

# I Am The One Who

*This FEMININE EMBODIMENT PRACTICE helps us integrate all that we are with love and care, to welcome her safely back home.*

Allow yourself to do this anywhere/anytime. Begin the practice when you're ready **to take the time** and drop in to feel the effects of these 5 questions and their deepening connection (*until it becomes second nature*).

Stand. Breathe.

Drop into your heart. Gently close your eyes. Allow a hand to come to your heart. Breathe.

Reflect and ask yourself in honesty, and allow whatever effortlessly arises to complete each statement in this moment...

**"I feel..."**

Breathe. Gently close your eyes. Look softly inside. Move awareness into and through your heart. FEEL. Breathe.

**"I notice..."**

Breathe. Open eyes. Softly look around. Move your head slowly through space. Let arms move at your sides. Allow your mind to take in your environment. Breathe.

**"I'm terrified of..."**

Breathe. Move hand to solar plexus. Drop into your core. Honor and feel your fears. Let them open you. Breathe.

**"I long for..."**

Inhale. Exhale. Let hands open at sides/in front of your body. Drop into your root/yni/base. Feel your yearning and deeper longing. Breathe.

**"I am the One Who..."**

Breathe. Seal this moment with hands on heart or belly. Whatever feels authentic in this moment for sincere inner celebration and acknowledgment.

Move into your day/next moment.

*\*The intention of this practice is to honor our multifaceted and complex self, and the myriad ways of our perception. Here we acknowledge and forge alliance with our fullness, and drop into what can often feel 'discordant' or 'divisive', to practice radical COHERENCE. We become a safe landing place (within our own body) to see how ALL THAT WE ARE is lovingly and soundly held in wholeness and grace. We are AND... BOTH.*

*This practice provides a message of safety and coherence that integrates through our body, and encapsulates our nervous system for deep centering and aligned action.*

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