and when somebody says can you stop for coffee, I can or even my husband, can you here, yeah I can. The time, the time to just ... not contributing financially.

Tara: So before you even go there 'cause that is what is stopping you from fulfilling your happy new desires right – that guilt that I don't deserve to be happy right now, or I should be working, I should be doing something else. So before, you even get there, I want you to really anchor what your happy new desires are for 2012. So you said, to allow yourself to exercise. You said to allow yourself to sit down and have a cup of coffee. Hey you said quite a few things just allowing yourself some more time to be and to enjoy – and you said, they don't have to be incredibly luxurious things and that's fine. If they are for you then that's fine, and if they aren't for you then that's fine too. For someone else in the call, this isn't about judging someone else's happy new desires. Okay. This is about you really letting your happy new desires be your happy new desires.

So if somebody says a million dollars, it's not for you to say – oh my goodness that's not my happy new desire and if someone says a cup of coffee it's not for you to say anything, right? This is about really giving ourselves permission to live our happy new desires. So what I really recommend for you to do is to sit down and take yourself deeper into how those things are going to make you feel. Just like I did in my own process. So, how is it going to feel when you allow yourself to exercise? What does it make you feel like? What does it do for you? And how do you feel when you have a cup of coffee. How do you feel when you slow down and meet in a café and take time to meet with either your husband or a friend? How does that feel for you and how does that make you feel as a woman? I wouldn't be surprised if what comes up for you has to do with independence and

freedom. It's important for you to know those pieces – how those things are going to make you feel. Okay?

Leslie: Okay. Yup.

Tara: How is that?

Leslie: Like do it now?

Tara: No, no ... how are you right now? How does that feel for you?

Leslie: You mean those things?

Tara: How do you feel right now? We have a little bit of delay in that thing but how do you feel right now? Just ever having gone through that experience and just being asked those questions - how do you feel right now?

Leslie: Well I feel a little bit of direction, well actually I feel a lot of direction 'cause it's like I know now to sit down and think about those things that I desire even though they are minimal, but they're not because like I think about even my health. I allowed myself not to make it even a priority and I'm saying that it's a priority, but I'm not doing it, so I know if...

Tara: So it's a wish right now, right?

Leslie: Yeah. So yeah.

Tara: I love that you said that, but you took it back a little when you said that they're minimal but they're not minimal, and I'm so glad you said that because that's absolutely true because we do that as well. We have a real desire. You might have a desire to go sit outside in the lawn and play with your son or to play soccer or to go swimming or to just feel the sun on your skin – that may be a desire. And we say to ourselves – oh that's a minimal desire, it's not worth it, and we don't even allow ourselves to have that desire, right?

Leslie: Yeah.

Tara: So I love that you said that, so that's exactly what you need to do. You need to sit down with yourself, and this doesn't take long. Okay. So if, the time issue comes up for you just breath into it and say, okay I know I have the time to sit down for myself for 2 minutes, 3 minutes, 4 minutes, 5

minutes and say – how is that going to make me feel? What kind of woman does that make me feel like? What does a cup of coffee make me feel like? Get that down. And once you isolate how it's going to make you feel - so this desire makes me feel right. That's going to help you with the next part of the process. So I want to say to you congratulations. I feel you. I'm sending you a bunch of strength and allow you to calm down and settle into yourself. I know you have a lot of big things coming up for the rest of today and tomorrow. I'm sending that to you and I really acknowledge you for being part of this program, and I really encourage you to stay with it so you can actually allow this desire to come into your life.

Leslie: Thank you very, very, very much. I appreciate it.

Tara: You're very welcome. Absolutely.

Alright. So I love, love, love being able to do that. It's such a gift to be able to talk to you live on the phone, unfortunately, we don't have time for me to be able to talk to everyone. But it's really an opportunity for you to really see into the process. So if, you have that if you have a difficulty connecting to your desire, I want you to ask yourself to ask some questions. When do I remember being happy in the past? What was I doing? What was I thinking about? What do I trust to bring happiness to me and where do I feel the happiness? Right.

So we were able to connect --- in that space of, oh I feel independent, I feel like I have time for myself. It's important for you to isolate those things because in that way we were able to see what are your happy new desires are, and how they are going to impact you because once you've identified those questions, it's time to go deeper and ask what does it feel like – what does the desire make you feel like? This requires you to just go into it and not over think it. Okay. So when you start yourself asking those questions, don't over think it, don't go into that space of why it can't happen, why you're too busy or the money or whatever it may be. Don't do that. Don't bypass your happy new desire to tell yourself why you can't do them. One of the problems that I see women make is that they start to second

guess their desires, and they say things like oh I don't really know if that is going to make me happy or maybe I'm not right, or that too small or that's too big --- and you know what I want you to know that, that's just an excuse and that's the fear that is blocking you from receiving your happy new desire. If it changes you and if it feels good, let it out.

Let it out and then answer the following questions. This desire makes me feel what? What does the desire make you feel? It's really important. This is how this can isolate this from a wish to a desire. Okay. You need to understand why you actually desire it. Okay. In order for you to allow yourself to fulfill your happy new desire, you require to increase your capacity for pleasure. Okay.

If you're familiar with the Frenchie. That's the piece that we have in our system. That Frenchie has to do with enjoying. Okay. If you're familiar with the Frenchie, you've already began to open up your capacity for pleasure. Okay. If you do not, if you're not familiar with the Frenchie, I'll share more with you about how you can become more familiar with her. If you do not allow yourself pleasure, or if you get to a certain point and say - okay that's good; that's good enough. Right? So very similar. We had that in our last call. In that she said oh I just have to allow myself to have coffee but no I'm too busy, I can't. That's an exact example of that inability to allow yourself to receive pleasure. If you don't allow yourself pleasure, or if you get to a certain point and say it's okay that's enough I don't need any more pleasure; you're going to slow down your ability to allow your happy new desires and you're going to begin to send a signal that says – stop the desires. Stop the desires from coming. I don't think I can handle the pleasure. I don't think I can handle the pleasure. No, I didn't say I don't think I can handle the pleasure although that is exactly you're going to relate to it if you have a decreased capacity for pleasure. So we want o increase your capacity for pleasure so you can allow this happy new desire to come into your life. Okay.

The vision board helps. Mind movies help. You may be familiar with mind movies. But there is another process that I want you to begin to ignite so that you can feel in to this and I'll share with you. Before I moved to France, that was one of my biggest desires for the longest time, and before I moved here, I used to dream. I used to dream and then I started to wish – like please, just let me live in France. And then I made a decision to make it a happy new desire. I started to enjoy it daily. I started to enjoy the way it was going to make me feel daily. One of the things that I was able to identify to myself about France was how I loved to walk and how I wanted to be able to walk and buy fresh bread. Okay. It really, really turned me on.

Your happy new desire should really turn you on. It doesn't matter if its walking if it's a cup of coffee, if it's traveling to Africa. It doesn't matter the size of the happy new desire. Okay. Again – let the judgment go. This is about allowing yourself to receive your happy new desire. And it should turn you on whether its speaking on stage to a specific organization or exercising – it should turn you on. This is not a have to. Let me make that differentiation right now. This is now a have to. Okay. So I have to exercise to stay in shape is not a happy new desire. Feeling yourself toned, and in shape and alive and gorgeous in what you're wearing is a desire. So make sure you are really connecting with the happy new desire and not an obligation. Okay. So I want to make that clear right now.

So what I was saying is when I thought about walking and buying fresh bread - it really, really turned me on which is exactly what a happy new desire should do. Okay. So I started to have Dave, he's my husband, drop me off about a mile away from our house in Arizona at Safeway. Okay. Exactly not ideal bread but you know what they had baguettes, and it was close enough to make me feel happy. So I used to have him drop me off at Safeway, a mile from our house, and I used to buy baguette, and I used to walk home. I used to walk home with a baguette underneath my arm. And the whole time I was walking I was like - aah I love this. I'm in my happy new desire. I really was. I was like I was running myself through

this. I was letting myself live my happy new desire right now. I'm running myself through it. Okay.

So, it was magical. By the time I got home, I have fully stepped into my happy new desire, and it increased my capacity for pleasure which moved me closer in the direction of that happy new desire. Okay. So, if one of your happy new desires is to slow down and allow yourself to enjoy a cup of coffee and you start with just making yourself a cup of coffee at your house and sitting in a corner like your attic café and thinking 5 minutes to enjoy that cup of coffee – that is going to move you closer to then allowing yourself to set-up a coffee day with your husband or your friend and taking the time to actually go to the café. Because taking the time to actually have coffee and enjoying it even if was only 3 to 5 minutes, that is going to increase your capacity for pleasure.

And what I want you to know that no matter what the size of your happy new desire now, allowing yourself to experience whatever piece of the desire that's coming through you right now will move you into greater parts of your desire. So, Jamie, when she talked about getting on stage and being able to speak – and she already knew, her Indie was already activated, saying I know this is going to open up doors for me. I know there is more here. She is absolutely right. As soon as you allow yourself to step into your happy new desires more and more of your desire is revealed to you. Which is what is sometimes scary for each of us – that half powerful desires – we say oh my gosh, what's behind that door?

Trust it. Learn to trust the desire as it comes little by little. So Jamie, for you, you might want to start sharing part of your teaching right now with your peers. Right now – even today. Even today. If you're out and about and somebody asks you something, you might be able to share some of your teaching. Okay. So just an example. Okay. Let's see for that Jamie because that's one of the powers of the happy new desire for you, but that's just an example.

We're going to talk next time about how to bring that happy new desire even bigger and even expand it and start stepping into it. So, now that you have had an opportunity to identify your happy new desire, and now you know how it's going to make you feel. I want you to take a look on how you can start to begin stepping in your happy new desire right now. Right away – today. Whether it's having a cup of coffee in your house, whether its sharing part of what you're teaching to your peers right away, whether its calling, calling, yes the conference Jamie and asking them to let you speak, whether it is putting a baguette underneath your arm and walking, whether it is taking a breath outside, whatever it may be – begin to open up your happy new desire today. Okay.

So, I want to share something with you that is incredible – is incredible, because I know that some of you are ready right now to step into your happy new desires. I know that some of you have your happy new desires already identified, and you just don't know how to get there. In fact, they might feel so big that you feel stuck at how I am ever going to allow myself to experience it. And I know that some of you are ready to take a no excuses approach. And for those of you who feel that – and you will know who you are, then I want to help you personally.

This is something that I have never done before, and actually I got this insight and this intuition from my Indie. How about – and I really move quickly when I have my happy new desire speak to me, I'm really really quickly. And one of my happy new desires is to spend some time with some fabulous women in Paris. Now that you already have an idea now of what France means to me. When I step foot in my happy new desire everything in my life begin to shift. And I am inviting 5, up to 5 women to actually come to Paris and spend the entire day with me so that we can step into your happy new desires together.

In fact, we are going to plan out exactly what you require to allow yourself to be who it is you need to be to step into your happy new desires, what it is you need to do to step into your happy new desires and how you are going to enjoy your happy

new desire. So I want to share that with you because that is actually incredible. It's something I've never done before so those of you who are interested in finding out more about how you can do that and how you can come to Paris with me; you can go to elegantfemme.com/paris so elegantfemme.com/paris. I shot a video for you there. It's worth seeing for you there. Just see the view and the video. It's worth seeing the video.

You can get all the information on the page. You will require to put in some questions because I need to know if this is right for you or not because this is really going deep and going big so if you know you are one of those women who are absolutely ready to step into your happy new desires, you know you're going to take a no-excuses approach, you know that by the end of 2012, you want to say I experience something that most people will never even allow themselves to experience then go to that page and allow us to connect because it is going to be one, incredible journey. So I'll share that with you.

So, you have that. Now I want to tell you what you're going to be doing next week. Okay. Next week we are going to learn how to know if we are moving into the right direction? How do you know if that particular happy new desire is actually going to make you happy? And how do you know if you are doing that happy new desire for you or for someone else? Really, really important for you to know that and for you to identify that. Because if your happy new desire is not for you and it's for someone else, you are not going to end up happy when you get there, and you're not even going to allow yourself to get there on your terms. So it's really, really important that we identify that you for you.

So it's been an absolute pleasure to be with all of you. I'm so looking forward to the second and the third part of the series. We shared so much information already. So we'll step into the next week. We'll connect next Friday, and we will go from there so you can know how to infuse your happy new desire? What is it you need to do next? How do you if you are moving into the right direction? And how

do you if you are doing this for you or someone else. So stay tuned to the Happy New Desires teleseries and I will connect with you next Friday.

Bye for now everyone.

[End of transcript]