

# How My Expressive Art Calls Hold You

**What actually happens in a session  
– and why your body and soul feel  
different afterwards**



**Expressive Art Space is an online space  
for twin flames and chosen ones to support  
their authenticity and divine mission**



# This Is For You If ...

**These embodiment practices are especially for twin flames and chosen ones who:**

- Feel so much energy and emotion inside, but yet don't know how to move it
- Are tired of only "figuring it out" mentally and spiritually in 5D, while your human nervous system still feels tight or frozen
- Long for a non-judgmental space where nothing is "too much" and nothing is "not enough"
- Want a regular practice, not just another piece of content
- Crave a place where your awakening can land in your body – not only in your mind



If you recognize yourself here, these expressive art calls are a pathway of restoration, never a performance.

# Before We Begin:

## What You Need (And What Not)



You don't need to be “good at art”.

You don't need drawing skills.

In fact, we never draw on paper in these calls. Instead, we work with movement, sound, imagination, and subtle body awareness. This is about the language of your soul and nervous system, not about creating something to show anyone.

### What supports you:

- A little space to move

A small corner of your room where you can stand, sway, and take a few steps. No special equipment needed.

- **Privacy, as much as possible**

So you feel free to move, hum, or make sounds without feeling watched or judged.

- **Punctuality**

We begin together, and then the door to the Zoom room is closed, because each impulse builds on the one before. This creates a safe, coherent container for everyone.

- **Cameras and microphones off**

Your camera and microphone stay off the whole time. You are unwatched and unheard. I switch my microphone on only to offer the next gentle impulse, and my camera stays off as well – so you can fully drop into your own inner world.

This work can be deeply transformative while feeling safe and contained – because you are in your own home, in your own body, moving at your own pace.

# What We Actually Do In A Call

**Each call has a theme. For example: LIGHT.**

We move through a series of 3-minute impulses (EN/DE) that gently wake up your body, voice, and imagination.

A simplified example of a “LIGHT” call:

- **Arrive**

Hand on heart, breathing in and out three times. You gently arrive in your body.



- **Loosen**

Bobbing, shaking, or bouncing – loosening stuck energy.

- **Soften into self-embrace**

Gently swinging from side to side while hugging yourself.

- **Play with the word “light”**

Let your body gently “write” a word starting with “light”.

Then sing a word that starts with “light”, any sound at all, no perfection needed.





- **Imagine your life as a tiny landscape**

Suddenly the light switches on and everything starts to move. What do you see?

- **Receive**

Sitting still, simply preparing to receive light.

- **Core impulse (about 5 minutes)**

Moving around and making gentle sounds freely, following your own impulses.

- **Integrate**

Sit again and imagine light flowing through your whole body, settling into your cells.

- **Close**

Hand on heart, breathing three times.  
A sense of completion.



You cannot do this wrong.

Even if you feel “nothing”, even if you move very little, that is material we gently honour.

# Your Role & My Role

## Your Role

- Show up exactly as you are that day.
- Stay curious about whatever happens (or doesn't happen).
- Let things be imperfect, messy, quiet, or loud.
- If you feel activated during or after a call, you can explore this gently with the tapping/breathing process on the Expressive Art Space platform.

## My Role

- Hold the energetic and emotional container of the call.
- Offer clear, simple impulses and timing.
- Watch the arc of the session so your nervous system feels safe and not overwhelmed.
- Help you notice what has shifted, even subtly.
- And to stay in my own humanity – I am in the practice with you, not above you.

# Common Fears

## Common fears & how we hold them:

### “What if I cry?”

Tears are welcome. They mean that something is moving. You are in your own space. If you feel like sitting down and crying, please do so. This is all about you.

If an activation has taken place, please gently meet this with the tapping/breathing process available on the platform – it is there for any kind of feeling.

### “What if nothing comes?”

If you do not know what to do, you can always walk around and hum, or even sing “lalala”. You could also sing something to your body.

Numbness, blankness, or stillness is already information. Maybe your body needs time to build trust.

And if you feel like doing something completely different from what I suggested: perfect. Follow your own impulses.

### “What if I don’t move ‘enough’ or ‘right’?”

There is no “right”. A tiny sway, a single sound, or just breathing with the impulse is enough.

You may even lie down on the floor if that impulse comes. This is about learning to follow yourself – however this might look.

# How The Calls Change Your Body & Soul

## Experiences you can have in this space:

- You are good exactly as you are.
- It is safe to be you.
- You are not alone.
- You are held.
- Your body is wise – you begin to feel its signals more clearly.
- You are connected.
- You can trust – yourself, your body, and your path a little more each time.

# Your Next Step

**You're invited to experience these embodiment practices for yourself:**

- You can try a single session to feel it in your own body.
- Or explore a package or membership to make this your regular sanctuary.

You don't have to commit forever. One honest experience is already meaningful. Come as you are, with whatever is alive in you that day.

**Book your first call  
(7 days free)**

**Join my free community on  
ko-fi**

With love from my heart,

*Mo*