



# EMBODY

*Your Divine Calling*

MODULE 1 WORKBOOK



WELCOME

*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. Over the next 6 weeks you will learn to embody what is true for you and in alignment with your soul. I am here and I am cheering you on. Receive a gorgeous breath and once again say yes.

*Allow yourself to be loved.*

# INTENTION

*My intention for my Embody process is...*

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# OVERVIEW

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| WEEK 1 | <i>Why Embody?</i>                  |
| WEEK 2 | <i>Identify your soul-led focus</i> |
| WEEK 3 | <i>Permission + Trust</i>           |
| WEEK 4 | <i>Surrender + FemmeTypes</i>       |
| WEEK 5 | <i>Embody Boundaries</i>            |
| WEEK 6 | <i>Embody the Process</i>           |

## WEEK 1

### *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 spirits truest vision for you NOW.*

In this program, we are going to focus on one area of your life that you would like to transform. Over the next 6 weeks, we are going to identify what that area is, and how to transform it. You are going to learn how to embody boundaries, your FemmeTypes, and your deepest truth - *without chasing or over-compensating.*

You are going to be entering into a new level of ALLOWING.

Answer the questions below:

1. Why is it important for me to embody my truth?

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2. What has kept me from embodying my truth in the past?

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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?*

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4. If I am completely honest with myself, the one area in my life that is bothering me the most is...

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5. What do I currently embody?

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6. What would I like to embody?

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7. What am I being called by my soul to embody at this time?

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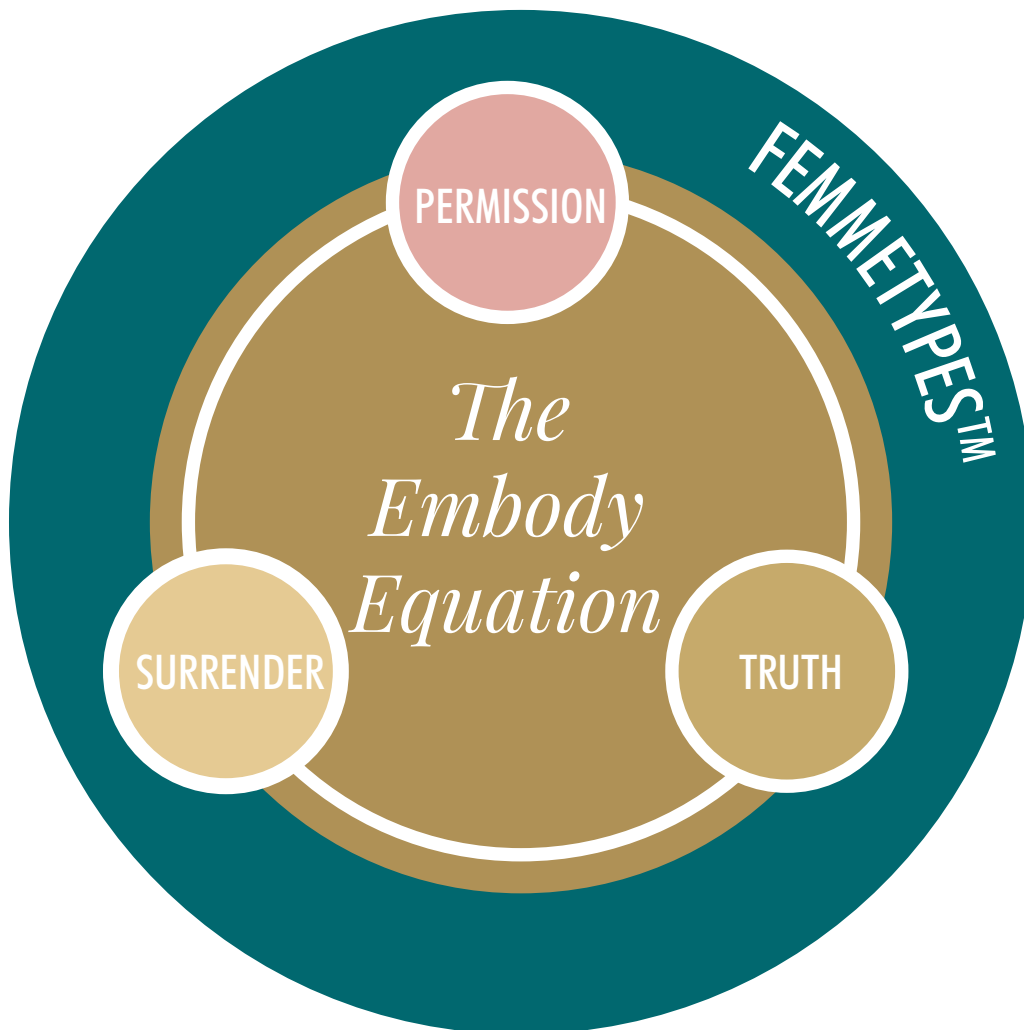
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# EMBODY EQUATION



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.

## *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.

Why an equation?

Many of us may be afraid of numbers; they feel masculine and hard to understand.

Well, here is the thing... The origin of Mathematics, Equations, and Geometry were created to explain and give meaning to physical things from a non-physical expression.

Geometry has been studied for two thousand years. Why?

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

The Greeks studied Geometry as a means of explaining the nature of the causes of the world around us.

## *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.

You are opening up to historic principles to support you in accurately finding your “proof” - what you require to transform an area of your life into the truest, most powerful platform it can be for you.

The Embodiment Equation helps you define and then creates a process for you to follow to transform into your truth.

*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.

## *So? What does this have to do with* **EMBODY?**

The Embodiment Equation helps you define your beauty. This is so important for you to understand, many of the women I have worked with for years long for beauty, but they feel embarrassed, ashamed, or guilty when it comes to desiring beauty. I welcome you in releasing that right now, and begin to understand that truth is beauty. In your desire for beauty, you are desiring the truth... **your truth**. Now, that is NOTHING to be ashamed about.

You are going to step into a new way of relating. You are going to Embody your Divinity in a new way. I want you to start switching out the word truth for beauty.

HERE ARE SOME EXAMPLES:

- We are all seeking the truth... therefore, we are all seeking beauty
- Tell me the truth = Tell me the beauty
- To be truthful with you = To be beautiful with you
- To see the truth in everyone = To see the beauty in everyone

*As we open up to the process of Embodying, I invite you to remember that this is inviting you to experience a new truth, a new beauty about yourself.*

## ACTION STEPS

- Start exchanging the word Truth with Beauty
- Complete the questions above.
- Start feeling into your Sensual Circle and see where you tend to step out of it. Where does it feel weak?

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- Make a list of the top 3-5 situations this week that leave you feeling weak, drained, resentful, and angry.

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## NEXT WEEK

*Next week, we will go through a special process to identify which area of your life you would like to focus on over the course of this program. We are going to be identifying your soul-led focus.*