

Happy New Desires

TRANSCRIPT: Call 2

Alright. There we go. Again, hello, hello and welcome to the Happy New Desires Series. I love this teleseries. And it is - let's see, it's a Friday for us, and in France it's raining and yet there is a very good energy around. It's kind of dusk almost, and it's getting a little dark. I have my beautiful cup of tea, and if you know me, that's very, very common. I have a gorgeous Earl Grey tea, so set-up your environment for your happy new desires call as if it's one of the most important thing to you. Because really – it should be.

Desires are something that we sometimes feel aren't that important. Or we feel actually inside; we feel that they're really, really important but we kind of talk ourselves out of them. Like let's say it's an extra, like it's nice to have. What I want you to know, your desires are not nice to have. If you go through life without allowing yourself permission to receive your happy new desires, not only is it going to feel boring, it's going to feel lifeless and I am not interested in leading a lifeless life. Okay. And I know if you are on this call – you're not either.

So I want you to understand right from the beginning that it is crucial that you allow yourself to have permission for your desires. So, we have quite a few of you on the call live which I love. I love to see. I love to feel the energy, and I was mentioning – so make sure that you have your notes from week 1 if you were with us. This is the second call in the Happy New Desires series. This is a 3-part series.

So we are going to be absolutely utilizing some of the information from the first call.

I want to review a little bit from the first call. So I'll do a little bit of review and then we're going to absolutely get into some new spaces. So, feel into the energy that surrounds you right now because my intention is to absolutely with power and elegance, grace and purity to activate a deeper opening for your happy new desires. To allow the new source, the new juice that's flowing to be strategically consolidated that you can move into your happy new desires with more ease, more grace, more direction and more strategic results than you have ever experienced in your life.

I shared a piece of that intention in the first call. And even after that, I realized that woo - really Tara? Okay – here we go. And you know what, I really mean that. I really mean that. Because I really want you to hear that and I really want you to value that. Sometimes when things are free, we don't value them, and we don't put our energy units into them. So I read that intention to you and I share that with you because I want you to know that is the energy here. That is what I am infusing into this. That is the opportunity that you have to receive. So I want you to treat it that way – alright? Whether you are in the call with me live now, or you're listening to the recording later on.

So let me briefly tell you what we will be covering throughout the second series and then we'll do a little bit of review. We're going to talk about how you know if you're actually moving in the right direction. How do you know if you are moving in the direction of your happy new desires? How do you know if this is the happy new desires you are focusing on is actually going to make you happy. Really important. And how do you know if you are doing this for you or for someone else. We are going to isolate that, so you understand the difference between that because a lot of us get off course and off track chasing after other people's happy new desires. And I want you to be aware of that so you can avoid that mistake.

Last week we explored; we opened up what a happy new desire actually is, and we also talked about what it isn't. A happy new desire is not a wish. Alright we talked about the difference between a desire and a wish. So I want you to remember right now what a desire is. A desire stresses the strength of feeling and implies strong intention or fame. And I really brought that down to the elegant Femme meaning for me, and it's absolutely requires an intention and that strength of feeling. That desire should be a feeling inside where you feel turned-on. You feel lit up and ignited. You not only want it. Because I hear people say – I want that. Really do you want it? That is different from saying that I desire it. Like you can hear – of course it's going to depend on how you allow yourself to say it. I want you to hear the essence of it in my voice saying - I want that and I desire that.

Can you hear the sensuality behind the desire? That's how it should feel inside you. When we want something, we feel the drive to be there. But it can almost feel like real strong ego like I want it. I want it! Why do you want it? It' almost likes a quick fix. Right – like I just want it! It's a quick fix, a quick --- what's that word I'm looking for, a quick jolt. When you desire something, there is sensuality. There is magic. There is a marinating kind of space that can happen. In that marinating space you allow yourself to acquire your intention, you aim, the feeling behind it.

A wish sometimes implies a general transient longing especially for the unattainable. And that is the dictionary definition, and I love that. We talked about that last week. Have you ever heard yourself say – I wish I had that. Right? It's like right away it's like telling yourself it's unattainable. So be really, really aware how you are relating to your desires and make sure you are relating to your desires as a desire and not as a wish. Okay.

So if, you have not listened to Week 1, it is absolutely still available for you and I invite you to really follow this series, and, in fact, I know some of you – a lot of the women that become part of Elegant Femme movements will go back to

recordings and will listen to them more than once – and it's beautiful because everyone on that ride, myself included, there are just different levels of learning.

In fact, it was yesterday or the day before yesterday, I was listening to a recording that I did - I don't know how long ago, and I was being coached by myself on the phone. And I was – wow, this is really good. This is really good, and I'm really needing this right now. Thank you Tara. So I'm at a different level - even now than when I first recorded it. So the essence of the recording was deeper for me, and it's my Femme types in a different way. So be aware that this is available for you right now and if you didn't listen to week 1 you can actually do that.

We also last week had a couple of brave, courageous women share their happy new desires, and we went through what questions you asked yourselves when you are trying to even figure out what your happy new desire is.

I also shared with you the beginning of a process that you can utilize to allow your happy new desires to become a happy new reality for you. Remember when I said in order for you to allow your happy new desire in your life you need to have an increased capacity for pleasure. I want you to remember that. I want you to remember that I said that because we are going to be returning to that. And if you weren't in Week 1, you just need to know that. In order for you to really allow your happy new desires to come in to your life in a way that they're really going to save you. Because they are there to serve you. They are there to serve you. And we need an increased capacity for pleasure and today we are going to take it deeper. We are going to answer those critical questions when it comes to the desires that we talked about. Okay.

So, first before we answer those questions, I want to make some movement on your happy new desire. So remember we talked about how this desire makes you feel in part 1, right? I gave you an example of a few of my desires and then I went into detail with you on how does it make you feel. So right now I want you to

isolate your happy new desire whatever that is. And this is also what I want you to be aware of - we talked about this very, very briefly and I really, when I was feeling into it today, I really want to make sure you understand this. It doesn't matter whether your happy new desire is having a gorgeous cup of tea in a very special mug and you never let yourself do that or if your happy new desire is traveling to South Africa and staying in an incredible villa. The size, the capacity of the happy new desire is not what's important. So make sure you don't judge your happy new desire that it's too small or too big. And also, you don't try to change it. So when it happens to be big – don't tell yourself, oh I guess I don't really need to desire and that it's telling me I should desire a cup of tea. It's not what I'm saying. Don't shift your desire. Whatever your desire is, let it be your desire.

And if the happy new desire that is coming through you right now happens to be something like that - a gorgeous walk on the beach or something that feels more attainable to you, make sure that you don't try to change it. But also make sure that, that is really a happy new desire and not something you are choosing because it does feel attainable. There should be something in the happy new desire that feels a little bit, aah really, can I really love myself? That should really turn you on. Okay. So make sure that those pieces of it are present for you. Alright – before we move into this next piece.

Now have that happy new desire – and whatever that is, like I shared with you a piece of mine like going to the Amalfi Coast and then I shared with you this feeling, right? So, right now I want to make sure that you have that feeling part that make you say - this happy new desire makes me feel, make me feel what? Remember I isolated what I was desiring and I why I was desiring it. I said it was going to make me feel clean, alive, and fresh. One of my other desires made me feel at peace. I felt pretty and natural. I felt an expansion of pleasure. I felt new and untouched, a sense of completeness.

That's the first step that I want you to step into today. We need to isolate how it's going to make you feel. So, if you have not already done that from last week - do that right now. Find and write down those feelings. How is it going to make you feel? And, please do not follow any kind of logic. Okay. I was re-looking over mine, and I wrote down for Bordeaux that I felt new and untouched. Now if, somebody was to look at that and say – excuse me, Bordeaux, you are in a winery, you're in the dirt; you're picking grapes that make you feel new and untouched, like what? It doesn't matter. Right? It's what the desire that is allowing you to experience. And that's like it's your happy new desire. So, please no logic. Just go into the feeling. Okay. I want you to isolate that. Alright – so that's the first piece.

And choose words – this is important, and if you heard me speak quite a bit. You might not know this about me. I'm very very thoughtful with my words because I like; I like to experience my feeling through my words, so I want you to do the same thing. I want you to choose words that are getting you closer to that experience even right now. I want you to choose words if it's powerful if it's beautiful if it's intelligent, if it's luxurious - how you are also wanting to experience this. It's really good for you to infuse that into your feeling and into the words you're using. Okay? So that's step 1.

Step 2. Once we've isolated how that happy new desire is going to make us feel, then it's time to actually do something about it. Okay? So a lot of women get stuck even before step 1. A lot of women say I think I desire this - oh my gosh that feels too big; there's no way that's going to happen. Oh I wish. Right? That's how some of us deal with it. Some of us say – oh I really desire this. Oh my goodness can this happen? Alright I'm going to feel into it a little bit and – oh my gosh, how is it, there's no way that's going to happen forget it. Okay? That's how a lot of us have been taught.

What we want to really have happened, and I want to have anchored in all of you in the call is that I want you start moving in into your happy new desire before the

end of this teleseries. Okay. So this is how we are going to do that. Step 2 – what can you do to allow yourself to have that feeling? What activity can you engage in? Alright – so in step 1 we have isolated the feeling, right? Is it going to make you powerful, clean, alive, fresh, beautiful, natural - whatever, whatever you're going to be feeling. Powerful, recognized, heard – okay, they could be a lot of things, and whatever the feelings that come up for you that you are wanting to experience through your happy new desire.

Then Step 2 – the question is what can you do, what can you do to allow yourself to have that feeling. What activity can you engage in? Remember what I shared last week? That I used to walk for a mile with a Safeway baguette under my arm – remember that? So what if your desire is huge and huge by whose standards I don't know. Right? That doesn't matter. Whether it's wanting to live in a chateau or visiting Africa or having been a cup of café in a luxury café – whatever it may be, you can begin to experience it now. Okay. You must, however, isolate the feeling first. You have to isolate the feeling first. And you may be surprised at what you come up with to do that is going to allow you to experience that feeling. Okay.

So, if you want to feel clean, alive and fresh and you ask – what is it that I can do? What activity can I allow myself to engage in that's going to allow me to feel that way now? Because I'm going to share with you a little secret. Okay. Whatever feeling you're desiring, whatever feeling you're hoping and knowing that actually that you are going to receive from that happy new desire, the only way in to the happy new desire is allowing yourself to experience the feeling. The feeling is a way in. The feeling is a way in. That's what you're wanting to experience from the happy new desire, and that's the only way you are going to get there. Only way you are going to get there. So it happens to be for me that when I thought about living in France, and I saw the vision of the Baguette that I can actually allow myself that exact experience. I felt beautiful. I felt really empowered. I felt really close to who I am. I felt very sensual. And I could. And I isolated it – wow I could

really get a Baguette and I'm going to do that activity because it's going to make me feel that way. And the entire time I was walking, I felt that way. I felt beautiful. I felt sensual. I felt I was living in France. I felt I was walking with a Baguette under my arm. I felt elegant. I felt in control of my life and my decisions. There is a lot riding on that Baguette, right? And I get it – you have no idea there's a lot riding on it. And you know what – that's the way I felt when I experienced it. It didn't matter. You can't stick a Baguette into anybody's arm, right? And just have them feel that way. I don't think so but maybe.

But this is what's important - that you understand what the feeling is for you. And you ask yourself what activity can I engage that can make me feel that way. It may be - so say you want to feel; you've isolated that you want to feel clean, alive and fresh, and you asked what activity can I participate in, and all of a sudden you get this image of you rolling down a hill as a little girl. Number 1 – I feel like all of us have done this, and if we haven't had done this – we absolutely should because I feel that it's a good part of childhood. I grew up for awhile in New York until I was 8 years old. And we had these beautiful grassy hills. And I love parks, and we used to roll down the hill like just roll down the hill.

So what I think about really feeling clean, alive and fresh – I feel about rolling down the hill. Right? Now again – logic, like you're rolling down the hill, you're going to get grass stains all over you, and you'll end up on the dirt now that doesn't sound to be clean and fresh because okay – it doesn't matter. That is something I know I could experience that could make me feel that way. It's the sense of joy, of freedom, of expression, and aliveness, and close to nature that resonates with me. So that's something that I can allow myself to do today, maybe I can't go to Bordeaux today, but I can actually roll around the grass today. Right? Okay.

So, I want you to go through every single one of your desires and ask that question. What is it that I can do? What activity can I allow myself to participate in

that will give me that feeling? Right? So all of a sudden, you're seeing that you can infuse – I love that word. You can infuse fun into your happy new desires right away. I want to infuse fun into my life consistently. If you're not and you're waiting for that ribbon to be cut when someone says – okay, ready, go ahead, you can have fun now. You are going to be waiting for a really, really long time. If you're waiting for someone to say – okay, right, ready, permission, happy new desire time. You're going to be waiting for a long time although I'm saying that. Go, happy new desire time is now. Let's have some fun with this really, shall we? C'mon – life is way too short. Way too short.

So, today, today I want you stepping into your happy new desires. What is it that you're going to do and experience that's going to move you into it? It's going to move you into it. If you have already been to the Power of Sensuality and you already know your Femme types, you can actually break down this experience; you're feeling into one of you of your single Femme type. Okay.

So how does my Frenchie want to experience this? How does she want to feel? What can I do for her? Or what can I do for my Indie? What can I do for my New Yorker? You can really get detailed as you choose. Okay. The Femme types is a system that I actually teach within the Power of Sensuality that allows us as women to access 3 distinct parts of ourselves. So if, you haven't taken the Power of Sensuality which I feel that most of you have – but if you haven't, then it's an absolute must for you, if you're really wanting to allow your desires into an elegant really easy way which is what I am all about. Okay.

So, you may say – you know Tara that sounds well, that sounds fighting good and thanks for that but what if I just can't do it? Right? What if can't even figure out what's going to make me feel that way. Or what if I can think of something, and I can feel into the activity, but I don't allow myself to do it? What if I get stuck, right? What really is that that's getting in my way? And that is a really, really good questions because it does sound very, very simple, right? To start doing this, to

start doing it, to start doing it but the truth is so many of us put it off. Or we find really, really good reasons why our desires are not really that important. And this is why we begin to question what we're going to be talking about today. Which is – how do you know if you're moving in the right direction? How do you know if this is really going to make you happy? And how do you know if you're doing this for you or for someone else?

If we don't answer those questions, you're going to get stuck. You're going to be able to isolate the feeling. You're going to be able to choose an activity and then you're going to say – okay, so maybe tomorrow I'll do that. Maybe tomorrow I'm going to make that phone call that is going to make me so powerful. Maybe tomorrow I'm going to the library and stand up and speak because that is going to make me feel recognized. Yeah – maybe tomorrow. Right? And you're going to figure out a million reasons why your happy new desires are not as important as they felt to you inside. So we are going to address this one by one.

The first one is – how do you know if you're moving in the right direction? Okay. You're going to start moving in a direction first. Okay. Moved in the direction based on the feeling. If you don't move, you're never going to know. You've got to choose a direction, choose an activity and move in the direction of that feeling. I have no idea, well I did have – no that's not true, I did have an idea, but I didn't know for sure if walking with a Baguette from Safeway was going to turn me on. Right? But it did. I tried it, and it did. I don't know if rolling around the grass is going to make me feel fresh and alive, but you know what – it came to me, it resonates for some reason, and there is no way I'm going to move unless I move in that direction. We get stuck with this – with women, as women. If we finally give ourselves permission to even talk about our happy new desires – right even say, okay this is important enough, and I'm going to actually have a conversation with myself about it. And we start formulating, and we actually let the desires come out – if we get that far then we get to a point when we say, okay – how is

this going to happen? How is it going to happen then we go up into our heads and we think about a million reasons?

You need to let that go. You need to trust what it is I'm saying. This is absolutely how I live my life. It's absolutely why I'm coming to you – from the place I'm coming to you in my office in France because I do follow my happy new desires. There are a lot of tools that I have to assist me in following my happy new desires, and I'm sharing some of them with you. I want you to know that you must start moving. You must that moving in the direction. You must trust yourself enough to enjoy the feeling, enjoy the feeling.

So you might not know that, you know – setting a gorgeous table with a table cloth and a place setting will make you feel more luxurious on the way to your happy new desire key at the Ritz. Right? But it might. It might. Say one of your happy new desires is to have tea at the Ritz and say what is that feeling and it makes me feel luxurious, it makes me feel cared for, it makes me feel proper - I don't know whatever your feeling might be. And then you say to yourself – well how can I start expressing that feeling today and you get a little image of moving a little bistro table towards the window, and you put a table cloth on it and you say, you just get that image and you say, gosh it feels so right, and there are table cloths and I'll have a beautiful linen napkin and a gorgeous pot of tea and gosh that really is making me feel like I'm moving in that direction. Now your ego can come in and say – what are you kidding yourself? Your bistro table at the corner is not tea at the Ritz. Let it go. Get over yourself and you've got work to do. Okay. That's how many of us are taught to react.

But what if you followed it? What if you followed that feeling? And you actually sat down and get that. What would happen? You would start moving in the direction of the feeling. You would show yourself and the universe that you actually trust your desires which is huge - that you actually trust your desires, and little by little, you'll be creating a space for that to come towards you more easily

and more elegantly. You must move in the direction. As soon as you say – oh gosh that's ridiculous, forget it, that's never going to happen, or that's never going to cut it, that's not good enough. You are telling yourself that you don't trust your desires. And if you don't trust your happy new desires you're not going to gift yourself to move into them. And you're taking away the opportunity of setting-up that bistro table or rolling around in the grass or whatever it is that comes up for you; walking with a Baguette underneath your arm. You're taking away that experience from yourself. You're actually cutting yourself off from pleasure. Pleasure will allow you to ride more easily towards your desires. Whatever it is the feeling that you're wanting to experience –whether it be clean, alive, fresh, whatever it is the feeling that you want to isolate, I want you to understand that all of those feelings have an underlying current of pleasure. Pleasure will be the feeling that's holding all of those feelings in there. Okay – your happy new desires will absolutely invoke pleasure. They must. Or you wouldn't want them. Okay. They wouldn't be true happy new desires if you didn't. Okay.

So, start moving then follow the feeling – trust it. If you're moving in the right direction, it will feel good. Even if it feels to you that the direction isn't in a straight line. Let me explain what I mean by that. So I've given you a couple of examples that you kind of see the correlation - walking with a Baguette under your arm, okay that feels kind of a little French, Frenchie – okay that feels a little French. Having tea in the corner kind of resonates to having tea at the Ritz. Try to see that – alright we are kind of moving towards the right direction.

But what if you're feeling and the activity that I said – like rolling down the hill. Okay, that doesn't - rolling down the hill doesn't really correlate with going to a winery in Bordeaux. Right. We can't quite see the direction. So if, I was getting stuck in that, I would say – well that sounds like it doesn't really match up that looks ridiculous. Why would I do that? There is no straight line there. And I could cut myself off. Okay. I want you to really hear this. Women make this mistake all the time. There is something I talked about, actually quite frequently, and that is –

that we get stuck in the plan. Okay. We end up doing things that don't feel good because it was part of the plan. Part of the plan.

So I don't want you to get stuck in the plan. I don't want you to try to orchestrate this backwards and say – okay, tea at the Ritz; that means I have to do, do, do, do, and do. Okay. We can get into the do, do, do, do, do planning part after this part. After this part. Okay. So if whatever your happy new desire is invokes the feeling, and then the activity seems completely illogical, don't misguide yourself and not follow it. Don't do it just because you can't see the straight line. Okay. When we start doing things or stop doing things because it's not part of the plan. We stop trusting our feelings because we tell ourselves - oh well if it doesn't feel good, I'm supposed to do it. Or if does feel good, I'm not supposed to do it. Okay.

So, if you feel like rolling around or playing hide and seek with your kids or walking down to the mailbox or whatever it may be that comes up for you - actually gives you the feeling that you're wanting to experience your happy new desires, and you say to yourself – you know what that doesn't make sense. I'm not interested in that. What you are really saying to yourself is that I'm not interested in feeling good right now. I better do something else. I better do something more constructive that will move me in the direction of my happy new desires. I better – something, something that doesn't feel good.

If you are following something that doesn't feel good trying to get into your happy new desires, you're going to stay way off course. Way of course. Even if you think you are following the plan. You'll end up way over in Timbuktu. If you allow yourself to follow your way into what feels good into your happy new desires, even if it feels like you're totally derailing yourself, you're going to get on closer and closer to your happy new desires. Closer than you'll ever have before. Okay.

We need to start realizing as women that it's okay to follow it when it feels good, and we are not suppose to force ourselves into situations to follow things and

stick to the plan when it doesn't even feel good. Right? We're taught this. That if it doesn't feel good, I guess I'm supposed to do it, right? If it does feel good, maybe I'm not supposed to do it. This doesn't serve your happy new desire. Trust the feeling and let it feel good. Once you start this, it will lead you into more. Do not be afraid from deviating from the plan. Okay.

So, for example, say, one of your happy new desires is to take a sewing class and you're having some resistance from taking the class. And you know, you really have, you really have been able to isolate that this is a happy new desire for you. There is something in it. Right? There is something in it that is turning you on. And maybe you feel like you can't afford it, or you don't know where to start – we come up with a million reasons why we can't follow our happy new desires. Okay.

But you say, you know what – I'm going to identify why I desire this. So you start to feel what it would feel like to take the sewing class. And maybe you isolate that you're going to feel creative and purposeful and delicate perhaps. Remember we are not looking for logic. Maybe it's going to make you feel delicate.

And then you say – hmm I wonder, and then you go into step 2, alright and the feeling is really there, delicate, creative, oh we are loving this feeling. Right? And then you say - huh I wonder what it is that I can do, I wonder what activity that I can participate in that will make me feel that feeling. That will make me feel delicate and creative. And then maybe you say – you know what, I got it. I'm going to go to Michael's. Michael's is a big fabric store in the States that I used to just drool. I just got so excited just to go into Michael's. It's a huge fabric store with art supplies and oh – my goodness, I love that place. I know a lot of you are calling in from Europe, so you don't know what Michael's is, but I don't know if there is anything like that, that exists here in Europe, but if there is, I haven't found it yet. If I do, I'll let you know because I love those places. It's a big fabric store and so you say – I know; I'm going to go to Michael's and I'm going to buy a doily because that feels delicate. I'm going to go buy a doily, and I'm going to create a

placemat with that doily. Alright. I don't know. Something creative and delicate – I'm going to create this and your ego may step in and say – you're crazy. You're crazy. If you want to take a sewing class, get off the phone book and find a sewing class. Right. That's the ego. The logic might hear you say get off the phone book, and you know – find a sewing class. But you know what, maybe that doesn't feel good. And maybe getting out the phonebook doesn't make you feel delicate. Okay?

So you choose to go to Michael's. You choose to follow the feeling, and you choose to begin to step into your desires. And you know maybe you're at Michael's, and maybe you're in the check-out line with your delicate doily and you're feeling delicate, and you're feeling creative. You're not even out of the store yet and you look up and there's a sign that says – sewing classes start Wednesday night, and you just grab the number off the thing, or maybe you sign up there. I don't know. And that's like a very – that's a simple example of fun but I want you to really get the feeling.

If you hadn't done that. If you had said, alright, well I know - I'm going to take a sewing class, and I know what I need to do. I'm going to follow the plan. I'm going to get out the phone book. I'm going to look within a half an hour radius. So I'm going to call them, and I'm going to make sure, right? So you have a plan. How likely do you think it is that you are getting out that phone book today? How likely? Probably down to none. Okay. I'll do that tomorrow. I'll do that tomorrow.

I have - I know a lot of women that this changes their life immediately. In fact, there is a woman quite a few years ago. Probably 3 or 4 years ago that I was talking to, and she was actually going through one of my programs and we started talking about her desires and what it was she was really wanting to live and how she could fulfill that yearning that she was having, and she had such a desire to sing. I mean such a desire. Such a deep, deep desire. And really logically we could have said – okay, well get off the phone book, find a singing class, find a

voice lesson class and you know there's a lot of logic on how to do something. But she couldn't connect with the happy new desire through the feeling. She was bypassing the feeling because she was so afraid. So afraid of the next piece that I want to share with you. So afraid that what if this doesn't actually make me feel happy. Okay. So that's what we are going to talk about.

Before we go into that, I want to wrap up that second piece of how do you know if you are moving in the right direction. If you're feeling stuck with your happy new desire - I want you to remember to move them and feel. Move and then feel. Move and then feel. Just remember – move and feel. Move and feel. Move and feel. Okay. That is going to get you moving in the right direction and then you feel it. Move and feel.

So that brings us to the second piece. How do you know if this is going to make you happy? This paralyzes us. Paralyzes us. When I thought about that Baguette, and I started to allow myself to really experience the feeling there was still a piece of me that said – oh gosh, what if I do this? What if I actually do this? And that is actually why it took me so long to get here. Now in some people's grand scheme of things, I accomplished what I have accomplished in my life very, very quickly at the age I am for what I have accomplished. Because most people, not most people – some people would say you wait 'till you're 65 to do what we've done with our lives, but for me this desires have been in me for a very really, really long time. So, it seems to me like it still took awhile. When I was walking with that Baguette in Arizona, it was still about 4 years after that, that I got to France. And before I even started walking with the Baguette the desire to move to France had been in me for you know 15 years prior, 10 years prior. Okay. So I keep thinking – gosh what if I get there? What if I get to France and it doesn't make me happy? What if, you know – I've share this actually with some of you, what if I get there and it doesn't do it? Right?

Here's the thing – how do you if this is going to make you happy? You don't. You don't. I'm going to get real, real, real with you. I can't get any more real than that. You don't know if it's going to make you happy. The only way that you're going to find out is if you move; if you start moving in the direction and that's why the feeling is so important. That's why riding on that feeling is so critical. Getting out the phone book doesn't feel delicate. So right away you're blocking yourself from feeling the happiness or the delicacy.

Uncovering your happy new desire is not about getting the happy new desire. This is something that I've learned in my process that I want to share with you in a really deep, in a really profound way if I can. Uncovering your happy new desire is not about getting it. It's the happiness that you find when you gift yourself permission to go for it. Hah – that's it. When you gift yourself permission to go for your happy new desires, that's when the magic happens. Okay. That is when the happy unfolds.

I'm going to talk about that more next week. I'm going to talk about that more in the last series when we talk about what if you don't get your happy new desires. However I want you to know that, I want you to hear that and see if you can let it sink in. There's a piece of you that says – well how do I know if that is going to make me happy? I want you to remember what I said. You don't. You don't know if it's going to make you happy and uncovering your happy new desire isn't about getting your happy new desire. It's not about acquiring it. Happy new desire is when you gift yourself permission to go for it. That's when the happy unfolds. Alright.

So that brings us to this final piece, and that is – how do you know if you are doing this for you or for someone else? How do you know if you're doing this for you or someone else? And actually something just came up for me as I'm looking at the time – what I really loved about our first call was having the opportunity to interact with a couple of you live and so I want to say, if you do have questions

about what we're covering, I am going ahead and check the question on the link. So if, you're visiting us on the web and you want to go ahead and email in a question or type in a question, please go ahead and do that because I am going to honor those today and I'm going to through those. So if, you have a specific question about your own happy new desire, about how you can achieve it, about anything that we've covered up until this point. You can absolutely go ahead and write that question in.

And if we need further clarification, perhaps we can even open up the line – we'll see. I don't want that little piece to stop you though. Okay. Because some of us get a little – woo hoo, I'm going to be put on the spot. So, please go ahead and send in your question because this is an incredible opportunity for your to receive clarity on something that can change your life. Alright. Let's just be real about it. Alright.

So how do you know if you're doing this for you or for someone else? This is a really, really good question. And something that I found along my journey that really assisted in getting clarity on what direction to move and how to make sure the sensuality and the juice is actually really behind the desire. We often – very often do things for reasons that may not serve us. If you're finding that your happy new desire is showing up in the form of a should or a means to prove your worth, or your need to raise up someone else's expectations - you're going to find yourself caught in a trap. So, if you start moving into a happy new desire because someone else wanted you to, or because you think it's going to look good on you or you think it's going to prove your worth - then you're going to end up getting there and you're going to be caught in a really big trap.

Remember what I said just a minute ago that the happy new desire isn't something you get. You just don't get the happy new desire, and if you're approaching it that way, you're going to be really, really disappointed, and you're going to find yourself all the way back behind step 1 saying – I knew I couldn't

trust my desires. But what you haven't realized was that it wasn't really your desire. So let's talk about how to really identify that.

So say you think that your happy new desire is to buy a boat. Okay. And it might be. Okay. It might be. But say that's what it is for you. And you start to ask yourself some of the questions from above. You start to ask yourself. Remember if you haven't listened to Week 1, go back there because if you're having problems identifying, or any kind of issue or charge around identifying your happy new desire, I have listed quite a few questions that is going to help you arrive at your happy new desire. So you want to review that.

So say it goes through that and you begin to realize that it's actually your dad's dream to buy a boat. That your dad has always wanted to buy a boat and you figured out that if you had a boat, you'd prove to your dad that you made it. Okay. This is not a happy new desire. It's not a happy new desire. If you can really let yourself hear what I'm saying, this is going to provide so much freedom for you on two accounts.

If you can isolate the things, maybe it's – maybe you had a desire to or think you have a desire to go to college or to get a specific degree, or to make a certain amount of money, or whatever the happy new desire is, and you really start to isolate it, and you're noticing that the feelings aren't turning you on. The feeling that doesn't feel sensual. And it doesn't feel embracing. And it doesn't feel pleasurable. If instead the feeling feels more like a want, like a prove, like a justify, like a I did it kind of a feeling – now there is nothing wrong with the I did it like, oh my gosh, I did it. I moved to France. That was a desire so you can still have a little bit of that in you. Like oh I did it. But that's more of an awe of yourself. Like wow look at me – I gave myself permission to follow my happy new desires. That's opposite of what I was telling you about, like see I did it. I knew I could do it. I did it. That's proving. That's proving. And we don't call that a happy new desire. This is called a justified means of approval.

So I want you to write that down. A justified means of approval – JMA is different from a happy new desire or HND. HND is not the same as JMA. A justified means of approval - make sure you are aware of how it's going to make you feel and ask yourself if it's really your desire or a justified means of approval. See if you are feeling what you really desire to be feeling from that. Okay. See if you're feeling that if you just get that or do that or become that – somehow you're going to make yourself worthy or prove yourself or justify who you are. If that's where the feeling is coming from; if it's coming from a space of proving, if it's coming from a space of – let me feel how I can further differentiate this for you because it will feel so much different in your body.

So a justified means of approval almost feels like there is an empty space and you need to put something in there to prove that the space is worth it. Whereas a happy new desire – there's more of an expansion of the space. It actually feels like more space. So there's not a fear – like oh my gosh there's a space, I have to put something on that. Right? Or oh my gosh – I have to prove to my dad that I've made it. I have to put a boat in there. I'll show him. I'll show him right – I made it versus oh my gosh - having a boat, the feeling of the open seas. How incredible. How powerful. How trusting that would be for me. Do you feel the space in that? A justified means of approval is you're afraid of the space. You're going to put something in there to really drill down that stake, to prove something.

Whereas a happy new desire feels like more space. Feels like – it will, in fact, allow you to become more for you here to become. Right. It's based on trust. Can I trust myself – can I trust myself to move in the direction of the happy new desire? Can I trust myself to have that feeling? Can I trust myself to open myself up that way? Whereas a justified mean of approval is more closing down. Put something in that space. Fill that space up. Prove yourself. Okay. You understand the difference? Okay.

So we've covered a lot already, right? We've covered a lot. We've covered those 3 questions, and that is – how do you know if you are moving in the right direction? How do you know if this is going to make you happy? And then finally - how do you know if you're doing this for yourself or for someone else. These 3 pieces are really going to support you not only in moving in the right direction, but it's going to give you the confidence to get moving in the right direction. The 3 things that I just covered with you today are 3 big pieces that stop us from really stepping in to our happy new desires.

So what I'd like to do now because I have more that I like to share with you – this is what I'd like to do. I would like to see if any of you have questions that I can actually address for you. So what I'm first going to do is go ahead and go into – feel free to press also, I love being interactive, so feel free to press *2 if you have a question for me about your happy new desire and how you can actually implement this. And I'm also – while you are taking your time to do that, I'm also going to see if we have questions that have been sent in. And we do. We actually have quite a few questions that have already been sent in. So let me go back and see – we have some hands raised , so I'm going to honor that, that brave courageous women who said they're going to raise their hands.

The first one is coming New Westminster and I don't have a name, but I have an area code of 604. So I'm going to un- mute you.

Tara: Hello this is Tara. Who's this?

Anne: Hi this is Ann.

Tara: Hi Ann. How are you?

Anne: Very good. Thanks.

Tara: Welcome and how can I help you in your happy new desire?

Anne: Well, I am – when I did the first call with you I wrote down about 5 of them. And then, then just going through today I was kind of a, I guess crossing some off based on the criteria you were giving. And one of them I am having trouble deciding whether it is a happy new desire or not. So I wanted your help in kind of moving through this.

Tara: Alright. Absolutely. Perfect. So tell me, tell me what it is first and then we'll get into it together.

Anne: Okay. Well - many of mine were like personal ones but this one is more of a business one, and it's to have a 5-figure product launch.

Tara: Okay. Alright. So tell me what that will feel like to have a 5-figure product launch?

Anne: When I wrote down the words, I wrote down first exhilarated and then the second one was worthy. So when you said that – I was like ooh. Worthy and then the last one – I can't even raised it. Gosh what was it? I can't remember what it was. I just erased it because I thought oh that's not a good desire then. But then you gave this opportunity; I thought I'd go through it with you. Ahh obviously it would be exhilarating and it would give me a sense of absolute freedom and happiness, and it's a goal that I've wanted to have for a long time. So that. But then there is also a sense of worthiness behind it. That you know what – okay, I have arrived.

Tara: Yeah. Yeah. Yeah. So I want you to actually, there's this, this little bit of logic for you right now, so I actually want you to close your eyes. And I want you to connect more with what's coming up for you. And I want you to tell me why - why the 5-figure product launch? What does it do for you?

Anne: Hmm... Well, I think the, the feeling that I have arrived. That, that's the big thing. A feeling of confidence.

Tara: So when you say, I have arrived – who are you telling that to?

Anne: Myself. That insecure part. Yeah maybe you know, going, going back – it's that child part of you that in some ways never felt good enough and so I always have to prove myself.

Tara: Yeah. Yeah. So I really want you to allow yourself to feel that because it really is important for us to know what is fueling our happy new desires. So there is absolutely that energy of proving and of – look, I've done it which we want to be balanced. Right? Like I said – look I allowed myself to do it, I moved to France. Oh my goodness - I allowed myself to do that. But that's not the energy around this for you. The energy around this for you is more of a – look did you see I did this. Right? I'm good enough now. Right? Yeah.

Anne: Uhuh. I'm going for the other ones I'll stick to.

Tara: Right. Right. Right. So this is the thing. I want to help you shape this because there is something very beautiful in your intention with the desire which is allowing yourself to feel freedom and confidence and exhilaration. However, around this particular one - it really is proving, look I've done it. Right? I've arrived. I'm here now – can't you see me? Can't you see me? Is there a bit of that in there?

Anne: I wouldn't use those particular words, but it's a – you know you're going in the right direction.

Tara: What words would you use?

Anne: Ahh – hmm...

Tara: Because when I hear you say I have arrived, there is a – look at me, I've arrived! Right? When we arrived it's not that we don't want anyone to see us, we sneak into the backdoor. I've arrived is look at me – I've arrived.

Anne: I guess I'm saying, you know because there is a lot of people in the internet; you know you see them and even as yourself as an example and

just the that I can kind of say – okay look; I can do it too. I've done it. Yay. Sort of a thing.

Tara: Yes. So you actually hear what you're saying. It is – look at me; I'm here. It's allowing yourself to be visible. Isn't that?

Anne: Okay.

Tara: Can you hear that now or is that still, feel like its missing it for you?

Anne: Ahhh... no. Yeah I can see that.

Tara: Okay. Okay. I want you to see if you can feel that because isolating that piece of you that there is something in there for you, that is saying – look I want you to know that I've arrived! So it's important Anne for you to know that you've arrived; for you already to know that you've arrived. So what activity could you do that would allow you to feel that you've arrived? That would allow you to feel that sense of exhilaration and freedom that you've arrived. And don't go ahead – stay with me.

Anne: Oh gosh...hmm the only thing that comes for me is that you know maybe going out to purchase something that is a little more expensive than I usually would.

Tara: Okay. Okay. And does that give you that feeling of exhilaration and I've arrived?

Anne: Uhuh.

Tara: Okay. Okay. Very good. So it's interesting. When you were so in shock, all of a sudden, I saw you and I don't know you, but I kind of see you. I saw something, someone in like a bright red shirt. Like on the top of a – when I went to college I went to St. Mary's and at the top and we had this long staircase, and I just saw someone at the top of the staircase. And a red shirt like – I've arrived! Right?

Anne: That's funny – I'm wearing a red shirt right now.

Tara: Are you? (Laughter) So there is something in that. There is something like getting yourself – giving yourself permission that you've arrived. And if you, if you're feeling in that is correlated with buying something expensive that allows yourself to feel permission that – look I'm here too, I've arrived. Because when you say going out and allowing yourself to buy something more expensive, there is also permission that you deserve it. Right? That you've arrived – you now deserve to buy something a little more expensive that you would. You are actually giving yourself permission to treat yourself in a beautiful way, so I invite you to really take part in that activity. We will gift yourself permission to do that and then what I want you to do is revisit your happy new desires and ask those questions and see. There is nothing wrong with having business goals and visions and wanting a 5-figure launch or a 6-figure launch or reaching a million dollars in your business or whatever it may be. There is nothing wrong with those. But what we want to know is why are those important to us? Because if we are attaching to the justification, and the proving of that and for some reason we don't have it happen. Right? Then we've lost the entire journey of allowing ourselves to get there.

Anne: Hmmm. Okay. Good.

Tara: Okay. Does that work for you?

Anne: Yes. Very much so. Thanks very much.

Tara: Alright. You're welcome. You're very, very welcome. I appreciate you being on the call. Alright. Bye. Bye Anne.

Alright. So the next hand that we have raised is from Norwalk, Connecticut, and it is a 203 area code.

Tara: Hello, hello this is Tara. Who's this?

Ann: Hello Tara, its Ann.

Tara: Another Ann.

Ann: Another Ann – yes.

Tara: Very good. Welcome.

Ann: And my question will sound a little similar to the previous Anne but my true, I think my true desire or one of them is to really make my current home feel beautiful and fab, make myself feel at peace. Then I' feel elegant and graceful and free for some reason it's freeing, it's clutter-free all those things. But one of the things that did come up for me was that it makes me feel authentic, sensually authentic, personally authentic, professionally authentic because I am an interior designer and I want to make sure that I'm not doing this to justify my worthiness to my clients.

Tara: Okay. Okay. So when you say it and when you explain it, it doesn't feel to me that, that is the core desire. It doesn't feel like you're only doing it for that reason. However what is interesting is that you bring up that question for yourself. So if, you were to separate it, let me ask you this – this sounds like it's more for you, to gift yourself permission to live the way you want to live because will your clients ever see your home?

Anne: Some of them will. Not all of them.

Tara: Some of them will. Okay. Okay. So I also understand that piece of living sensually authentic and gifting yourself permission to make sure you can grow it. That's what it is your teaching. That for me is honesty. Right? That's giving yourself permission to live the way you want to live. Yeah. I don't get the – go ahead...

Anne: When I said authentic, I wanted to feel like I'm practicing what I preach. I really believe that home has to be a place of peace for people. A place of harmony, a place that can recharge and I don't quite have that in my own home, so I truly desire it.

Tara: Yeah – I hear the desire in there. I do. I really do. What I want you to look at is this is what I actually want you to ask yourself because this is what I feel is holding you back. Since this is so important to you, and since

this is a desire of yours and you really believe in living this way, and this is what you teach and this is what you preach, this is what you do to assist your clients. The real questions we want to ask because I do believe this is a happy new desire for you - is why you have not let yourself step into that already? What is it do you feel is holding you back from that happy new desire and actually living that way?

Anne: To some extent I do. I create this pocket in my home that I let the candles burning and the flowers and it feels like me but I have kids and a husband and I could fill every room with candles but my husband will be like – stop that's stinky, I don't like it, and it brings me down and so I feel like for me to get the feeling, I'm infringing on their rights.

Tara: So actually for you this is about space and freedom. This is about you feeling that you have the space to experience life in the way that you want to. So, is that the only reason you don't have your house the way you want it?

Ann: No – finances is another issue though. You know. Less coming really.

Tara: Okay. Okay. What else?

Ann: Ahh really just moving toward it I think. Making, making a real decision to break the inertia, break the paralysis and just step into it.

Tara: So what activity can you do, and this might not have anything to do with your house, okay again let's stay away from logic. What activity could you do that will allow you to feel spacious and free?

Ann: The only thing that just hit me intuitively – to go something wonderful like Dome Alone Candles or Fresh Flowers.

Tara: Okay. Okay.

Ann: Scent is the trigger for me. It inspires me for whatever reason in them.

Tara: Have you taken the Power of Sensuality?

Ann: Yes I have and I'm in the Indie course.

Tara: Okay. So that's you. You're Ann.

Ann: I'm Ann.

Tara: There's a lot of Ann's – now I know. Okay. So I'm thinking you're talking like really – like one of my clients.

Ann: I'm sorry – I should help you, right?

Tara: That's okay. Maybe it's better. Maybe it's better. Because I'm thinking like – really, we are on the same page here. We're really talking the same language. So okay "s__" (?) in a dome alone candle makes you feel spacious and free. I feel like do that and then ask yourself again. Okay? Because I feel like there might be something else that may even be outside of your typical arena of the home and interior design that will actually allow you to feel spacious and free, that will end up in turn creating the more of that in your house. But I feel like, and I sense that there is something actually even outside of your normal realm that could assist you right now.

Ann: Well, interesting you that because I have yes to learning, re-learning the piano. I think that helps me a lot.

Tara: Awww – okay.

Ann: And I tend to practice at intervals throughout the day and it brings me such joy. I feel free; I do feel space. Maybe that's it. Maybe I just need to continue with that.

Tara: Hmmm – you think?

Ann: It feels good.

Tara: Well, good. Good. So can you do that and then I want to continue –, and this is great, I'm glad I know who you are now because we can continue. We'll infuse this together as we forward and I want you to continue this feel into - is this making me feel spacious and free? Is this

making me feel spacious and free? Let's work with that theme a little bit together. We'll with the "J__" candle and then the piano and then we'll go from there.

Ann: Thank you so much.

Tara: Alright. Thanks Ann. Bye, bye.

Okay. So we have also someone calling in from Sta. Monica - my old stomping grounds. It's from Sta. Monica; it's a 310 area code.

Tara: Hello, hello who's this?

Allison: Hi Tara this Allison. How are you?

Tara: Hi Allison, how are you? Great.

Allison: Thanks so much for doing this call.

Tara: Absolutely – I'm fully enjoying it. Yeah. So tell me, what's coming for you around your happy new desires?

Allison: Okay. Well, it's kind of a long story, but I'll try to make it really short. I'm pretty good at following through at my desires like you I took a leave of absence and I traveled to France, and I have been to Morocco with my husband a couple of years ago. And actually one of the reasons I did that was because I wasn't too happy with my job and I wanted to try to find a new career. So when I came back from those travels, I tried to find a new career. I was a special education teacher, and I wasn't able to do it and kind of like panic and went back into it because of the economy and just now being able to find another job. So here I am – I worked for 2 more years and I quit this school year because I just realized this really is not making me happy. I need to do something different. My husband was so great and even though an additional income would be really nice, he allowed me the chance to take a time you know to figure out what I want to do – and nothing

coming for me and like thought of a couple other career choices but, I applied for a bunch of jobs and has not really heard from anybody except for areas I have applied for in special education and I panicked and I want to feel like – okay I'm worthy and after then I get the job and then the truth revolves and then oh my God I'm finding myself back and then that was like, I gave it 6 months and I'm back in, another special education division which I think will be a lot better than the last time but then I'm still not totally happy and like the one thing that makes me like my desire would be to run like a surf camp 'cause I surf and it makes me feel like if I'm in a warm water place, it makes me feel so much myself, so alive, warm, like I can surf here all the time and the time but cold water and which is not the same. And I actually got the opportunity to run a surf camp, and this is like in November and my husband said he will never stop me from going and you know he only wants me to follow my desires but he wouldn't be happy about it because he works in LA in the movie industry and he wants to travel to but it's like – I'm just at the point and that came up for me.

Tara: So what's your question? What's your question so I can help you isolate this?

Allison: Like what do I do now that I'm at the dead end of one thing that I think is my desire as a profession because that's the one area of my life that I'm trying to work on? What should I do if I can't do that thing that's my desire I guess?

Tara: So you have a lot of pressure right now around this particular piece for you. You are trying to figure out how you can have your desire be your profession right now. Right? I can hear it in your voice. I can hear it; I know you're not trying to hide it – it's really, really obvious. So what I want you to do is move away from that pressure because when we're in that profession, we cannot see what it is or how it is, we actually cannot allow anything to happen. We just squeezed it. We all have a tendency to do this. Like we want something so bad, and we can't figure out how's its going to work

whereas if we focus on it long enough and hard enough we can figure it out. But there is so much pressure on this for you that it's not going to happen. Right. The energy that's there for you – there's too much charge on it. So you did say that in allowing yourself to run the surf camp, you feel alive, you feel warm, you feel more like yourself, right? So what activity could you do and it could have nothing to do with your profession - nothing to even do with surfing. What activity could you do that would allow you to feel alive, warm and more like yourself?

Allison: (garbled phone audio)

Tara: So you're cutting out quite a bit I couldn't hear you there at all. I heard you say that surfing usually does that for you, but it's not right now. So was there something that you were able to isolate that does do that for you? Well actually we dropped – you are having some difficulties with your cell phone, so I think we dropped the call. So feel free to actually call back in or write back in because you were having some problems with the connection there. So I couldn't hear your answer.

So what I want you to do and what I really recommend because again there is so much pressure around you finding that, the profession that's going to serve you. The real question that you're asking - the surface question that you're asking is, in fact, how do I allow myself to live my desires so that my husband like it's a little a constricting there, it's a little bit conflicting – but what I want you to do is not worry about answering that question right now and I want you to look at what is it that you can do that will allow yourself to feel alive, warm and more like yourself. Because if only in the going out feeling can the other answers become alive for you. Okay. So go into that.

So this is what I want to do because we have quite a few questions that were sent in that were written in and I want to honor those as well. Okay. So let me make sure that I can do that. Oh I think we have 8 of them. And this is what I want to say

as well. So – here we go. Give me a minute; I'm just opening up all your questions here. I want you to know something because I will answer all of these and I want nothing more from you really than to experience your happy new desires. And I know many of you on the call have been through The Power of Sensuality with me. And if you have, this is incredible for you to infuse the power of sensuality into this for you.

If you have not been to The Power of Sensuality for whatever reason, I do want you to know that right now for a very, very limited time we have The Power of Sensuality open. I don't have it open all the time. I don't open it up very often. In fact, we only opened it up 3 times all of last year, and we haven't opened up right now. So if, you have not allowed yourself to take part on The Power of Sensuality, I want you to know how much that is going to assist you in the fulfillment of your desires. Okay.

So I'll tell you how you can actually take place in that if you haven't done that. If you haven't done that yet. Okay.

Okay. Hi Tara I won't be on the call, but I will listen to the replay. I have an appointment at that time. Okay. My desire is to feel ease and peace in all areas of my life. I've been de-cluttering this week to make space for positive new things this year, and this is a symbol to the universe as my commitment by creating a serene organized space. Yet I had a water leak which the plumber is working on as I type this and my husband has a fender bender with his car. Okay. Do you think there is a connection? I'm really trying to stay in my Indie space while working on this New Yorker organization and continuing to enjoy my showers and bath feature from my Frenchie. Am I in the right – am I in the happy new desires?

Alright – just want to make sure I'm in the right section. You've obviously taken The Power of Sensuality because you're utilizing this. I'm doing my best for us to stay in the feeling of calm and not let fear run my thoughts in the inside. So Pat,

this is a very detailed question, and it's more of a Power of Sensuality question, but it is a happy new desire question. However I will do my best to make it congruent to what we are discussing currently, but it really is powerful and helpful for everyone. Right?

So when you say you have a commitment to create a serene organized space, yet you have a water leak and your husband has a fender bender – is there any connection? Absolutely without a doubt I believe that there absolutely is. Because when we set a really strong intention, and I was just talking about this recently; when we say that we want something – have you ever watched the movie, and I was just talking about this, Evan Almighty and Pat I actually suggest that as a homework assignment for you to go watch the movie Evan Almighty because Morgan Freeman says – do you think that when you ask for love God just gives you love or does God give you opportunities to love? And so Pat when you ask for serenity and commitment - do you think the universe just gives you that or does the universe give you opportunities where you can actually allow yourself to be serene and organized? Okay.

So yes, utilize your Indie to create the serene space. I feel like it's absolutely connected for you and what I want you to do is ask yourself - you say my desire is to feel ease and peace. I want you to ask yourself what activity can you participate in that will allow you to feel ease and peace and if you want to take a step further, you can ask yourself what activity can you participate in that will allow you to feel serene and organized and again stay out of logic and step into that and that will serve you, and you can actually utilize your Femme types since you have that knowledge.

Loving these calls Tara. This is anonymous. Is it best to focus on just one happy new desire at a time and if it's a big one is it best to break it down into parts - into the part of it? Ahh - this is an interesting question. And I don't have a lot of details here. So I'm just going to say – it really depends. It really depends. I would say yes

- go ahead and focus on your happy new desires at the same time because unless they're conflicting. Unless you feel like one of them is stopping the other one, why not? It will increase your capacity for pleasure. Okay. Now that doesn't mean that you get really diluted and you jumping around the place, I'm going to do this, and this and this and this but what I want you to do is not feel like you have to limit yourself when it comes to your happy new desires.

So if, you have a desire to take a sewing class, and you have a desire to move to France and you have a desire to go to Africa - and they're big. Ask yourself the question. Isolate the feeling. What activity can you do that will allow yourself to feel that. Do that with your desires. And you're going to be creating energy and space and pleasure – increased capacity for pleasure that will assist you in actually stepping into that big happy new desire. So I say yes. Okay.

What if I feel like my happy new desire is to be with a particular man that I love but he is not really clear and moving forward, and I can't do that for him. So beautiful self awareness – you cannot do that for him and I'm really glad you bring up this point because this is different. This is a difference that we really need to talk about. Your happy new desire involving someone else dis-empowers you. So this is something that I talk about in the power of sensuality when we talk about our sensual circles. So I don't know who this is that is coming in anonymous but if you haven't done that there is a process that can support you. Because you're right – you cannot make him do that for you. But what you can do, right – is isolate what is it with being with that particular man? What is the feeling? What is the feeling? What is it you're desiring to experience? What is the happy new desire? What is the feeling that you will receive that you feel you will receive from being with this particular man? Isolate the feeling. Ask yourself what is then the activity that I can begin to participate in and allow yourself to move that way. You cannot make anyone commit to you, be with you, love you or any of that. Okay. And, in fact, when we do that we put out a lot of energy on a lot of neediness, and we actually

push that possibility away from us. Put the question and that is the process that will support you.

Shakaia – oh hello beautiful. Oh and then she says, hi beautiful Tara. How does self-discipline fit into this or does it? Thank you with petals Shakaia. Self discipline. So when I talk about self-discipline, I talk about self loving discipline. Right. I know that you have been in the power of sensuality. Self loving discipline actually does fit into this because when you're asking your happy new desires you want to know what is it that will allow myself to love myself more. Right? That's a part of the happy new desires. A happy new desire is gifting yourself permission to love yourself enough to actually follow your desires. So the definition of self loving discipline – discipline comes from the root word disciple that mean to learn so self-discipline is learning about yourself and I use self loving discipline because that what's resonates with me. So learning how to love yourself absolutely is a – I'm glad you brought that up Shakaia, is something that will support you in your happy new desires. Okay. Because you are giving yourself permission on what's going to move you into what's going to make you happy, and in order to do that you need to learn how to love yourself. So yes, it absolutely does.

Okay. So we have a lot of questions – I'm trying to look at the time here. So, okay.

Alright. My happy new desire is to be happily married since I started school and married after extreme trauma, relocating, changing profession, death of a child – everything changed. My desire is to have a marriage in life, and that is my dream. My knowing this is the way it's supposed to be; I feel great about myself and adore things from my husbands and others; it makes me feel alive and like a happy pickle. Trust is a huge issue to me - trusting others and myself. I have the confidence in going ahead, doing what it feels good. Any thoughts will be much appreciated.

So I'm having difficulty isolating the question so just going forward especially if you have a question, it really assists me, and it's going to assist our time together if you asked a question. If I feel like I need more from you or if I want more clarity on the question, I can always do that. But it's hard for me to decipher exactly what the question is here and the best I can do is sense into what it is you're actually asking.

So what I actually feel here – I want to go here, is that you're actually searching for permission. Okay. So I want you to gift yourself permission that you can actually have your happy new desire. Okay. Because after the trauma, after the relocating, after the death of a child, these things – we start to limit ourselves. We start to feel like we're not allowed to have our happy new desires and there's this piece of us inside that just longs for someone else to gift us permission. And I do love this - where you say it make me feel alive like a happy pickle. That is beautiful. Because I can feel that, the sensuality is alive in that. So what I want you to do any thoughts from me or this – what could you do or experience that would feel like a happy pickle for you? For you because there is something in that, that is beautiful. When you think about a happy pickle it's actually you receiving. Right. You're receiving the happy pickle. You are allowing yourself to feel the joy and the exhilaration and the trust where what you have been up to this point has been pleasing others. So ask yourself that question. How can I receive that happy pickle? What will that do for me? Because once you allow yourself to receive the happy pickle – whatever that activity is going to be for you, you will feel more trust in yourself. And that will improve your confidence and give you more permission to go ahead with what feels good. Okay. So those are my thoughts on that for you.

And Rachel I see that you have sent in some questions – some questions are just a little bit detailed and I feel it's not something I can answer on this call. Okay. So I want you to know that, that's why it is not being addressed. It's very long and

detailed and I want to be clear about that, and that is probably something we can do in the power of sensuality. Okay.

Alright. So – where are we now? Where are we? My goodness. We have gone into and discussed quite a bit on this call already. So I want to review for you the happy new desires and how you can move into them, move into them right away. What you can do to move forward. How do you know if it's going to make you happy? And how do you know if it's yours or someone else's. Pay attention to that this week. Is it a happy new desire or is it a justified - or are you looking for a justified mean of approval. Feel into that for yourself. And I do. I want you to know that there is nothing more important for me than for you to begin to experience your happy new desires.

This is really like the little bread crumb for me when it comes into the stepping into allowing yourself to be an elegant Femme. And there are two ways right now that I can help you personally step into the fulfillment of your happy new desire, and I know right - a lot of you have already asked questions that I can just hear on the way you're asking your questions, a lot of you have already experienced the power of sensuality. If you haven't you need to know that is a fundamental part of this journey, and within the power of sensuality, you have tools that are gifted to you that will allow you to expand and open up your happy new desires more elegantly and easily.

And right now - just for a limited time, just for actually a few more days. The Power of Sensuality is available to you, and if you haven't taken it, I want you to go to the powerofsensuality.com/yes and allow yourself to participate in that program and actually Rachel, I saw – I wanted to welcome you personally to the There is an incredible – and I believe in this so much; there is an incredible money back guarantee there for The Power of Sensuality will support you if you have not allowed yourself to step into that.

What I want you to know is that next week, we have 1 more Happy New Desires series. That final part of the series, and this is going to bring it all together for you. So next week, we are going to be covering - what do you do if your happy new desire doesn't happen. So actually and when you drop off the line there, when you are talking about the surfing school, and right now your name is escaping me - I apologize 'cause I've got an ant stuck in my head. I want to say Jamie, but I don't that that's correct so, maybe it's Lorie, but I apologize, I just have ant in my brain right now. This is going to support you. That piece of you that says what happens if that doesn't happen? What do I do if that doesn't happen? So we are going to talk about that next. We are also going to talk about your sensual legacy and how that is attached and what does have to do with your happy new desires.

So be with me next week in the Happy New Desire call next Friday. Same time and also that will be recorded as well. So you'll have all of the calls, all of the series - this is going to all come together for you so that you can allow yourself to step into your happy new desires in a way that you never have before.

It's been an absolute pleasure being with all of you. What an incredible start for the new year. Wow – I'm feeling absolutely in my energy and moving more towards my happy new desires and actually I feel like, I am going to – I wonder how I'm going to do it tonight? I might wait for tomorrow because it's pretty dark right now, but I'm going to actually going to roll around in the grass. I'm going to actually follow my happy new desire - follow my feeling and allow myself to roll on the grass and I'll tell you about that next week. I'm holding myself accountable.

Alright – have a beautiful rest of your day, beautiful as your evening and I will connect with you next Friday.

Bye bye everyone.

[End of transcript]