

The Limitless Experience Podcast  
The convo with Lauren White  
Transcript

Lauren: ([00:02](#))

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Suzy:

Welcome to the limitless life experience podcast with me, your host, Suzy Ashworth. I'm a mum of three, seven figure serial entrepreneur, Hay House author, international keynote speaker, quantum transformation and embodiment coach and believer in miracles. My superpower is helping female entrepreneurs, like you, create six figure breakthroughs in your business fast so that you can expand into limitless living and create an incredibly positive difference in the world. In this space, you will hear me talk all about wealth, yourself, spirit and impact. This is the limitless life experience podcast.

Suzy: ([01:17](#))

Let's get into this mother freaking show. Hello hello you gorgeous human beings. It is Suzy Ashworth here, and you are listening to the limitless life experience podcast. And I feel like it's been a minute and it's definitely been a minute since I had a guest on. So I am extremely excited to welcome to the limitless life experience podcast show, the magnificent the, I want to say I was thinking about a word and I was like, I'm not entirely sure that that is an actual word. So I'm going to use the different adjective, the incredible Australia's secret keeper, the founder of the secret society, the founder of unveiled, just all around incredible human being Lauren White. Welcome to the show.

Lauren: ([02:11](#))

Thanks Susie. Thank you so much for having me and what an introduction. Thank you. I'll take it. And the singing, more singing, please.

Suzy: ([02:23](#))

You are very welcome. And for everyone who's listening to this, like the joke that was just happening before we went on air with, "I can't hear you. Can you hear me? Are you there? Like, hello knock knock, McFly?" We just had all of the things happening. So this is us live and raw. No prep just diving right on in so that we can have a really glorious conversation with you. I really wanted to do this interview after being on Lauren's podcast, which we will link below. We have the most incredible conversation. It was so nourishing and nurturing and rich, and I'm not sure whether it was you or maybe it was a quote from me or somebody. Anyway, it said that listening to the podcast was like bathing in gold. And I was like, like taking part in the conversation was like bathing in gold. So I really wanted to have you come on

as a guest on the limitless life experience podcast so we can share some more of your magic with my people. So thank you so much for sharing your time.

Lauren: ([03:41](#))

It's a pleasure. And it's your invitation, your original invitation to be on this was that the end of the episode that we did together. And it just, I was saying yes before you even finished the sentence like of course, like stumbling over this golden invitation. I'll take it. Yes, of course. So no, thank you. It would be, I'm an avid listener of your podcast. So it's really exciting to use one of my favorite words. It's really exciting to be able to give back to some, to a platform that I've consumed so much of over the last six months.

Suzy: ([04:24](#))

Thank you. So tell us a little bit about who you are today. Who are you?

Lauren: ([04:32](#))

I'm a confidant. I am a confidant today and I've been a confidant every day of my life. So that is an unwavering part and unwavering aspect of what makes me Lauren. I have always, and will always keep people's most secret stories and experiences and perceptions and feelings and everything in between. I will always hold that really dear to me, that people are willing and courageous enough to step forward and share with me all that they do about their deep, rich internal world. And you know, the words I've never told this to anyone before. You're the second person I've ever told this to is something that I've heard a lot of over the years. And I think that is such a cherished role to be in one that I value so highly as someone with a personality profile that is very intuitive and very much about feelings and very much about what goes on in people's internal worlds. And I love one-to-one and really, really diving in deep. So, I mean, first and foremost, I am a confidant and I always have been one. So, you know, 2020 was really about owning that and stepping into it and not using it as a throwaway line in a piece of copy. It was about, Oh, that's the actual thing. And to not soften it, to just say, Lauren White confidant. So that's where I am today. And that's what I will be every day. I can say that with complete assurance.

Suzy: ([06:13](#))

Why do you think that that role is so important?

Lauren: ([06:18](#))

It's important because it saves lives, being a confidant, listening to peoples, listening to people's stories and their experiences saves lives. And it could be that in stepping into that role and providing that space for that day, I emotionally remind someone why they need to save their own life, or it might be that their actual life is saved by sharing that story and unburdening and getting a different perspective rather than staying what I call the bathroom store moment and bawling their eyes out and feeling alone and feeling like no one can hear them or see them or understand them or relate. And they feel completely alone in that that's, that's what

takes people's lives. And if it doesn't, something I say to people who follow me is if it doesn't actually take your life in the form of death or suicide, then it takes your metaphorical life being wrapped up in what feels dark to being wrapped up in what makes you feel intensely alone.

Lauren: [\(07:22\)](#)

It is very isolating and we're not, it's safe for us as humans to be alone, but to be chronically lonely and chronically isolated and chronically detached from groups. And that feeling of belonging is incredibly unhealthy. So unhealthy that scientists, researchers believe that loneliness takes your life years earlier than it would if you, if you weren't lonely. So it's basically likened to smoking 15 to 30 cigarettes a day in terms of your lifespan, if you're lonely and you're a non-smoker, so it's actually will take your life in some way, shape or form. And that's why I think that's why I believe. I should say that this work is so important. Being seen and heard to me is everything. And it's a currency that I believe will be greater than money, greater than Bitcoin, greater than all of them. I think in time it will be who can give me attention. That will be the greatest currency that we have.

Suzy: [\(08:28\)](#)

I think it's interesting that you use that word because in the coaching industry and the world that we live in, like attention is everything. You know, when it comes to sales and marketing attention is everything. And I think that the way that people show up on social media, it is all about gaining attention, but the attention that most people are seeking and are available for, I think is very surface level. And I think that many times, the idea of somebody truly seeing you can be scary. What do you think about that?

Lauren: [\(09:11\)](#)

It is scary. It is scary. Having someone see you, someone who can see through all the masks that you wear, who can see through all the bullshit, all of the pursed lip smiles, all of it. But if you aren't seen, then it comes at a cost. It's not being seen costs, especially women, I really feel like this is, there's an extra piece there for women. When we aren't seen, when we don't see ourselves, we go through life like living, but we don't feel alive. We don't feel engaged. We don't feel like we're fully in flow. We feel anxious. We feel worried. We feel like we're constantly preoccupied with what everyone else thinks of us and we're never accessing our authenticity. And that to me is a cost that I am not willing to bear in this lifetime. I feel like I've had, I've had a taste of it, a good taste of it. I feel like I've, well, I've seen generations before me continue to live in that way, continue to live with the mask on, continue to be disconnected from their authenticity and subscribing to roles that aren't really them. And I can't bear the discomfort of it. I would prefer the discomfort of being seen in all of my mess and all of my shit, than to walk around holding it all inside in my body and my soul, and to be a woman that's not even half alive. That feels, that feels like death to me.

Suzy: [\(10:42\)](#)

I am really curious. You say that this is the role that you have played your entire life. And when did you know that your gift was that of keeping people's secrets?

Lauren: ([10:58](#))

I've never been asked this before, so I'm actually casting my mind back and I've never actually stopped and gone, okay at what age, when did this, when did this all start to come through? The first thing that came to mind, and I like to think that the first thing is usually, you know, intuitively the right one is I really feel that it started in high school. It probably started earlier than that, but my memories of it that are surfacing right now, all around high school and holding other girls, I was at an all girls school in Sydney, Australia and holding their secrets about their anorexia and their family problems and the affairs that were going on between, amongst our parents, not between our parents, but amongst their parents, and the separations and then divorce.

Lauren: ([11:47](#))

I remember actually, this is what I want to say. This is what I'm getting to. I remember my parents going through a separation when I was about 14 years old and there were parts of it that were messy and I was the youngest of three and I really felt left behind and unseen. And I went and saw the school counselor and that changed my life. I felt so, so safe in those sessions. I looked forward to them. I was excited about being seen and heard with undivided attention because the problem with being in an all girls school is there's lots of bitchiness. There's lots of gossip. There's lots of, how do I know when I tell this to someone that it's not going to go to this person? So being in that room with that counselor gave me an insight into what I could yeah, into being heard and confiding in someone. And I think it planted a really significant seed to be, to flip it around and to be the person that could listen, yeah.

Suzy: ([12:48](#))

What type of women do you work with now? What type of woman experiences? The type of loneliness that you're talking about?

Lauren: ([12:58](#))

Yeah. I work with high-achieving professional women and entrepreneurs, and they are at a point where they are, they've spent so much energy and attention on building their career, building what they're passionate about, throwing everything into their work at the cost of really knowing themselves. So they've reached this point where yes, they've got the accolades. Yes, they've gotten the money. Yes, they've got the status. Yes, they've gotten to a point where everyone looks at them and goes, wow, you're amazing, like you're kicking ass, but when I see them and when I work with them, when I see them online, I can see that they're hiding, they're hiding from the truth that they don't really know themselves. That outside might look polished and like they've got their shit together, but inside feels like a different experience, like a different story. That there's parts of them that are still in feel incredibly inhibited that feel very much still playing to the conditioning

Lauren: ([14:05](#))

that's expected of them in their roles or in how they project themselves. And they come and work with me, whether they've worked with whether they work with in a group situation or one-to-one because they're really wanting to reconcile that, to have consistency and congruence in terms of how they step forward and work and how they step forward in their personal lives and their private identity. That saves them so much guesswork and so much stress because they don't have to change hats, they don't have to change masks. They can just be the one thing. And yeah, it's an absolute joy to help, to walk alongside them and to see them start to come out into their fullest expression. It's such a turn on, it turns them on and it turns me on. That's a term I use a lot as well. Turn on. It's one of my barometers, does this turn me on? That's something I ask myself all the time and I encourage women to ask themselves as well.

Suzy: ([15:06](#))

Yeah. I mean, I was going to ask you about sex because you're, you have a, I don't know whether you were a sex therapist or a sex coach, but what were you and what drew you into that piece?

Lauren: ([15:22](#))

Yeah, so that's an easy one to answer. So I went through my Saturn return at 27, 28. It was a classic, classic Saturn return. It's once every seven years, you tend to go through quite a life change. Like it happens it's age 7, age 14, age 21, age 28, age 35. And it can be a period of intense change in regards to your career and personal identity. And I went through a really classic 180, maybe not 180, but I really just, it's a time of evaluating everything in your life who you're friends with, who you're with in terms of intimate relationships. And mine was, I was working in drug and alcohol as a registered nurse. And I just went, ooh, what can I learn next that doesn't abandon all of my incredible skillset, but builds upon it and will extend its life and I stumbled across Curtin university's sexology program.

Lauren: ([16:20](#))

And I'd never heard of sexology before. And I was like, Ooh, I'm going to be a sexologist to get into this program. That sounds like a pretty cool title. And yes, it's a real thing. Being a sexologist is a real thing. So I went through and got my qualifications and this will help answer the question when it got to the second year of my studies, I did a postgraduate diploma when it got to the second year of it, I decided to, and it was 2012, I decided I was going to do all the sexuality experiences I could as well as work as a nurse, as well as study. And dare I say, I almost burned myself out that year, just trying to fill myself up with personal growth and trying to push my edges. And I did some really edge, it wasn't even edge dwelling anymore.

Lauren: ([17:11](#))

It was really stepping over the edge.

Suzy:

Well, tell us what were you doing?

Lauren:

How much time have we got? Yeah, so, okay. One thing I did, and this is me confessing a lot by the way, cause I'm happy to confess to you Suzy cause, you're a very safe space and I know everyone is going to keep this in confidence. I worked with a male sex coach and I was in a relationship at the time, I was married, I'm still married. And I worked with male sex coach to help explore my orgasmic energy. Now. I do not recommend this to everyone. I was in a phase of I'm going to do everything, I'm going to do the most extreme stuff, I'm going to, and it was one way. It was a one way process that I did with that person.

Suzy: ([18:07](#))

Can I just ask you is this process where you will go through certain stages? So they will start by just using light touch massage and that will be stage one and then stage two, they will use like a vibrator and then there'll be a stage. I don't know what the next stage is, but is that the process you're talking about?

Lauren: ([18:24](#))

That is the process. But the person I went with was on one end of the spectrum and it was more of the, we're just going to go in really deep. That would have been great if that was the process, but this person operated from a different place and operated from the shadows essentially. But this is where experiences aren't cut and dry because by the fifth session I'd had with them, which was talk for the first 30 minutes and then hands-on exploration one way for the next hour and a half or so of the session, by the fifth session, I had a full body orgasm, which was, I will never forget it. It was amazing. And I want to emphasize that I gave myself that full body orgasmic experience, not the male sex coach.

Lauren: ([19:19](#))

They were just, they were there as a facilitator, but I really was able to take myself there. And it was an absolutely profound experience. And I continued to work with that person and went on a six day retreat with them, which was another form of, with about 30 other women, all based around sex and exploring sexuality. And that was really expensive as well. I just felt like in that year that I was so gung ho and so in my excitement, and so in my 'I've got to expand energy' that I would ignore some of the red flags. I think that's one of the things that I really took away from that year. And it's interesting when I look back, I can't say that I have regrets because there were, first of all, I never got harmed. I just want to reassure everyone of that.

Lauren: ([20:13](#))

I never got harmed and I never experienced trauma. However, I did feel like I didn't listen to my own inner, our wisdom, or intuition at times, because I was so eyes on

the prize of stretching myself and going as far as I could in my sexuality as someone who'd historically been quite repressed. And yeah, I did a lot more than that in that year, but that was the most significant piece that really had me seeing a different side my sexuality and a completely different experience with it.

Suzy: ([20:51](#))

Oh, I have lots of questions. My first question is you said that this guy was operating from the shadow, what do you think that you ignored? What were the red flags that on reflection you're like, hmm, that was a little bit off, that was misaligned?

Lauren: ([21:11](#))

Yeah, I believe that the touch didn't build up enough, like it was, but the questions I was asked were all, like there was the, there was him checking in with my consent, for anyone that doesn't know, or hasn't heard this before consent and in particular, something called the wheel of consent by Betty Martin who's absolutely phenomenal is, underpins a lot of sexuality work. And even though we went through the wheel of consent and please look that up and please access her work, even though we went through that. And, it's like, he was saying the words, but I still felt like I needed to, and this is, this part's on me, I still felt like I needed to say yes to get the most out of the experience with him because of what I'd heard about his work and where he could take female sexuality and what women could access by working with him.

Lauren: ([22:11](#))

So I felt like he probably didn't pick up on the times where I said yes that's okay that you touch me there or that's okay that you do that, or that's okay that that's the next step. And he didn't really pick up on any in congruence with my body language or whether my voice sounded different and I won't disclose something he asked me, but he did ask me something once in the middle of a session, when I was in a heightened state of arousal, he did ask me something and I did say no to it. And it was really him operating from a place of his own gratification. It wasn't about me anymore, it was about him. And that was really out of, well that was really unprofessional. And it wasn't holding me as the client, as the center of the process. It really was, if I shared the question, you would be full aware that that was about something that he wanted to take from that interaction, that session, it wasn't going to be something that was going to facilitate my growth or my healing or my progress.

Suzy: ([23:19](#))

Sure, you said that you continued to stretch yourself during that year. What was it that you were, you said you went from up until that point feeling quite repressed and you were looking for this expansion. I'm curious when you think about the you now and what that entire year gave you from an energetic perspective. So I don't know whether you were working with energy in the way that I'm thinking about it. Like when people talk about sex magic and that sexual energy and co-creation and manifestation, were you working with yourself in that way? Like what was the stretch,

I suppose, is the real question that you were looking for and how does that impact you today?

Lauren: ([24:13](#))

Yeah, it was definitely the energetic work. It was the tantra, the tantra, the tantra, the full body energy orgasms that, and anyone who's read my book 'permission' will be like, you know how I feel about tantra. It's just, I, in full ownership, I just feel like I've had my exploration with it. And for me to come back into that expression, it would be so much about the person that's leading that or facilitating that exploration more than the work itself. I just feel like there's a lot of, yeah, my forays into tantrums, some of the people that work with it, there are a lot of shadows and there are a lot of, there's a lot of talk and then the actions are completely different. And that's a systemic issue within sexuality work and people's intentions for being in it.

Lauren: ([25:07](#))

But to answer your question. Yeah, it was really wanting to understand energy, like a lot of the full body, to go back to the full body orgasm. A lot of that, he wasn't touching me. That was hands-off. That was my energy in my body being augmented, my whole body vibrating at a hundred, what felt like a hundred thousand decibels. I could not stop moving. It was, it was ecstatic. It was incredibly deep. It was profound and it was hands-off, he was moving the energy. He was facilitating the movement of energy in my body with his hands. So it was definitely that hunger. Like I was so hungry that year for feeling into magic and feeling into the unknown and experiencing it through my body, because it was so different from being the, a geek and kicking arse academically.

Lauren: ([26:07](#))

And I just had to explore these other facets of myself so I didn't feel so one dimensional. And as the year progressed, I definitely started to cotton on to where my edges were and really started to abide by that wheel of consent and edged away, moved away from his work and moved into a body of work that was still about energy. But with some leaders and facilitators that in my opinion have, cause they're still working and they're absolutely incredible, have a lot of integrity and really clear boundaries and are very clear about consent and the lines of the work feel a little cleaner. So yeah, I learned, and then I was from that learning, I was able to step into bodies of work that felt more aligned and were still very fertile places for me to explore myself and to use what I'd learned to help clients.

Suzy: ([27:09](#))

Yeah, I'm really curious. How does it live in you today? Like on a personal and a professional level, because I know that actually you don't tend to work with so many people who want to come to you for, I was going to say sex work, but, sexual, sexology.

Lauren: ([27:29](#))

Yeah. I still say sex work by the way. Okay. Yes. Sex work, love sex work. They see that, then I say, okay, yeah, sexuality. Yes. I made that mistake all the time. Yeah it's not this, it's not the main presenting reason. I really feel like the way that I perceive what I've learned over the years and what I have to give is way more dynamic than solely focusing on sex. And what, the way that all of that came about was particularly from, I think maybe the second half of 2019 to well into, to the year 2020, I started to notice that even though women were presenting him with sexual concerns and sexuality concerns and vaginismus, and problems opening up to their partners and feeling like their own sexual shutdown. So much of the work ended up being about their personal power.

Lauren: ([28:34](#))

And it ended up being about so much more than sex that I was just starting to get that tap on the shoulder. Like it doesn't have to be about sex anymore. And in fact, it being about sex as clear as it was who I served and what my niche was, it was also off putting for a lot of people. And I'm okay with that. If anyone knows me, they'll know that I'm okay with turning people off because it allows me to access the people that I can help to turn on. But there's a but, I've started to learn that because my experience and my personal life experience has broadened, I can serve in a really, really dynamic way where my intuitive, super powers can emerge and help women to access within them so much more than the sexuality piece.

Lauren: ([29:31](#))

It's about their power. It's about their boundaries. It's about their intentions. It's about how they hold themselves. It's about how confident they are. It's about how it is they are fully expressing themselves. And if we can do that work, then the sexuality work is really, that just falls into place. If you can do anything by day, then you can, then you've got a much better chance of doing it by night. And that was always one of the key pieces that I shared with women when I was doing sexology sessions was if you can be this way in daytime life, if you can have flow, if you can show people who you are, if you can breathe, if you can bend your body, if you can, dah, dah, dah, dah, then when it comes to your libido for sex, and when it comes to being propositioned or propositioning or initiating, then you've got a much better, you're in much better stead to actually to open up and to access everything that you want and be the sexually empowered woman.

Suzy: ([30:38](#))

I am really interested to know, are most of the people that you work with in partnership and in relationship, or do they struggle with relationships?

Lauren: ([30:49](#))

Now that I've stepped into being a confidant. I'm seeing way more women that are not in relationships and, or they're in the early stages of dating and they're really picking up that they don't want to repeat old patterns. They've come to me because they've said, I know that I've defaulted to this in previous relationships, I've allowed this. I have been a people-pleaser, I have worn masks. I have bended

myself to fit in with other people and go along with what they want and that's not something I'm willing to do anymore. So it's been interesting and having sexology as the centerpiece I did attract women that weren't in relationships that really wanted to work on this before they were dating again, I thought that was always wonderful. I loved those clients because it wasn't, the work wasn't impeded by their partner stepping in and saying what they wanted from the process.

Lauren: ([31:57](#))

Yeah. And there's a real key difference between women who attend any of the sessions that I've held that are in relationships and women that aren't, and I'm really, this is a bit of a secret. I really love working with the women that aren't in relationships or are dating because we just get to focus on them and there's no other influence or pressure. And it just feels, the work feels really clear because it's just the two of us in the therapy process and the two of us when they're doing their home exercise and there isn't anyone augmenting the results or saying why hasn't this happened yet? Or arguments that get in the way, or I just, yeah, I really love working with women in their independence. It's great.

Suzy: ([32:51](#))

I am curious about your vision for the planet. You talk about the unveiling of ourselves and the removal of masks and what would the world look like for people who were really willing to be safe?

Lauren: ([33:13](#))

Oh my God, my body's on fire. Ah, there it is. Yes, I love the sensation that's just rippling through me right now. I was a bum shuffler as a baby and I'm just kind of jarring my pelvis back and forth. So your question is really activated something in me that was sleeping. Ah that question. I just believe when, when women see other women and women take off the mask and remove the veil and show up in their light as themselves, no tall poppy syndrome, that's something that's quite an Australian term. It's what happens is, when people start to rise above the rest, people try to cut them down. It's like, get back into place, be humble. Don't brag, don't think that you're better than someone else. But I think there's because I believe in abundance, I feel like there's so much space for everyone to be more than a tall poppy, but a tall Rose or a tall orchid, or just the most beautiful bouquet of flowers you could ever imagine.

Lauren: ([34:24](#))

I think there's room for it. I think it's activating. I think it makes the world a far more generous place. And this is the interesting thing about the feminine is that we think a lot of women that I work with, think that they're being generous and I want to emphasize think, they think they're in generosity, but they're not actually in generosity because it's coming from a place of scarcity and fear. And what are the ramifications if they don't see me over-delivering and undercharging and serving so true generosity, I feel when I am in abundance, the way my generosity works is a complete whole other level. It is unattached. It is so clear. It is so connective. Like it

really wants to see women connect the dots between each other and work for each other and pay each other. And you get on this podcast and you should work with that person and blah, blah, blah, blah, blah.

Lauren: ([35:23](#))

It just moves mountains and it serves and benefits all of us. And that's why I do what I do. If we are stuck in contraction, if we start in our small mind games and I can't be this way, because then people will think I'm really conceited and full of myself, and you know, whatever negative slant there is on being confident or fulfilled within yourself, then no one benefits. You don't benefit. No one's turned on. Everyone stays small. Everyone is in a form of apathy. And I just think that it's just not worth it. It feels, it's draining and none of it's exciting and none of it gives us those full body, goosebumps. Like I live for goosebumps now and I live for excitement. And as a manifesting generator, I live for satisfaction. It's like, does that satisfy me? So I know that when we live in that intensity, that everyone benefits and it's fun, it's so fun. That's the point.

Suzy: ([36:30](#))

One hundred thousand percent. It's most definitely the point. But, or and, the question that was coming up, I don't necessarily know that it's a question that I ask myself, but I feel that it is the question that is in the collective. Is, is that allowed? Are we allowed as women, who walk around feeling, being fully activated all of the time. Like, are we allowed? And is that even possible?

Lauren: ([37:01](#))

Yeah, we are allowed when we say we're allowed, and this is why it's so important for me to be in my sense of aliveness, to be in my fullest expression, with what I project, not just because it feels better and fantastic over being small and meek and making sure everyone's comfortable, but because I know that women need permission. I know that they need to be shown, not just told in words, but they need to see it and hear it that they are in fact allowed. And it's really only them. And the conditioning that they've been exposed to and is still running the show, that is saying otherwise. So yes, we are allowed and we can give ourselves the green light and it feels amazing. It feels so much better than the alternative, than the apathy and the lethargy and the, you know, choose, the desperation and the sad, the victim mode and all of the other hosts of things that come with not being seen and playing small.

Suzy: ([38:13](#))

You talked a bit about the masks and I'm curious, is it, are we all wearing the same masks or is it different for every person?

Lauren1: ([38:23](#))

I think it's different for every person. And what I've noticed is women wear different masks depending on the situation at hand. And that's when it gets really exhausting. I had one of my one-to-one clients say to me recently it is so exhausting

and it is depleting my energy, trying to choose what mask I should wear based on what interaction I'm having with what person. She was constantly thinking, who does this person want me to be? And how can I amend how I speak, how I stand, how I hold myself, what I say, to try and to try and gratify them to try and please them and a few masks that, yeah, it's not, I don't think, I do not believe that every woman wears the same mask, but a few masks that are really common are the mask of perfection. And that doesn't mean that you're perfect or you think are perfect.

Lauren: ([39:15](#))

It's the mask of striving for perfection always and not celebrating yourself and constantly moving the bar exceptionally high and never really enjoying what you're doing. Another mask that I really want to work with women on is the mask of palatability. That is my real passion project being palatable, being a cardboard cut out, being the plain cracker so that everyone can have a bite rather than choosing to be something that is more exotic, something that is more flavorsome, something that is more dynamic and daring and brazen.

Suzy:

The jammy dodger?

Lauren:

Yeah haha. So that is my real passion piece at the moment is working on palatability and I'm going through my own process to be completely transparent of looking at where I'm palatable, looking at where I'm boring. And I'm not afraid to use that word. I know something I've said my whole life is if you're bored, it's probably because you're boring.

Lauren: ([40:18](#))

That's very old thing. I didn't write that, but it stayed with me ever since I first heard it when I was a teenager and every now and then it crops up in my life. At the moment, I must admit it's on at the time of recording, it's on repeat. It's like, I feel bored. Lauren, where are you being boring? Where are you sticking to status quo? Where are you not allowing yourself excitement? Where are you playing it safe? Where are you not anchoring in different experiences that you can do through your body to give you excitement and to meet your new edges in this phase of your life? I've yeah, it's a real, that's my real passion piece personally and professionally at the moment is stepping out and being seen and full peacock feathers. Love it.

Suzy:

Where have you been being boring?

Lauren: ([41:09](#))

Hmmm yeah, I'm definitely boring in sex at the moment that needs my attention again. I think that has occurred for a number of reasons. I was quite unwell throughout, for a number of months through 2020 with a few different health issues. And I feel like that really sapped my libido in all of the definitions of libido. But now

it's really coming back now that I'm not so well. And I feel like I need to remind myself that I'm not unwell anymore and that I'm not working in sex anymore. And that it can be really curiosity provoking again, because I did work around sexuality for eight years and studied it for two years. So let's just say 10 years. So I feel like that could do with a real, like a real life reboot.

Lauren: [\(42:01\)](#)

I am being boring at the moment in regards to what I can access within, where I'm living and the current conditions that we're under, which are very open. We're not under a lockdown at the time of recording. So a lot of things are available to us. And so I really feel that I could pause in the coming week and look at, okay, what am I going to put in place that excites me? What can I, how can I always have something to look forward to that is very different from what I've done before, and I'm talking like two hour experiences. I'm not talking, it has to be a week long sexuality retreat like I did in 2012, but just, yeah, I really think that that's, that those are two of the ways that I could keep exploring my identity and keep the excitement running.

Suzy: [\(42:53\)](#)

I love that and thank you for your openness. And it really just, what you said about feeling like you're being boring when it comes to sex. It reminds me of a conversation that I was having with a client the other day, about how what we focus on expands. And this is an old saying from Barbara Currie, if you don't use it, you lose it. And it's easy for us just to forget the things that we know, it's easy for us to forget the things that work and the things that expand us because of life. Life is easy to allow life to get in the way. So to hear you say that when you've got 10 years of, you know, sexology work underneath your belt, I hope makes everybody kind of breathe a little bit of a sigh of like, okay, you know, and at the same time I recognize that some people might listen to that and feel like, oh, do we ever have to not put the intention in. Do we ever just like get it and it just be done. My answer to that is probably no, but that doesn't have to feel like work. It can feel, like if I have to put work into life feeling exciting, I think I'm more available for that than life being boring and dull and stale, and me just living rather than alive-ing.

Lauren: [\(44:19\)](#)

Mmm yeah. I wholeheartedly agree with that. I wholeheartedly agree with that. And what you said about putting the work in, I just want to reassure people that once you've done, like I did the hard yards with the sexuality work and really cracking open and all of the experiences, I know that that's available for me to access and it's not going to take a long time. So it's not going to take me another 10 years to just access and drop into that again. I know it's available for me when I choose for it to be available to me. And I put in a little more considered effort and I remind myself of all of the pillars of learning that I embodied throughout those years. And yeah, losing touch with what you know doesn't mean that it's going to take you a long time to reaccess it.

Lauren: [\(45:06\)](#)

So I want to reassure people of that, but I think, I agree with you, I think there always needs to be concerted effort with whatever is for your highest good that it's not always going to be, you're not always going to do it mindlessly. And in fact, if you are doing it mindlessly, maybe it's not turning you on anymore. Maybe it needs a refresh. Maybe you've really, really gotten away from your edges and you've stopped growing. So I really feel that there are nuances and it's a prism that you can look at through multiple sides. It does not just the one straight line or one straight answer.

Suzy: [\(45:43\)](#)

Always. It's never just a straight line. As we draw this to a close, I would love for you to share when you think about again, bringing you back to the big vision and what your intention is, actually not the big vision, what your intention is for women in 2021. What is the next step of the big vision for the people that you come into contact with? Like, what is, what do you want them to be saying about life and how it shifted this year for them?

Lauren: [\(46:24\)](#)

I want them to say that they were in apathy, that they were, I don't want them to say that, but when I made them, they are in there. So I want them to say that they were in the darkness, that they felt like no one really heard them or understood them. And that they've now shifted into a place where they can be vulnerable and they can feel brave enough to be vulnerable and to put themselves out there in new and exciting ways. And in ways that they never thought they would have before, because they thought their identity was the, just set in stone and stuck in its place. And for the fact that we can't, well overseas challenge overseas travel is a real challenge still. So for the fact that we can't explore the world out there, there is a piece of me that's really grateful because exploring the world out there can be an escape from exploring the world inside of us.

Lauren: [\(47:22\)](#)

And I think that we can have really rich fantasy lives and we can bring our fantasy to life in our fantasies to life in really small, powerful ways with our own environments. And I would love if women walk away with that piece for this year and start to not feel like the fantasy world is right out there, 10,000 miles away, but that they can live in it, in their inner world and have it around their home and around their near and dear environments and see themselves and be playful and be explorative and see other sides of themselves that they just weren't. They just didn't even believe were inside of them. That would be the biggest gift, that would pay me more than money. That would just mean everything to me.

Suzy: [\(48:18\)](#)

Beautiful. Thank you. Thank you. Thank you. Can you share with our gorgeous listeners where they can find out more about you and your work and how you help people?

Lauren: ([48:30](#))

Sure, my website, my portal is [laurenwhite.com.au](http://laurenwhite.com.au), and I'm very active on Instagram. I'm @LaurenWhite. And that's my handle for all of social media. You can also find me through your favorite podcast providers. The podcast is called the secrets women keep, and I would love you to tune in.

Suzy: ([48:57](#))

Beautiful. Thank you so much, Lauren. Always a pleasure, never a chore. Thank you so much for listening. And if you loved this episode, please tag Lauren and I on Instagram so we can share the love and remember that faith plus action equals miracles.

Faith + Action = Miracles