



EMBODY

Your Divine Calling

QUICK REFERENCE GUIDE



Welcome

You have said yes to a journey of your soul. You are here to uncover and allow your soul-led focus and follow your unique unconventional path.

This process is ALWAYS here for you.

You will continue to learn to embody what is true for you and in alignment with your soul. I am here and I am always cheering you on.

Receive a gorgeous breath and once again say yes.

Allow yourself to be loved.

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INTENTION

Remember it all starts with intention... If you find yourself experiencing something you don't want in your life..return to your intention.

My intention for my Embody process is...

WHY EMBODY?

EMBODY means to:

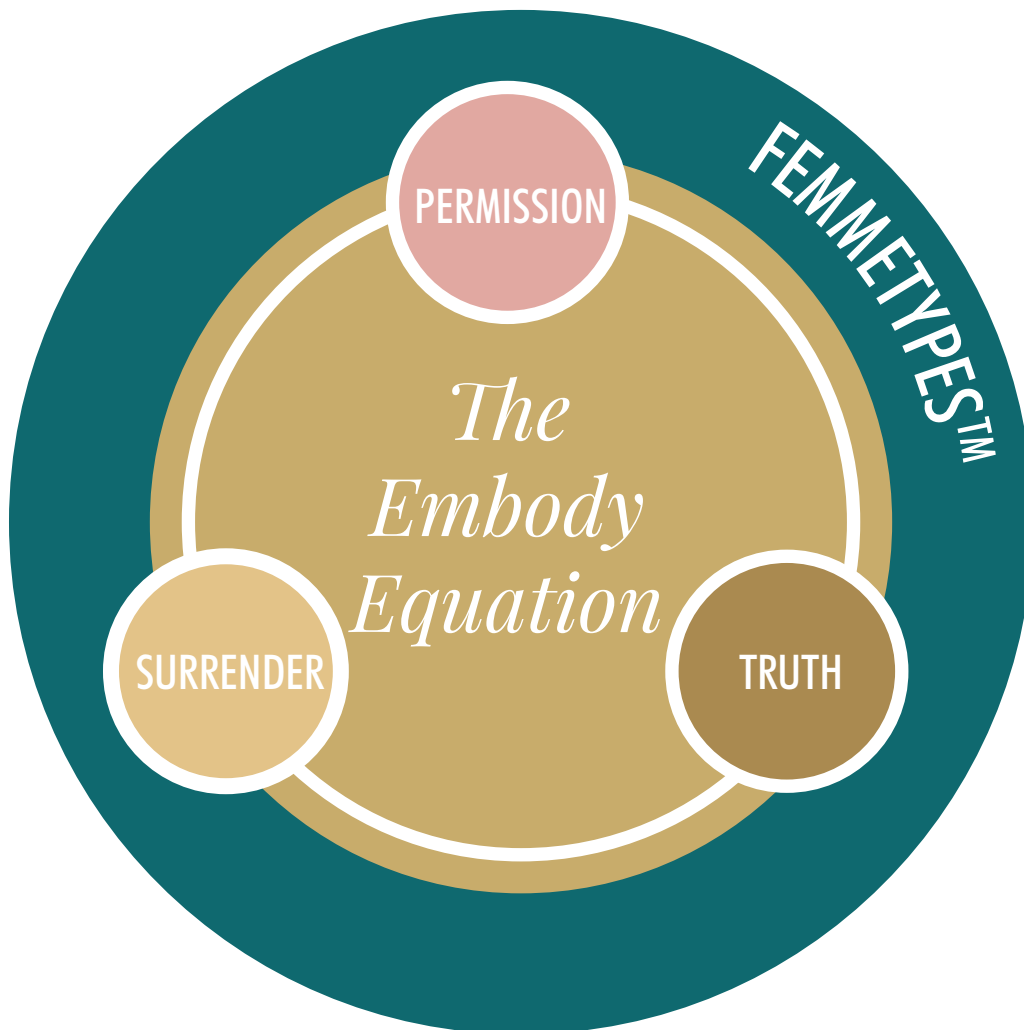
1. To give tangible, bodily, or concrete form to (an abstract concept)
2. To be an example of
3. To unite in a comprehensive, whole system

Embodying YOU now allows you to move beyond limitations, old patterns and idea of who you are so you may move into spirit's truest vision for you NOW.

Answer the questions below:

1. Why is it important for me to embody my truth?
2. What has kept me from embodying my truth in the past?
3. What is the number one reason I am afraid to embody my truth right now? *i.e. Are you afraid of losing your image, friends, family, or direction?*
4. If I am completely honest with myself, the one area in my life that is bothering me the most is...
5. What do I currently embody?
6. What would I like to embody?
7. What am I being called by my soul to embody at this time?

EMBODY EQUATION



EMBODY EQUATION =
(Permission+ Truth + Surrender)to the Power of the FemmeTypes

$$EE = (P + T + S)^{FT}$$

The Embody Equation assists you in honoring your soul-led focus.

EMBODY EQUATION

Why an equation?

$$EE = (P + T + S)^{FT}$$

We are going to be utilizing this equation to open up one area in your life and ALLOW a transformation of clarity and deep desire to surface.

Remember why we use an equation:

It has held to be the most exquisite, perfect, truth available outside divine revelation. It reveals the deepest, truest principle of the physical world.

So? What does this have to do with
EMBODY?

We are utilizing the principle of geometry and the power of equation to explain the nature of the causes in the world around you; to reveal the most exquisite, perfect truth available to you in YOUR life right now.

*Jean Keats says,
“Beauty is truth, truth is beauty,
that is all ye need to know.”*

Since the Embodiment Equation is assisting you in honoring your truth, you can easily switch out the word truth for beauty.

IDENTIFY YOUR SOUL-LED FOCUS

Answer the questions below from an inner sense of knowing:

1. What are the top 3-5 places the I noticed feel week, drained when it comes to my Sensual Circle? (Action step from last week, look at your response.)
2. What area in my life do I find myself getting angry, tense, or triggered the most?
3. When do I feel the best, the most energized in my life?
4. How does that area of my life feel now?
5. When do I feel most afraid?
6. When I dream, I dream of?
7. When I see my life in front of me, it feels...
8. If I don't make any changes, I will...

BEAUTY & TRUTH

BEAUTY is not indifferent,
beauty does not settle.
TRUTH is not indifferent,
truth does not settle.

BEAUTY (*TRUTH*) INVOLVES:

FULFILLMENT

- Satisfaction or happiness as a result of fully developing one's abilities or character.
- The achievement of something desired, promised or predicted.

EXPANSIVENESS

- The action of becoming larger or more extensive

ENJOYMENT

- The condition of enjoying anything; pleasure

These are the factors you require to assess.



Beauty Truth Analysis



BEAUTY TRUTH ANALYSIS

Instructions:

- Rate the following areas of your life when it comes to your FULFILLMENT.
- (1 being the lowest, 10 being the highest.) i.e. 1 would be the least happy, 10 would be the happiest.
- Also, notice the way you feel when you answer each question, beyond the number, see what emotions become present. What do you feel as you answer each question? (Anger, hurt, embarrassment, shame, pity, etc.)
- Write the current emotion present after each number.
- Trust yourself as you go through this process. Be aware of what happens inside of you as you answer each question. Remain present.

FULFILLMENT

1. I currently feel fulfilled where I live. _____

The emotion most present when I answer this question is: _____

2. My current career feels fulfilling. _____

The emotion most present when I answer this question is: _____

3. My relationship with my spouse (partner) allows me to feel fulfilled. _____

The emotion most present when I answer this question is: _____

4. My current level of organization allows me to feel fulfilled. _____

The emotion most present when I answer this question is: _____

5. My current wardrobe allows me to feel fulfilled. _____

The emotion most present when I answer this question is: _____

6. My current connection with the universe allows me to feel fulfilled. _____

The emotion most present when I answer this question is: _____

7. My current level of self-worth allows me to feel fulfilled. _____

The emotion most present when I answer this question is: _____

EXPANSION

1. I currently feel expansive where I live. _____

The emotion most present when I answer this question is: _____

2. My current career allows me to feel expansive. _____

The emotion most present when I answer this question is: _____

3. My relationship with my spouse (partner) allows me to feel expansive. _____

The emotion most present when I answer this question is: _____

4. My current level of organization allows me to feel expansive. _____

The emotion most present when I answer this question is: _____

5. When I get dressed in the morning and I look at my wardrobe, I feel expansive.

The emotion most present when I answer this question is: _____

6. My current connection with the universe allows me to feel expansive. _____

The emotion most present when I answer this question is: _____

7. When I evaluate my current level of self-worth, I feel expansive. _____

The emotion most present when I answer this question is: _____

ENJOYMENT

1. I currently enjoy where I live. _____

The emotion most present when I answer this question is: _____

2. I enjoy my current career. _____

The emotion most present when I answer this question is: _____

3. I enjoy my relationship with my spouse (partner). _____

The emotion most present when I answer this question is: _____

4. The current level of organization in my life allows me to feel enjoyment. _____

The emotion most present when I answer this question is: _____

5. I enjoy my wardrobe and the way it allows me to feel. _____

The emotion most present when I answer this question is: _____

6. I enjoy my current connection with the universe. _____

The emotion most present when I answer this question is: _____

7. My current level of self-worth gives me permission to enjoy. _____

The emotion most present when I answer this question is: _____

Instructions:

1. Now go back and circle responses with the lowest numbers.
2. Write the category of the lowest numbers below. You may have more than one, that is okay.
3. Now go back under your lowest numbers and see the emotions present for you under those questions. Which question caused the strongest reaction; the strongest trigger? What was the emotion?
4. Write how you feel about each of these areas in your life. What do they mean to you? How have you treated them? What pain is present?
5. What does your 6th Sense of Intuition tell you about this area of your life?
6. What does your 7th sense, the Sense of Receiving, tell you about this area of your life?
7. What is your soul-led focus at this time?

You may choose one of the categories above
or choose a different area of your life.

This is up to you.

The Beauty Truth Analysis will assist you in opening the area
that is requiring transformation at this time.



Femme Type Journaling

PERMISSION + TRUST



FEMMETYPE JOURNALING

You are going to be journaling in a specific way through this process. You are going to be journaling with each FemmeType™. This is called FemmeType™ Journaling. Please allot a minimum of 15-30 minutes journaling each section. You are going to ask the question as you and then your FemmeType™ is going to respond.

PERMISSION + TRUST

Indie Questions

PERMISSION TO ASK THE QUESTION

1. Is this area (*meaning the area of your soul-led focus*) of my life working for me? Why or Why not?
2. Is this area of my life in alignment with my soul's vision?

And complete the process just as above, asking your Indie to respond.

Frenchie Question

1. How will I enjoy my life more if I allow this area of my life to transform (*specifically what will be available to receive that has not been available to me before*) **Bring your Embody component into your awareness: Fulfillment/Expansion/Enjoyment**

When you are connecting and journaling with your Frenchie, make sure you stay present to the energy that is surfacing. This is an IMPORTANT piece of the equation and can gift you energy to follow through when it is time to ACT. Once you have the answer, this piece is complete and we will move on to the final FemmeType™, the New Yorker.

New Yorker Question

1. If I choose to make a change, if I require a change, - What can I DO to step into this?

Be very aware of being distracted during this part of the process, conscious of how many things you suddenly feel like you have **TO DO** instead of this. You're freeing energy here, so stay present.

Trust the answer, receive it fully. Keep journaling until you KNOW you have truly answered this question without holding back or trying to maneuver around it.

SURRENDER + FEMMETYPES™

HOW DO WE SURRENDER?

Express Your truth

To fully surrender, you must allow your truth to be heard. This is where you take responsibility for your soul-led focus being exactly the way it is in your life and you surrender to it completely.

Answer the following questions from a place of beauty/truth.

1. I have orchestrated my life to be this way because... *(explain why your life currently is the way it is.)* Why have you kept it this way for so long? How has it served you up until this point?
2. I have designed my life to be this way because I required to experience...
3. I feel I have learned what I required to learn from aspect of my life because...
4. Even if this AREA of my life stays exactly the way it is I know I would be ok because
5. I now choose to surrender to the next part of my learning and am ready to replace this area of my life with my true soul-led focus and infuse *(infuse your factor here)*
6. Now it is time to make a commitment and surrender fully to what you are desiring to experience with this piece of your life.
Are you ready? Why?
7. Create a new Femme Vision to ALLOW your new Soul-Led focus into your life.

EMBODY BOUNDARIES

Boundaries allow you to serve at the highest level in your life.

- Boundaries ARE your responsibility and an opportunity to invoke your authentic power.
- Boundaries are NOT selfish!
- Your current relation to your sensual circle is... (*is it frayed, in tact, barbed wires?*)
- How do you Embody your boundaries?
- Why are boundaries so important?
- On a scale of 1-10, rate how much your current boundaries are supporting you in your desired vision for your soul-led focus.

Establishing boundaries to support your Soul-Led focus.

First establish which actions are NOT in alignment with your soul-led focus.

List 3 actions you know are not in alignment with your soul-led focus at this time.

For example, maybe you realize that drinking wine at night is not supportive to you. Perhaps it is about going to bed too late, or your eating habits.

BOUNDARIES

Or it may be the way you answer the phone every time your mom calls and needs something. Or being around negative people. Or spending money when you feel upset.

- Make a list of three things that are NOT supportive of your soul-led focus.
- Now what are three boundaries you could set for YOURSELF that would support and align with your soul -led focus?

Just brainstorm for a moment here, no need to commit to anything yet.

- What new boundaries do you feel will be the most supportive to honor right now in your life?
- Which boundaries would you like to commit to? Make a list of 3 new boundarie.
- Why are these boundaries important to you?
- How would your life change if you honored those boundaries?
- What would be possible inside of your unconventional path?

(Follow your inner wisdom here and open to the power of your Femmes)

TRUTH HUGS

Remember boundaries are here to support your success and allow you to SERVE at the highest level in your life.

Truth hugs connect you with your intention and remind why something is important to you. A truth hug connects you with your why even when/if someone doesn't like your boundary. You remember why it is important to you.

Truth hugs allow you to embrace your truth and not apologize or second guess what you require.

Whenever you question your boundary or consider moving it for someone else, REMEMBER why you established it in the first place and honor yourself with a "truth hug."

How? Ask yourself 2 questions.

1. What was my intention?
2. What is my current truth?

When you honor this, you will feel a sense of connection, warmth and inner hug between you and your truth.

EMBODY THE PROCESS

In order for me to follow this knowing, I am choosing to let go of the following:

- Identities about myself:
- Beliefs I have held about myself:
- People/Energies in my life that do not support my soul's calling (i.e. negativity, limitations, lack, scarcity, doubt):
- Habits/Behaviors in my life:

I am choosing to ALLOW and honor the following in my life:

- Identities about myself:
- Beliefs I now choose to have about myself:
- People/Energies in my life that WILL support my soul's calling (powerful, authentic, unlimited, abundant, rich):
- Habits/Behaviors in my life that will support my soul-led focus:

EMBODY THE PROCESS

I am whole and complete.

To Embody the Process requires us to infuse this factor in every area of our lives until we feel a complete shift in this piece. Once the piece is transformed and we know we are embodying it fully, we may then transform another piece in our lives.

The beauty of embodying this fully is that other areas of your life are being prepared for transformation as you do this. For example, if you chose to transform the relationship with your husband and the factor you knew you required was expansion, then you would continue to infuse **EXPANSION** into every area of your life to fully embody the process. **Now you bring this factor into everything.**

Every decision you make must feel expansive, every time you feel restrictive or controlled you will be blocking the process.

If you chose the factor of **FULFILLMENT** this would be your primary motivator for other areas of your life as well.

The same with **ENJOYMENT**, you would be first seeking enjoyment in your life from other areas. You would be asking the question: Am I enjoying this? What do I require to enjoy this?

It is certain that we desire all of these factors to be a part of our lives, however when we are focusing on transformation and embodying the process, we **focus on 1 primary factor at a time.**

Once the transformation has occurred and we feel it is then time to focus on another area of our lives, we begin the process again. The factors of fulfillment, expansion and enjoyment can be a cyclical process that allows you to move with fluidity towards your life. **Listen to your Indie** and follow her lead as you begin to step into the next area of your life.

Remember your **truth hugs** and continue to **embody your boundaries** and you allow yourself to embody the process.

Your New Identity Begins

Dear Soul,

You are bringing me somewhere in my life...sometimes it is clear, sometimes it feels a bit more fuzzy. I want to trust you, to know you, to be aware of where you are leading me so I may more fully EMBODY my calling.

Where are you leading me?

What is my Unconventional Path?

When we reach the end of anything a number of emotions can be present. Sometimes relief, sadness, gratification and even a sense of loss or self-disappointment can come up for us at times.

Utilize this time to reflect on what you are feeling and see if you can identify if what you are experiencing is a pattern for you when things have come to an end for you in the past.

IN CLOSING

- Acknowledge yourself
- Anchor your learning
- Celebrate