

“Can You Get Naked With Yourself Right Now?”

By Dr. Cindy Brown, “The Relationship Strategist”

What do I mean by getting naked? I am referring to you becoming conscious and aware of your self, your challenges and your life... HONESTLY! THEN, dealing with these in an open, authentic fashion...not hiding, or avoiding (being in denial,) but instead exploring, sharing and speaking in a way you help yourself and you can help others as well.

This is my passion and it is what I stand for and I am making a stand for you to do the same so we can make this planet earth a better place!

As human beings we have learned to hide, avoid, and move on and get busy in order to deal with our lives and ourselves. We condemn and disapprove of ourselves with our own Egoic thoughts and feelings of judgment, shame and guilt and then our own self-talk finishes up on us. We see society judging us and then we do the same to ourselves. No wonder we can't be honest with others and ourselves! No wonder we continue to do the same things and get the same results. **Didn't someone tell us that this is INSANITY!**

RIGHT NOW I am giving you the opportunity; NO I am challenging you to start becoming NAKED right NOW with me!

People that know me really well know that I speak my truth directly and I don't “tip-toe” around very much. I have been known to bring up often taboo subjects at parties in order to share my wisdom/experience and help others gain some relief with what they tell me they are challenged with. For example a few months ago I was at a party and somehow as I was talking to a women about relationships and we got on the subject of sex, and before I knew it I had a huge group gathered around me intensely listening to what I had to say about Sex and intimacy.

By me speaking my truth and experience I helped the women understand men better AND what they (the women) need to do in order to get their intimacy and romance needs met, AND I helped the men begin to understand what they (the men) need to do in order to get their masculine needs met in a more loving, productive manner.

Check out <http://www.GetNakedwithDrCindy.com>

Here are a few suggestions to start this process of getting NAKED:

**STOP DOING (the doing distracts us and allows us to be unconscious)
Instead:**

-Listen, turn inside to your inner energy (your essence and vital energy), tune into your inner voice. If you don't stop for a minute the doing of your life, the tasks & responsibility, stop thinking, you can't know or hear what is happening on the inside, where I believe spirit or God is revealed to us through us.

-Become conscious and aware, stop thinking and tune into the energy around you, in your environment, in plants, nature, in the sounds, in the smells and the sights around you. When you are moving at 100 miles an hour and so are your thoughts, your labeling and judgments are taking up all the space, there is no space for consciousness. Create space by tuning into your breath.

-Look Around your life, environment, results of your life and look at your beingness, Do you like what you see and experience?

-Ask yourself some direct and honest questions about what you want vs. what you have now. What do you need now to have that? If you need guidance with this and any of these steps contact me for a results coaching session at 310-202-1610

-Create a plan of action from this place of Consciousness, awareness, clarity and honesty. And take action on that plan everyday.

Getting NAKED is your first step to having the life and relationships of your dreams. When you are truly willing and courageous enough to uncover, discover and become a conscious and aware student in and of your life, life opens up to you.

I know first hand how this has worked for me this year. As I become more willing to look at my self, my life and my results more deeply and honestly, be courageous to keep moving forward in it despite my fears, judgments and uncomfortably at times, and share with you my many learning's. I only keep getting better and better! And hopefully you keep learning as well!

Thanks for being willing to get NAKED with me! Check out <http://www.GetNakedwithDrCindy.com> for more information about my Get Naked program.

Remember: In order to be the person you have never been, In order to have the life and relationships you have never had, You must do what you have never done before: Give me a call 310-202-1610 or contact me so I can support you in having the best life you've ever had!

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