



# THE RESTORATION OF SELF.

**Discover Your Path to  
Embodied Wholeness**





# THIS IS FOR YOU IF ...

**you are a spiritual guide, healer, coach, or conscious leader who longs to embody your truth more fully and serve others from a place of greater wholeness and authenticity.**

- You sense that some parts of you still long to be seen, welcomed, and integrated
- You are tired of gathering more insights while something deeper remains unchanged
- You long for a space where all parts of you are met with compassion rather than judgement
- You want a regular embodied practice, not just more information
- You desire a way to bring your spiritual understanding into daily life, relationships, and leadership



**If you recognize yourself here, these embodiment calls offer a gentle pathway back to the wholeness that has always been within you.**



# EXPERIENCE ...



a deeper sense of inner wholeness, embodied self-trust, and grounded presence, allowing you to lead from the truth of who you are and serve others with authenticity and ease.

## Here's what you'll discover through this unique journey:

### **Restore connection with all parts of yourself**

Gently welcome rejected, forgotten, or hidden parts of yourself, moving from inner conflict to greater wholeness and harmony.

### **Cultivate embodied trust & inner safety**

Develop deeper trust in yourself and your inner guidance, transforming self-judgement into self-acceptance and belonging.

### **Lead from authenticity and presence**

Allow your inner wholeness to shape the way you connect, serve, and lead with greater integrity and ease.

### **Deepen spiritual growth through embodiment**

Engage a unique process of sound, movement, and imagination that helps spiritual insight become a lived experience.

This journey can be deeply transformative while remaining gentle and grounded—because you are in your own home, in your own body, moving at your own pace.



# EMBODIED WHOLENESS AND THE ANDROMEDANS



The vision of Embodied Wholeness has been deeply influenced by my connection with the Andromedan consciousness and the guidance I have received through this relationship.

The Andromedans are associated with qualities that support human evolution, inner awakening, and the restoration of wholeness.

## **Their essence reflects:**

- an expansive consciousness
- a peaceful presence
- respect for diversity
- a cosmic perspective
- the union of spirit and matter
- healing through love and resonance.

These qualities live at the heart of this work, inviting us to remember who we are and embody our spiritual nature in everyday life.



# BEFORE WE BEGIN:

## What happens in the calls

We work with movement, sound, and imagination.

This is an invitation to listen to the wisdom of your body, your nervous system, and the deeper parts of yourself that long to be seen, welcomed, and integrated.

## What supports you:

- **A little space to move**

A quiet corner where you can stand, sway, stretch, or take a few steps.  
No special equipment is needed.

- **Privacy, as much as possible**

So you feel free to move, sound, and explore your inner experience without distraction.

- **Punctuality**

We begin together, and the Zoom room is then closed, allowing the group field to unfold without interruption.

- **Cameras and microphones off**

Your camera and microphone remain off throughout the call.

You are free to focus entirely on your own experience while being gently guided through the process.





# WHAT WE ACTUALLY DO IN A CALL

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

We move through a series of 3-minute impulses that gently engage your body, voice, imagination and inner awareness.



A simplified example of a “LIGHT” call:

- **Arrive**  
Hand on heart, breathing in and out three times.  
A moment to settle into yourself.
- **Awaken**  
Gentle swaying, shaking, or movement, inviting energy and presence into the body.
- **Connect**  
Holding yourself with kindness while slowly moving from side to side.
- **Explore the LIGHT theme**  
Let your body express a word connected to LIGHT through movement.

Then give it a sound, a tone, or a voice, without trying to get it right.







- **Imagine your life as a tiny landscape**  
Suddenly the light switches on and everything starts to move. What do you see?
- **Receive**  
Sitting quietly, inviting the light into your body.
- **Core impulse (about 5 minutes)**  
Following your own movement, sounds, and inner 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.
- Meet yourself with curiosity and compassion.
- Allow whatever arises to be welcome—whether it feels clear, messy, quiet, or unexpected.
- If something continues to move within you after a call, you can gently explore it through the resources inside the Expressive Art Space community on Skool.

## My Role

- Hold a grounded and supportive space for the journey.
- Offer simple impulses and gentle guidance.
- Create a structure that supports exploration without pressure or overwhelm.
- Invite connection with the parts of yourself that long to be seen and welcomed.
- And remain fully human within the process—walking beside you, not ahead of you.



# COMMON FEARS

## Common fears & how we hold them:

### **“What if I cry?”**

Tears are welcome. They often signal that something within is softening, releasing, or being felt.

You are in your own space. If you need to sit, pause, or simply be with what is there, that is perfectly okay. If strong emotions continue after the call, you can gently support yourself with the tapping and breathing resources available inside the community.

### **“What if nothing comes?”**

There is nothing you need to make happen. Stillness, numbness, distraction, or blankness are all valid experiences and part of the process.

You can always walk, sway, hum, or simply breathe. And if your own impulse differs from the one offered, you are invited to follow yourself.

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

There is no right way. A small movement, a single sound, or one conscious breath can be enough. You may sit, stand, walk, sway, or lie down if that feels right for you.

This is not about performing.  
It is about learning to trust yourself.



# How The Calls Change Your Body & Soul

## Experiences you may have in this space:

- You no longer need to hide parts of yourself in order to belong.
- You begin to feel that who you are is already enough.
- Your spiritual knowing starts to become a lived experience rather than an idea.
- You feel more at home in your body, your sensitivity, and your humanity.
- You begin to trust your inner guidance more deeply.
- You experience greater alignment between your spiritual path and your everyday life.
- You discover that authentic leadership arises naturally when all parts of you are welcome.



# YOUR NEXT STEP

Perhaps something in these pages has spoken to you.  
Perhaps a part of you recognizes the longing to come home to yourself.

If so, I would love to welcome you into our Expressive Art Space community.

Join a free embodiment call and experience what becomes possible when all parts of you are met with compassion, curiosity, and acceptance.

Or choose a membership and make this work a regular homecoming to yourself.

There is no long-term commitment. Memberships can be cancelled monthly.



**Join my free community on**  
**Skool**

With so much love from my heart,

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