

Living poster 2019


□ LIVING WITH CLARITY AND GOOD INTENTION

- Independence
- Self-reliant
- Ownership of where and what I want to do
- Giving and offering to others
- Make a Move
- Private practice
- Yoga
- Meditation
- Contributing to the world
- Living a simple life

□
BREATHE
CONNECTION
CONFIDENCE
OWNERSHIP
BELIEF
GRATITUDE
AWARENESS
FORGIVENESS
KINDNESS
AND LOVE

□ Reading and Research

- Embodiment is the cells' awareness of themselves
- It is a direct experience; there are no intermediary steps or translations, there is no guide or witness.
- Out of this embodiment process emerges feelings, thinking, witnessing and understanding
- THE SOURCE OF THIS PROCESS IS LOVE

**THE EMBODIMENT
CONFERENCE**
AN ONLINE CELEBRATION OF RECONNECTION WITH THE BODY
12-24 NOVEMBER • 140 LEADING EXPERTS IN EMBODIMENT
• 150+ HOURS OF LEARNING & COMMUNITY

□ Shaming creeps into my consciousness. Not knowing what I am doing and if I am doing right. I wake up each morning and breathe deeply into my lungs, this reminds me that I am alive and we are here on earth for another day. That is all I have that is certain and when I continue to mess up, take note of all my mistakes and when I lose sight of my path, I can begin again by waking up slowly, stretching and moving my body and breathe.