

Happy New Desires

TRANSCRIPT: Call 3

Hello, Hello everyone and welcome. Welcome to the final part in our series – our Happy New Desires Teleseries. Wow – we have received so many emails and comments - some women who are allowing this information to transform their lives already. I love to hear that. So, if any of you are listening live, I know we actually move the call up a little bit today about half an hour earlier because I'm actually going to a French concert this evening. My husband Dave and I were invited out to an orchestra, and we thought well, we're here, we're in France; we're in the center of the arts so we might as well do that. So, that is a personal reason on why the call moved up. That is the reason. That is what actually happens when you allow yourself to follow your happy new desires. You are in-charge of your own schedule. Right? One of the beauties of being an entrepreneur.

So I know we have more of you joining the call, and as I visited early on the West Coast but if you are on the live call and you would like to write in and share any of your personal successes that you've already experienced, I'm moving in this direction, I would love to share them with everyone out loud. So I would like to let you know that right off the bat - right at the beginning. Okay. So I would love for you to write in and let me know so I can share, share with the women that are listening.

So, we have covered so much already on this series. Really. I was looking back over my notes, and before I got on the call with you I said – wow really, in the past 2 weeks we've gone into a lot of information. In fact this could be an entire program on its own.

So I wanted to start today by covering a little bit – reviewing what it is, in fact, we've already covered and so we can lead into today what we are actually going to be discussing because there is something at the end of today that I want you to create for yourself going forward. And that is your sensual legacy. So I'm going to be teaching you how to do that at the end of this call so you have that piece going forward. And I'm also going to teach you what that has to do with your happy new desires and how that you align – how you can allow them to support each other. So I'll be sharing that with you on the call today.

So I want you all to remember what a happy new desire is, and I want this to be in your brains. I know we've talked about it since the beginning of the call, but I still will hear women, and I actually got a couple of emails where women were treating their happy new desire as a wish. As a wish and it's really easy to do this when you don't believe in your ability to actually achieve your happy new desire. When you start judging yourself, and the questions come up about - oh I don't know if I'm capable of this, I don't know if it could really happen and then you start turning your happy new desire into a wish. And as soon as you do that it becomes unattainable losing the energy and inspiration that surrounded it in the first place. So remember a desire stresses the strength of the feeling and implies a strong intention or aim. So you require a strong intention - you require that feeling. Remember we talked about that in the first week? The feeling associated with the desire - there is, in fact, nothing more important when you start to move into your desires than isolating the feeling of what it means to you. Why? Remember we went through that process? Why is that happy new desire important to you? What is it that you are going to allow yourself to feel? What does it make you feel? Alive, fresh, loved, real, congruent, humble, proud, important, confident – what is it,

elegant, graceful new - there are so many things that we desire to feel – rich, wealthy, loved, appreciated and grateful. So you want to know what is the feeling – independent, unique, all of these. What is the feeling that you feel you're going to receive when you get that happy new desire.

Then I taught you a process on how to start moving into that happy new desire so that you start feeling that feeling right away so that you start moving towards it. Remember a wish implies a general or transient longing - a longing for the unattainable. So, to long for something that you believe is unattainable for you really is going to get you into trouble. It's going to make you feel tired. And it's going to make you feel vague and confused. So if, you're going around wishing; I really invite you to switch that into a really focusing on and preparing yourself, in fact, for your happy new desires. Go into the strength of your feeling and allow yourself to be intent on receiving that feeling - that feeling. Okay.

And then in week 2 – last week, we talked about how do you know if you're moving in the right direction? How can you allow yourself to know that? We also talked about how do you know if this is going to make you happy, right? And we said – you don't! You don't! You allow yourself to move into the direction, and you continue to receive.

And then we talked about how do you know if you are doing this for you or for someone else. And that's when we defined the difference between a happy new desire and a justified means of approval. You want to make sure you are asking yourself when it comes to your happy new desires - is this for you? Is this igniting you? Is this making you feel expansive and spacious and open or is this a justified means of approval of making you feel tight and that you want to prove and that you want to put a stake in the ground and kind of justify that you're worth it. So you want to be aware of that. A lot of people with justified means of approval – a lot of women will come to me and wonder why they are not feeling fulfilled in their businesses, and many of them had not in-acted the power of sensuality and

they're not utilizing the Femme types, so they are not fulfilled on all levels. Many of them instead have gone into the justified means of approval - growing their business, growing certain things and making decisions in their lives to prove to other people that they could do it. We see a lot of people doing this. You want to make sure that, that's now what you are doing. You don't want to wake up in your life and say – wait a minute why did I do all this for? What is it I am trying to prove anyway? Okay. So start asking yourselves those questions as you start moving into decisions in your life. Why am I doing this? What is the feeling I am seeking? What does this mean to me? What is my intention behind this? Who am I doing this for? Who am I doing this for? This is really, really important because you allow yourself to isolate that; you start to identify and you move into the direction of your happy new desires. When you allow yourself with feeding that happy new desires - you won't look around and say - see I told you I could do it, see? Because if you are doing it, it's totally a waste of energy and if you're doing it that way and going about it that way you're going to end up with whatever it is you want to achieve, and you'll feel like, wait, that's it? Why did I do this? What was the point of this? And you'll walk people – look it, I get it – recognition, someone look at me but inside of that it's not quite hitting it. It's not quite hitting it. That's a feeling of despair that you want to avoid.

The difference is when you actually follow the happy new desires, and it's really your desire and you really open up and expand into it, when you allow yourself to reach your happy new desires, when you get there; you still might feel like - wow, wait a minute isn't there or is there more, and that's okay – that's okay because once you get there more will be revealed. More will be revealed. It's a completely different energy. When I actually shared this at the event, if anyone of you where there at the live event, I shared a very, very, oh my gosh I still can't believe I did it – I shared a very, very, powerfully vulnerable video of what happened when I got to France. Because it's very, very common once you allow yourself to step into some of your biggest desires that you really rock your own boat, that you really go into a

place of – oh my gosh I still can't believe this is happening, and I shared those moments on video, on camera.

I filmed it when I was going through it, when I started to receive my happy new desires, and there was an overwhelming sense of gratitude and fear all the same time because I knew I was going through a different level and I knew at that moment that I required to be more – to be more of who I was becoming, and that can be scary for us. However when you're in the place of happy new desire, you still know that, that is what you want. Alright – what's next? What's next? Let it reveal itself beautifully, organically and it will. It will.

If you get into whatever it was you were following, and you were looking for someone else to recognize you or for someone else stamp of approval then you'll recognize that it was a justified means of approval, that wasn't really your happy new desire. Okay.

So one of the things that happen when we start to move in the direction of our happy new desires is you'll recognize a bit of an uprising - I guess I can say from people that are close to you and the people that love you. And that's actually a good sign that you're moving in the direction of your happy new desires and not for justified means of approval. When you're really going into your feeling, and you're really feeling your own truth, your own direction, your own guidance – people around you can become uncomfortable because they see that power and there is a piece of them that wants it, but they know they're not doing it for themselves - so it makes them a little bit uneasy. We start to reach out, we start to grow – I don't want to say away from our families at the same time I do want to say that, we start to grow away from our tribe, away from where we originally came from and into our happy new desires so it's a little bit of a separation and you'll feel that if you're really going in the direction of what it is you want in your life you'll start to feel that.

The thing is, it's really fulfilling. You know when I decided that we're going to come to France; I will tell you that my mother was not thrilled that I was taking her only grandchildren halfway across the world. Okay. They live on the West Coast – not even New York where my father in law lives, 6 hours further. Right. So she wasn't thrilled that I was taking her only grandchildren out of the country, and I did because I knew it was my happy new desire and I knew that if I didn't follow my happy new desire and I stayed there it would have been a justified means of approval, it would have been trying to please her, and I knew I would have ended up resenting her in the end if I had made that decision. So, it can be uncomfortable. We can be challenged sometimes for following our happy new desires, but the thing is, you need to know it's for you. It's your truth so that if you get there, you're willing to receive whatever it is that's waiting for you. Okay.

So, I'm preparing you a bit as you start to step into your big, big happy new desires and go into that direction.

So we're going to be talking about 2 pieces today. We're going to be talking about what do you do if they don't happen. What do you do if they don't happen? And I love this because this is one of the questions that stop us from the very beginning.

We're also going to be talking about your sensual legacy which I told you earlier.

So, what do you, what do you do if your happy new desire just doesn't happen? Well, the first thing I want you to know is that you have a process now to really identify what your happy new desire is, what the feeling is and what it is you can do to start moving towards it. So, right now from the very beginning you have more of a process for your happy new desires than you ever had before. I want you to utilize that process. But let's say that you utilize that process, and it just doesn't happen? Right?

There are a couple of reasons why it doesn't happen – you either gave up on it because it doesn't happen in your time frame or you changed your mind. Those are the only reasons why a happy new desire doesn't happen. You either gave up on it, or you changed your mind, and the feeling of that happy new desire just doesn't give you the feeling that you're wanting any more. So say, for example, that you want to – let's see, let's use France again since that is my example and I can plug into that deeper with you. If I wanted to go into France, and it was something that was calling into me and speaking to me and the feeling I wanted to experience and then after time I started to lose the desire. Maybe the desire started to shift. Maybe all of a sudden, I really started to feel into it, and I said – hmm, you know France isn't really it for me, it's actually you know Italy or Africa – maybe something else really my desire started to grow and mature and maybe it was in a different direction. That could be one of the reasons why your happy new desires doesn't happen.

Another reason could be if you get upset that it's not happening soon enough, and you say forget it. Okay – that's the one I wanted you to be aware of that you are very conscious of because your happy new desires will happen if you let them. They will happen if you let them. Okay. I guarantee that. As long as it's really happy new desires and not a justified means of approval and you allow yourself to keep following the feeling. Okay? So whatever your happy new desires are now, I want you to look at them and make sure you clearly isolated the feeling of why you want them. What is it they're going to do for you? What is it? What is it that you are looking forward to feeling? And then make sure you follow the action steps of how I can help that feeling right now and keep following that. Keep moving in the direction and you then need to start taking action steps towards your happy new desire. Okay.

So, one of the first calls – I believe it was Jamie wanted to speak on a stage. So let's use that as an example. So Jamie's happy new desire she said of what she was feeling; she was connected with that feeling and then she said, which am

sure she did, what she could right away that would help her feel that feeling. Right?

Then, you want to take an action steps towards your happy new desires so maybe she ended up calling, maybe she ended up booking that appointment – whatever developed after she said after, after she said how can I help that feeling? Okay.

You don't want to give up. You don't want to give up and say this is one mistake I see and actually I've almost fallen into this myself many, many times. That feeling of – oh it's taking so long, oh I don't know if it's really going to ever happen to me, so I'm just going to forget it. If you start moving into that direction, you are really losing the feeling of exactly what it was you wanted to receive from your happy new desire. Okay.

So, I want you to be aware of that. If the desire loses feeling - well then you know what that's change and that's growth and be aware of that as well as long as there is no charge, no resentment in it for you then that can naturally happen. But make sure you are not giving up because here's the thing – as soon as you attached and as soon as you reveal a happy new desire, you are inviting yourself to become more of the woman you need to become to receive that happy new desire. So you will start moving in the direction of that woman who's ready to have that happy new desire. Sometimes it takes us longer than we want, sometimes it happens really quickly. But the thing is it's not just about getting the happy new desire. Okay. I shared this last week. I'm going to share it a couple of more times. This is about giving yourself permission to move in the direction of your desires. To trust yourself enough to move in that direction – so many of us say what if it does not happen? Forget it – I don't know if it's going to happen. I don't have an absolute iron-clad guarantee that it's going to happen, so I'm not going to move in that direction. I'm not even going to try. I'm not even going to attempt it. I just need some sort of guarantees – so I won't even do it. And if you're doing that, if you're reacting that way – you're missing out on all the magic

that's available to you if you just moved in the direction of your happy new desires. There is so much confidence that comes when you say to yourself – you know what, I desire that; it feels so good; it feels so right; I'm going to move towards that feeling; I'm going to move in that direction.

And sometimes you actually arrive at your happy new desire so much sooner than you thought you are going to and you go – wait a minute, now what? I'm here already, now what? Now what – what's next? Alright. That was an anxious sort of what's next but in awe, oh my gosh – now, now, now what do I do? Now what can I do? And when you come from that state more happy new desires will be revealed to you.

Sometimes it takes a really, really long time as far as our perception, our perception of what a long time takes mean and we get there, and we say – woo, wow, wait a minute – is this it? I thought there is going to be more here. What now? What do I do now? You need to trust that as you move into and as you receive your happy new desire, there will be another happy new desire waiting for you. So you don't get there and feel fulfilled. Okay. You don't get there, and it's over. Okay. When I say fulfilled, you will feel fulfilled as long as you've done this in a positive energy, but it won't feel like okay that's it my life is over. This is what's so many of us are afraid of. We are afraid that if we actually receive what it is we are desiring too soon in our life, there won't be anything left. Like we'll kind of just going to fall off at the edge of the cliff and it's just going to feel like well, there is nothing else worth living for because I've already received everything I wanted. That's how I used to feel about France. I used to say to myself, so alright someday, one day when the kids are grown or when the business is at this level or whatever excuse we come up with – I came up with them all, what if I get there and I don't know what to do next? Right. There is nothing left. I want you to know that the beauty that unfolds when you allow yourself to receive your happy new desire is unlike anything else. You don't need to wait; you don't need to wait to receive them. Okay. When you start to receiving them more quickly, you have

even more available to you. And if you receive it and you get there and it isn't everything you thought it's going to be, then I want you to ask yourself the question – what feeling was I going for? What did I think was this going to provide to me? What feeling was I looking for and how can I allow myself to receive that feeling no matter what and now that I am here in this space, what new happy new desire is waiting for me? What happy new desire is waiting for me?

Sometimes were just going into the direction of a happy new desire and we'll get into a larger even happy new desire revealed to us. So, I want you to start trusting this process. Follow the desire. Follow the desire. Follow the desire. And I'm going to give you something so you can keep a check and balances on your desires. So do you understand – if it really is a desire that is deep enough within you, that is worth following. Right. You already have the tools – those are the feelings, ask those things. I'm going to give you another piece of the process because we want to make sure that you're not overly distracted and that our desires don't become distractions. Okay. You don't want your desire to become a distraction. You really want to feel into – is this a happy new desire. Is this really feeding me? Does this really turn me on? What is it I'm wanting to feel? How can I move in that direction? Let me double check and make sure it's not a justified means of approval and let me achieve that and receive that permission to move in the direction of that desire regardless even of the outcome. Regardless of the outcome.

Think about this – say France didn't happen for me, say we made a decision not to come here, or we decided to wait, or whatever. For whatever reason it didn't happen, or it didn't happen yet. What if said only back in Arizona when I was about to put that baguette under my arm and walk from Safeway – what if I said at that time - you know what, it's probably never going to happen so why even bother? Do you have any idea how many gorgeous beautiful walks I would have missed on allowing myself to feel exactly what I'm feeling when I got here? I would have taken that away from myself. I want you to remember that the

journey of allowing yourself to receive and moving in the direction of your happy new desire can be one of the most fulfilling, even sometimes more fulfilling than actually the desire. Okay. We are not looking for here you go – here's your desire in a plastic bag. Here we go, right? It doesn't work that way. I want you to allow yourself to receive permission to move in that direction and feel what it is you want to feel. You don't need to wait for that magic pill. Okay. Whatever your happy new desire is - if someone drops it on your lap today it will be way less fulfilling than if you've given yourself permission to move towards it. Once you give yourself permission to move towards it then let someone drop it in your lap. That will be much more meaningful. Okay.

So that goes into something I wanted to share because I do get asked that question – what if they don't happen? And I often feel you know – it's better to have love and lost than never to have loved at all. Right. You feel that? So allowing yourself to feel happy because you allowed yourself to go in the direction of your happy new desires is part of the amazing process. The beauty is that taking steps towards your happy new desire reveals other happy new desires. Like I said, sometimes they are even bigger or make you feel more fulfilled than the happy new desire that it originated from. Okay. So, we don't go towards our desires hoping that's going to be the end and be-all on our journey. We go towards our desires and enjoy the permission of moving towards it. When you allow yourself to experience a happy new desire – know, know that there is always going to be more. Know that there is going to be more, and this is where we are really even going fully into detail. Because sometimes there are and sometimes some of these were ingrained as we were growing up – that we're selfish that it's never going to be enough. Aren't you ever happy that we get this thing in our minds as women that – oh my gosh what if start following my desire and then I have another desire, another desire, another desire, another desire, oh my gosh am I going to be that selfish? Selfish little girl that I was told I was – let me tell you something, you will always have another desire. You are supposed to.

You are supposed to grow and expand and expand. Grow, expand, receive. Grow, expand, receive – that is your journey. That is your journey.

So, I want you to know, yes – you will always have an additional desire there and know that doesn't make you selfish. It makes you alive, alive. The only way you will not have any more desires is if you go into that place of numbness. If you shut down your power of sensuality; if you don't have your senses ignited; if you go into that space of unawareness then it is possible that your desires will stop. So, if you feel that way and you are having trouble connecting with your desires there and you wonder why it's not there – I want you to know that that mean you are living life very numb, very unawake, and very unaware of what is possible for you. But once you ignite that, once you begin to move in that direction, you will start to understand that there will always be more, and it doesn't make you selfish. It makes you alive, and that's a very, very good thing. A very, very good thing. Okay.

When we follow our happy new desires, we gain confidence. We gain confidence because what you are saying because what you are saying to yourself is that I believe in my ability and my worthiness to follow and then receive that happy new desire. Whatever it is. Whatever it is. Okay. Something material, something emotional, a relationship, whatever it is – when you allow yourself to move in that direction you are sending such a signal of confidence that I'm worthy of saying yes and gifting myself permission for this happy new desire. Okay.

So this is how I want you to approach this. I want you to enjoy moving towards your happy new desires knowing that when you do, more is going to be revealed to you. You may even find yourself pondering over questions about who you are what you're capable of, and, in fact, you really should because it takes courage to follow your happy new desire. It takes courage to say yes I am worthy and I'm capable of moving towards that. And when we do that, we grow. We grow. We

grow. We expand. We receive. We receive. We grow. We expand. It works like that. Okay?

And when we grow, we start to ask new questions. That can actually be one of the things that can happen when we start to receive what it is we wanted, what it is we really, really desired, and we find ourselves in a new level of growth and expansion, new questions are to come up like – what does this mean to me? Who am I now that I have received this? Where do I go from here? Sometimes we can perceive those questions as maybe there is a crisis or maybe we did something wrong or maybe the happy new desire didn't work. But, in fact, it absolutely did. Because what your Indie knows – those of you who have taken the Power of Sensuality what your Indie knows is that it will lead you in the direction with your happy new desires in the direction of more growth. Okay. That's why you desire them.

I'll give you a little behind the scenes. That's the little secret. That's why you really desire them because you are really desiring to grow and your Indie knows that. So once you receive your happy new desire, if those feelings come up – questions start rising, you should know you're absolutely in the right path. Okay. As long as it's not a justified means of approval, as long as you are not looking around saying – see I told you, I could do it to someone else. If you are saying inside yourself – wow look at me, I did this. Then that is different. Okay.

The question should start to come up. What does this mean now? Who am I now? Right. When we allowed ourselves to grow the Elegant Femme so quickly and so elegantly – you know I went through this. Wow – I created the amount of income in such a short time that most people, big companies, big, big companies take 10 years to get to – and I made it there in 2, and there is a piece of me when I got that level – that said, woo, how can I allow myself to receive this? Who am I now? How can I hold space for this? What does this mean? What's next? I remember reading income magazine, and they were talking about all the

entrepreneurs and how difficult it had been for them to make money and receive money, how many years, and I'm thinking – oh my God it was so easy for me, it was so elegant for me. What does that mean?

And because I followed my happy new desires I was able to get to that platform and say – okay, this is good, this is all good and who am I becoming in this process? And what happy new desires are unfolding for me now? And what does this mean and how can I teach this to other women? How can I teach women who are struggling? What I did so that they can follow my formula and create this level of a business - wow there's another happy new desire? Okay so you follow it. But the questions will come. And again - they should. They should. Alright.

So that moves us into the second piece that I wanted to discuss with you today. And that is your sensual legacy because this goes hand in hand with your desires. Remember when I said to you I want you to be aware of following your desires and not following distractions. So how do you know the difference? Distractions are going to drain your energy. When we're distracted, it's draining. And also when we're distracted, we're typically running from something that we don't want to feel, or we feel we are not yet ready to experience. When we're following our happy new desires we will feel more energized, we will feel more aware, and we will feel more growth. Okay. So when you're distracted, you're typically running away from something even though it feels like you're running towards a million different things - you are actually running away from something. When you are following and stepping into and giving yourself permission for a happy new desire, you are moving towards what it is you desire there which is the highest level of growth and expansion. That's when you know you are following your happy new desires. Am I going for growth or expansion? Remember when I said what is the difference between a happy new desire and justified means of approval? And that I told you the happy new desire you will feel expanded and open - that's what you are following and that's what you will continue to follow. Okay.

So, I want to share with you the sensual legacy and why it is so important and why you need this. How this is going to help you in making sure you are following your desires and not distractions. Okay. So first what I want to do is define what your sensual legacy is and then invite you to start choosing in the direction of your sensual legacy. So if, you've been in the power of sensuality, you know that sensuality is of or pertaining to the senses. Living life engaged in a life. It's really important for you to know that. If you don't, if you have not taken the power of sensuality, you might have a skewed view of what sensuality really is. Sensuality is not sexuality. We are not talking about a sexual legacy. Okay. Sensuality is living life awake, engaged and alive with all of your senses. There are actually 7 senses to the power of sensuality – not just 5. So, that's the definition of sensuality.

Now let's look at what a legacy is. A legacy and most of us don't understand the depth of this definition. Most of us have only been taught that a legacy has to do with money. Now yes it's true that a legacy can contain money, but it is not only what a legacy can contain. So I want you to really hear this. A legacy is a reputation handed down from the past from an ancestor or a predecessor. So a reputation handed down from the past from either an ancestor or a predecessor. So, now let's put this together. What then is a sensual legacy and why is this important. So when you leave a sensual legacy – you are conscious, alive and aware, right of the reputation – the impact you are making and desiring to leave behind you. You are aware of the mark you want to leave behind, and you infuse every one of your 7 senses into it, and you allow every single one of your 7 senses to assist you in doing that.

So, do you feel how important this is because if you're not aware of this if you don't know why it is you're doing something – you will find yourself all over the place, very unfocused, very confused and very distracted. One of the questions that I get asked is how do I know? How do I really know if this is the right thing for me? I have this desire – it's really calling me. It feels like this but how do I know I

should follow it or not? And then we can take it a step deeper and say alright – what then is your sensual legacy? Why are you wanting this? What will it do for your sensual legacy? What is it? What is the reputation you are wanting to leave behind? I want you to understand how important this question is because all of us will be leaving something behind. What did you want your life to mean? What do you want it to mean? These are the questions I want you to ask yourself. What do you want your sensual legacy to look like? What is the reputation that you want to leave behind? What do you want that sensual legacy – we are going right now infuse all of the senses into it. So those of you who have not been to the power of sensuality you are going to have a little snippet, a little tiny peak – those of you who have, are really going to be able to utilize this process.

So – what does your sensual legacy look like? I want you to ask yourself that question. What does it look like? Now what does your sensual legacy smell like? Just trust it – just trust that question. What does it taste like? What does it feel like and what does it sound like? Oh my goodness, I have a candle burning in my office, and I'm going to blow it out, and the wick got really low, and it sort of got blowing off smoke and I was talking about what I want to smell like - I'm getting smoke in my office. So excuse me I'm going to take a sip of water.

Alright – there we go. So, a little resistance coming out there. What do you want it to look like, smell like, taste like, feel like and sound like? This is the reputation that you are passing on to generations and its going to involve multiple aspects of your life. This is not just monetary, but its beliefs, its abilities, its experiences, its awareness – what do you want others to receive from your sensual legacy? What do you want to receive from your sensual legacy? This is really important. You can ask yourself these questions, and you can define your sensual legacy.

So the sensual legacy that I want to leave behind, the sensual legacy that I'm going to allow myself to live and I'm going to allow myself to receive while I'm here is what? What is it? Okay. You define that. You answer that and then you can be

absolutely certain and confident that your happy new desires are moving in that direction. Okay. Once you've defined what this is, you align your desires with your legacy. Ask the question – is this in line with my sensual legacy? Okay. Be very directive.

One of the more advanced questions we asked after we've defined that is how can I *monetized* my sensual legacy? And that is something I work with women privately on – how can we sensually allow you to leave a monetary legacy while you live your desires? While you live your desires, right? That was my definition of a sensual legacy. I wanted to be able to live a specific kind of lifestyle wherever I wanted, I wanted it to be luxurious, and I want it to be elegant and graceful, and I wanted to be able to receive monetary - large monetary amounts for following my desires. That was part of my legacy. And I want to leave to my children – not only the monetary part of the legacy but deeper. I want them to know that they can live life awake and engage that they can allow themselves to follow their desires that they can allow themselves to be confident and powerful and grow while they are following their desires. I want my – generations that follow me to know that my life meant something, to know that I said yes when the majority of people said no; that I followed what it was that my truth was and didn't just listen to whatever was out there. I want my kid's kids to know that when you stand in your truth, when you follow what it is that is speaking to you – that you can create magic. My sensual legacy is extremely sweet and not the kind of sweet where it feels sugary. It's like that gorgeous nectar. A beautiful nectar that smells sweet and it feels beautiful, and it feels luxurious and it feels available. Available. I want my name, my sensual legacy to last forever.

So when I think about my desires, and I think about the experiences that I want to have in my life, I think about – wow, is this in line with my sensual legacy? Is this going to be leaving the reputation about openness and following my truth and allowing myself to expand in the luxury and allowing myself to have experiences that most people only dream of and I say yes to? So a lot of people told me I

couldn't do what I already done. You will never be able to move to France. You will never be able to run your business s from there, what about the hours, what about this, you have 2 kids, what about Dave, what about all of these? You know what – my sensual legacy is about me doing powerful unique things that are following my truth. I want my kid's kids and their kid's kid to look and say remember what great great grandma Tara did. Do you remember Elegant Femme?

Do you know what we're capable of? Do you know what we can do if we follow our truth? Do you know what it means to me when I live life awake and engaged and alive that I have all my senses? Do you know what it means for me to follow my happy new desires? My little boy has on his wall, and he did this himself, he was absolutely inspired; he wrote a list of the top reasons why he is going to be a professional soccer player. He's 8. The top reason – in fact it's not just a professional soccer player, the best soccer player in the world, and he wrote all his reasons why he knows he can. He actually without realizing it started to create his sensual legacy. I look at that, and I'm able to say to myself – wow, I'm really allowing myself to not only leave a sensual legacy but live one while I'm here.

So you want to make sure – and it's two-fold, what sensual legacy you are wanting to leave behind, what reputation do you want to leave behind and are you allowing yourself, you right now, to live your sensual legacy. Okay. You want to give yourself permission to live your sensual legacy, and one of the best ways you can do that is to give yourself permission to begin to follow your happy new desires.

There is such confidence when you are able to look into your life, and you are able to say I know – I know what I'm living for; I know why I'm here. I know what this means to me. I know the sensual legacy that I want to leave behind. And I know I am allowing myself to live it now. I am a representation of the reputation that I am going to leave behind. If it's courage, if it's power if it's grace, if it's elegance – are you allowing yourself to live that way? Okay.

So that is the importance of a sensual legacy. Okay. That's a big deal. It's a very, very big deal. So I want you to remember to follow your feelings. Remember a feeling is what helps you determine your happy new desire. Once you have your happy new desire isolated – you go into how can I allow myself to experience that feeling. And then you check in – is this a happy new desire or a justified means of approval? Okay. Make sure you follow that steps. Then release, release and bypass the question what if it doesn't happen? What if it doesn't happen? You know that giving yourself permission to follow your happy new desires is going to automatically gift you the feeling that you're desiring. Once you end up – wherever it is that you end up, you grow. More questions. More happy new desires. More abilities. More possibilities for growth – a new platform from where you can engage in your life. And when you have your sensual legacy – you are able to say, is this happy new desire in line? Is this going to allow me to leave that legacy? Is this going to allow me to leave that reputation behind that I'm wanting? Okay. Very powerful.

When I think of leaving a sensual legacy behind – I see world change. I see, in fact, kingdoms. I see an everlasting impact on why I'm here, and when I infuse my desires into that legacy, and I'm able to enjoy my legacy – well I'm alive. Okay. So very empowering way to live. So I invite you. I invite you to fully receive that and to start infusing that to your process.

So I want to do what we've done in the past, and we'll see – I know it's a, let's see – where are you all? I know I have you in a different page. So I wanted to check in and see if there were some of you that have written in some of your successes so far and how you have already allowed yourself to already step into this process. And if you have a question on what we have already covered today – absolutely, I know we got so many questions last time. So I'm actually happy to answer them. So let's see what we have so far. Let's take a look. Alright.

So Franca says: Hi Tara, can you elaborate a bit at actions you suggest to take if we had a desire for a long time, let's say like you moving to France and it takes a long time to get there and once we do it's not what we expected and second, is it normal to have a crisis once as said you are actually getting your desires. Love, Franca.

So Franca – I'm not sure if you sent this question before the call now, we were quite into this, the details of this today. So I want you to know, you don't want to attach to the expectations. It's not give me that happy new desire, and that's going to make me happy. It's can I give myself permission to follow the happy new desire knowing that whatever it is waiting for me when I get there is exactly what I require to become more of the woman I'm becoming. So Franca, I would ask you – what expectation did you have that you are attaching yourself to and what has shown up for you since you got there and I'm wondering if you're now in New York. So, I'm wondering if that's what happens.

And then you say – second, is it normal to have a crisis once you are actually getting your desire? And I did address that on the phone, and the answer is absolutely really is, and this is something that may surprise us, but I want to do what I can to make you aware of it so when you find yourself there you know it really is normal. And that's why I shared a piece with you from the event – when I showed that video. The extremely vulnerable – it's really very scary when we start getting our desires because all of a sudden we realize that we can have whatever is it we want and we're either afraid that we don't know what we want or afraid that we're going to get what we want, and we won't know what to do. So it really is normal to feel that little bit of a crisis mode when you start receiving your desires because like I said – it requires you then to ask new questions, then it requires you to grow. So it's a very good thing.

All of you – I don't want you to be afraid. Don't be afraid of following your happy new desires. You know the women who are attracted to the Elegant Femme

community are women who are not, not okay with indifference, who are not wanting to live their lives numb and asleep. They are wanting to live their lives awake and engaged, and that can be a little scary, that challenge us. So when we follow our happy new desires it's an additional level of growth, it's – woo now who am I? Now what do I do? Now how do I enjoy? How do I grow? How do I expand? How do I constantly receive? Right?

But then in the Elegant Femme community, we are consistently increasing our capacity for receiving and for pleasure. In fact, I have a course that I am teaching now it's called Sensually Rich – very, very exclusive, it's invitation only, it's an incredible program, and we're increasing our sense of receiving to actually receive money and these women have already been through some – the intensity of the Elegant Femme evolution, the Power of Sensuality, they have been to the Indie program, and now they are stepping into receiving, receiving, receiving and even there, they're like – woo, can I still increase my sense of receiving? And then we get into that new space – yes absolutely, absolutely.

So your happy new desires – as you allow yourself to move in that direction and give yourself permission to receive them, that is automatically increasing your sense of receiving. So that's a good thing. Okay. Just know that when you get there – sometimes, yes – sometimes there will be some deeper questions. But don't let that stop you. And enjoy what it feels like to go there. Enjoy what it feels like to actually move in that direction. I remember what it felt like to walk in Arizona with that baguette in my arm. I fully enjoyed it. I absolutely enjoyed it. Right? I would have missed out on that and this if I had not allowed myself to start moving in that direction. Okay.

Alright Kat: Wow – I just had a light bulb moment. We are always expanding if we allow it and there will be always something after we get to that desire. One happy new desire reach will just bring new ones and many generations of happy new

desires. Yes, Kat – you got it. That's absolutely it. That's absolutely it! Yes. Very, very good. Very good.

Alright, Tara what are your thoughts about a full time working adult, 37 year old going back to school and obtaining a bachelor's degree? I thought that was what I wanted, but after listening to these calls, I started to ask myself why? Since you are an involved, fantastic, elegant lady – I'm very interested in hearing your perspective on traditional education versus non-traditional.

Woo – okay. So the first question, I will ask you is why are you going back to school to get the degree? Make sure that it is something that you really want and that you desire and that it's not a justified means of approval. Many people get a certificate or do something because they feel like that, that specific accomplishment is going to make them something is going to prove something, is going to make them capable of something. So, for example, we had a lot of coaches that say – I have to get my coaching certificate in order to be able to coach. I have to get my degree. I've worked with women before that become addicted to getting degrees. I've got this degree; I've got my bachelors; I get my doctorate and then I get my masters, and they keep going, going, and they have a whole bunch of degrees, but they still don't have the confidence because they haven't really allowed themselves to work with a client. So they are still gaining degree after degree. So really – ask yourself why you are wanting that and it may be that this really is for you. This may be something that you're really wanting that you want to learn a specific trade or you want to experience a specific school or maybe you never finished, and it means something to you to go back and get that. That's really – you need to go inside and be really personal about yourself and ask yourself, what is it. And then ask yourself what is the feeling that you are wanting to achieve from getting that? From obtaining that and make sure it's in line from what it is you're really wanting and not to prove something to someone else. Okay – so that's one thing. I want you to be aware that it's not really how I feel about education. This is more about how you feel while you are moving about in the

direction of what pleases you. Okay. I will tell you that some personal pieces I don't feel that degrees are necessary. Okay. I don't feel that it's a stamp of approval and then you get you know; you get to do whatever it is that you want to do. I feel that there is a certain level of confidence and training and living that's required for us to step into that cannot be gained from traditional education or that can be gained from non-traditional education.

So that's a personal thing, and that being said I do have degrees because that was what I was taught to do when I was growing up and then I got into a space that I just loved it. I loved studying. I love learning. I love those things, but I do it for me. I'm considering one of my happy new desires is actually to go to design school in Paris, and it's a happy new desire that actually scares the *biggest* out of me. Right? I know it's a good one. I know it's a big one. It totally turns me on, and I'm like woo – so I've got to take myself through the process that I've taken all of you through. And why do I want to feel that? Why do I want to explore that? I know that deep down inside me I just want to experience it. I want to touch the fabrics, I want to sketch, I want to gift myself permission to follow that desire. That's really what's it about for me. Okay.

That's not just about degree, not about being able to show someone that I have a Design degree. That's about me experiencing that education because it inspires me because it turns me on, because it makes me feel expansive and it makes me a little scared which is a good thing. Okay?

So ask yourself those questions and make sure it's a desire you're wanting and not a justified means of approval. Okay. Alright.

Hi beauty. I love this Tara and I'm all about leaving my iconic legacy. Would you love to share your sensual legacy with us? I know we would love to hear it. Thank you. With *peta/s* – Shakaya.

So I shared a bit of it. I shared a bit of it. I actually have the entire thing written out, and it's quite long so I won't be taking the time to share that on a call, but I did share a bit of it. I did share a bit of it. The reason I'm not doing that Shakaya is because I really want – I want you to create your own legacy from a space of what it means to you and we don't want to get many of comparing or anything like that. I really just want to open up the space for everyone and that's for every single one of us whether you use your mind or somebody else's. I want you to give yourself permission to feel into first – what it means to you? Why? What's the reputation you are wanting to leave behind? Why? Why does it taste like? What does it smell like? What does it look like? What does it look like?

I will tell you a piece of it – okay. What it looks for me is a gorgeous 16th century chateau with cypress trees and gravel and in the summer is a gorgeous stone sculpture as an elegant Femme, and there is on there written the sensual legacy. And then that becomes a place of intuition, of inspiration, of creation and of a place that generations of generations of generations of my family can come together to share, to explore and to step into their truth. But that's a piece of what it looks like. Okay. So I'll give you a little bit there.

Alright. Jeanette – anymore tips you can add, now hold on Jeanette 1 minute, I'm going to cough because the smoke is still in my office a little. Let me mute this just a minute. Alright – anymore tips you can add of transforming an old creative desire that might have turned into a wish into a new creative desire so that it can come true? I'm in a place of forget it – it has taken too long and too much out of me, but it really is what truly makes me happy.

Okay. So yes – absolutely let's talk about this. So, I want you to do this, I want you to revisit this desire as if it's brand new. I actually want you to let go of whatever the old creative desire is and stop defining it that way. And I want you to go inside, and I want you to ask yourself what the happy new desire is. And it might show up when you do it this way Jeanette. It might show up a little bit differently. There

might be just a little bit of a different word; there might be a different location. Something in it could possibly change when you let go of the old, and you breathe new life into this. So that's the first thing. And then I want you to ask yourself why do you want this? Why do you want this? What is the feeling that it's going to give you? My sense is that you're really, really scared of receiving this. So, what is the feeling that you're wanting to receive from this? What is it that your happy new desire is going to do for you? Okay? Then, I want you to make sure that this is not a justified means of approval or for someone else. And then I want you to ask yourself – why, why is this taking so long? Why is it taking so long? And Jeanette I believe you are actually in, I believe – I could be mistaken but looking at your email address I believe you were in the power of sensuality. So you know about your Indie. So what I want you to do, and correct me if I'm wrong if you're still in the line here, and that isn't true then correct me, and I will give you some more guidance. But I want you to connect with you Indie and ask her on the top of the page, and you should have a name for her – why is this taking so long? And see what she has to say because my sense is that you are actually really afraid of receiving this. And when we start holding on to the old desire, we really do turn it into a wish because it hasn't happened, but when we create a happy new desire from this space, we infuse brand new energy and inspiration and excitement into the happy new desire, and it opens up a whole new realm of how we can actually allow ourselves to receive this.

So what do we do when we have an old desire - we attached to that desire, and we attach what we thought was going to work in order for us to receive that desire and then we get *peeled* because it didn't work because it didn't move in that direction. I want you to start fresh. I want you to do a happy new desire. I want you to go into the feeling - I want you to ask yourself what can I allow myself to begin to experience right now that will really feel that way. Okay?

I actually have something that is starting to progress. Remember on the last, I mean on the 1st call I shared with you the Bordeaux? I now have an opportunity to

meet a client there in like 2 weeks. Okay. That wasn't even a possibility until I told you I wanted to roll around in the grass. Okay. So allow the energy and the inspiration to start to be infused in this for you and see what happens. Okay. And again, ask your Indie that question in your journal with her and if you weren't in the power of sensuality let me know. Let me check right now and see if you responded. Okay – so that's the same question.

Does anyone else have more questions? That was quick. There weren't many questions in the bag. Let me refresh. Make sure I am not missing anything. Let's see. Okay. Alright. So we still have quite a few of you on the phone. If anyone has another question please go ahead and send it in and I can go ahead and address it.

This is what I want to say – it has been, gosh think about this, how much information we have been through. Also, before, we get off if anybody wanted to share a success story of what has transpired I would be absolutely – actually is there anybody, before I go into this next part - is there anybody on the live call that would like to press *2 and share a success story briefly with what it is they actually allowed themselves to begin to receive and how perhaps even they started to move in the direction of their happy new desire? Any brave soul that would like to actually tinker their happy new desire by saying it out loud with all of us – if so, go ahead and press *2.

This is a beautiful chance to speak out loud. No one? Wow. Alright. There we go – there are all the hands. Okay. So I'm going to take 1 – the first one. The first brave beautiful soul, and this is from London on a 519 area code, who's this? London, Ontario? Hello who's this?

Leslie: Hi it's Leslie. I called earlier. I was actually on the very first call, and you had walked me through. I had something very simple just kind of keeping my life kind of more simple and everything like that and, so I've

been allowing myself to just – you know, just do that. So anyways this just might be very, very simple whatever, but it is but as far as my keeping just stopping, coffee, sharing with girlfriends or anything like that – there's been like 7 or 8 times in the course of the last 3 weeks were I just, I'm doing that. I really didn't realize I was doing that so about 3 days ago I went – wow this is because I have a girlfriend it's like were so into this and I had shared your website and everything with her, and she's just so grateful that I did, and it was so funny because this is like – wow, yeah okay I wasn't really even fully aware that that was happening, but it is happening right. So...

Tara: Wow. It is happening, yes? Congratulations! Good for you.

Leslie: Yeah without really even feeling it.

Tara: And you know what – that's so nice because when we really follow an elegant easy way our happy new desires will start to show up and you're right it would feel like – woo wait a minute I didn't even know I was in this. I have to say if any of you are on the first call you're recognizing this. Leslie you sound like a different woman. The energy in your voice – you're so much more upbeat, you're so much more open and before what seemed almost impossible before you're like – woo I've done it 6 – 7 times. Next? Right? And that's what I was saying is that once you start to move in the direction – just even a little happy new desire, you start yourself giving permission then other things start to open up.

Leslie: Yeah because now it's more like you think – okay, you can do it on such a small scale just slow down enough to you know, relax and allow yourself the permission so you can do it on a bigger scale, maybe a monetary scale – do it on whatever because I've always felt extremely bust in my life but then it's like you were saying, I'm trying very hard to please everybody else in my life. So you still want to please everybody in your life, but you also kick yourself to the curve so, trying to just – I hate that word trying, but I mean just doing and just saying, hey I'm going, like I mean when I said I had coffee with this one friend of mine that when I was sharing this

stuff with her, you know it was like okay I'm not going to be home tonight until 7:30 because I'm meeting with Brenda at six you know it's like or whatever you know – and it's like, oh okay and everybody was okay with that you know like it's just I don't know – it's just cool. So – yeah but when you also, when I first called in that very first time it was like just before my father-in-law's thing, so I was like yeah a different emotional thing in my life, but I mean, yeah it's all good. Anyway – thank you very much.

Tara: Absolutely. You're very welcome, and I want to ask you Leslie – have you allowed yourself to take the power of sensuality program yet?

Leslie: No. I don't think that I have because I actually went through and listened to the video that you had to understand the difference between you know your Indie and all that like those 3 personality types or sensuality types and that makes total sense. So, no I wasn't quite – I'd like to I just haven't done it yet.

Tara: Yeah. I actually want you to look at it because there is something very specific and there are quite a few women on this call that can really speak to this and you know how powerful this is. We go through something called your sensual circle, and it's exactly what would serve you right now because we can go into boundaries and how do you say a powerful yes and a powerful no and allow yourself to keep your center as a woman. So that, as your stepping into your happy new desires you're really grounded and you're not running around trying to please everybody and what actually happens when you do that because it's depriving to many women, and the power of sensuality is available right now only until Sunday and then we'll go ahead and close the vault. We offer it only a couple of times a year – so go to thepowerofsensuality.com/yes and you'll see all the details on the program. Its 6 weeks long. It's absolutely incredible. The testimonials about women who have received the transformation and I did something very, very special on that page as well. So go to that and see that because that is exactly what's going to serve you now. Okay?

Leslie: Okay. I will.

Tara: It was gorgeous to connect with you. Congratulations again. I appreciate having you live on the call.

Leslie: Well thank you. Thank you very much.

Tara: You're welcome. You're welcome. Bye-bye.

Leslie: Okay – see you.

Alright very, very good – so I appreciate you sharing that, and I'm really glad you actually brought that up because we have we talked about this a little bit throughout the program; we have this tendency to judge our desires. They're not that big. They're not worth it. Oh wow – they are never going to happen or it's not worth doing it because it's so small. And once we start doing that we stop ourselves from receiving any of the bigger desires. So please allow yourself to enjoy whatever your happy new desire is - whatever it may be, and I love that you shared that Leslie.

And all of you that have not been through the power of sensuality - you need to go look at the powerofsensuality.com/yes. There had been hundreds and hundreds of women up until this point who have received tremendous transformations from this process.

Okay – so there is another question that says can you manifest a happy new desire in behalf of someone else? I really, really want my man to get a new job.

No, you cannot. You can't manifest a happy new desire for someone else. What you can is allow yourself to receive whatever it is that would – what you're looking at, feeling at, if your man, if your partner gets a new job. What is that going to provide for you? What is that looking to feel? This came from another Jeanette. What are you looking to feel? Is it freedom? Is it confidence? Is it independence? Is it abundance? What is it you're looking to feel? And then ask yourself what it is you

can do to start moving towards the feeling. And this is really a good power of sensuality example also Jeanette you would know that you are not in your sensual circle with that question. So I invite you to go to the powerofsensuality.com/yes as well. Okay.

Very, very good. Very, very good – wow! Wow- we have been through it. So I have enjoyed absolutely sharing all of this with you. It has been so much fun for me to create this program, and it has been a pleasure to connect with so many of you live and a lot of you I've been noticing have already been to the power of sensuality so if there are those of you that are wanting to know what the next steps are for you and we absolutely do have them in the Elegant Femme evolution, we have Embody, we have the Indie; we have some deeper programs – so if you're interested in those next steps and you're wanting to know now that you have been through the power of sensuality how you can take that a step further, how you can allow yourself to continue to progress on that path – then go ahead and email info@elegantfemme.com that's info@elegantfemme.com, and I will make sure that you receive that information.

So again it's been a pleasure. Enjoy stepping in your happy new desires. Enjoy your night and we will all I'm sure be in touch. Move in the direction of your happy new desires.

Good night everyone.

[End of transcript]