



REFUTURE YOUR LIFE
INTERNATIONAL



7 FACETS OF EMBODIMENT AND HOUSEKEEPING FOR OUR CALL

Embodiment can be hard to talk about because it's more about **experience** and **being** than anything else.

Think of how a rose smells or what an ocean breeze feels like. How would you explain that to someone? **No words or intellectual understanding can compare to actually having the experience yourself.**

Being embodied isn't about having a nice experience and then going on with life as usual. The purpose of embodiment is to become more present, authentic, confident and connected to your own power – in all areas of your life.

There are specific characteristics, or facets, of embodiment that will help you begin to understand it *and* will give you guidelines for creating the experience for yourself.

Remember – this is a practice! It's a process of expansion, becoming and growth. It's a lifelong exploration that goes deeper and broader over time. The following are areas to move into, not how you have to be now.

1. **HONOR** – Respect and *accept* your body, your feelings, your needs, your fears, your losses, your past, your goals, your magic, your gifts...just as you are!
2. **SHOW UP** – In every way, keep showing up for yourself and others. See yourself, as you are, and let yourself be seen.
3. **TRUST** – Have confidence in your abilities, gifts, worthiness and right to all the best in life. Believe that you'll have what you need, that you're up to the task, that you are always loved and supported.
4. **AWARE** – Be conscious of yourself (what you're really feeling, thinking, afraid of), others and what's happening in a situation.
5. **EXPRESS** – Voice your thoughts, feelings and fears as appropriate (which is more often than most of us are taught). Be authentic, vulnerable and kind.
6. **SPACE** – Create stillness and spaciousness by letting go of what no longer serves you, clearing clutter mentally, physically, emotionally and spiritually.
7. **GET UNCOMFORTABLE** – Be willing to be awkward, to go into your Discomfort Zone and to push your edge. Playing safe is the same as playing small. Your life can be about far more than that.