

REM

STAY RADICAL

Release the Father To Heal Ourselves



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What are your wins this week?

Step 1-Shift Your Energy With Music: Dance, barefoot, heart center high, create a sacred space (aka a quiet space) and accept the music.

Step 2- Body Check- Follow your breath- let it lead you. Breathe in the blue of peace. Chakra Clearing. Follow the video prompts.



Step 3- Reflection- Look out and see someone who has reconciled with their father. They have released their father of expectations. Follow the video prompts.



Step 4- Reflection: Look at your own relationship with your father. What are some expectations and beliefs about your father that have kept you sad, disappointed, frustrated? Follow video prompts.



Step 5- Reflection: How are they affecting your life? What do you often say about your relationship about your father? Follow video prompts.

Step 6- Release: Body Check- Notice where those sentences are living in your body. Breathe in the Pink of Love. Notice any words and feelings. Follow video prompts.



Step 7-Radical Embodiment- Fill with the Pink of Love. Look out and see the person you envisioned and put yourself into them and their setting. Follow video prompts.

Step 8-Re-Envision- Go to your sentences you wrote and how would the person you envisioned reconcile those sentences? See yourself smiling, happy and free. Follow video prompts.

Thank You for Being You!

You are special and unique, there is no one like you!

Inside The Radical Embodiment Membership, we delve into the essence of who you truly are. It's about breaking through the societal narratives that have shaped you, questioning the ideas imposed on you, and finding your voice amidst the noise.

How do we get back home?

Radical Self-Reflection:

We navigate through the layers of conditioning, uncovering the authentic you. Through introspective practices, you'll gain clarity on the beliefs that hold you back and the values that propel you forward.

Sisterhood Support:

You're not alone on this journey. Our community is a sisterhood of women who understand the struggles, celebrate victories, and uplift each other. Together, we redefine what it means to support and be supported.

Embodiment Practices:

Dance, move, and express yourself freely. As an artist, educator, and dancer, I bring embodiment practices to the forefront. Your body is a powerful tool for self-discovery, and we'll explore its language to reconnect with your true essence.

Rewriting Narratives:

We challenge the stories we've been told about ourselves. Those narratives often limit us. Together, we'll rewrite them, empowering you to step into your own story of strength, resilience, and authenticity.

Living Your Truth:

Embrace your emotions, acknowledge your creativity, nurture yourself with compassion, graciously receive, and trust your intuition. These practices aren't just taught; they're lived within our community.

Are you ready to take the next step on this transformative journey?

[Book a Call With Amy](#)

Client Love Notes....



“Amy’s coaching style is incredibly effective and her Radical Embodiment tool has been a lifesaver for me.” Peggy



“I am seeing tangible results in my dating life and confidence.” Lupe



“The combination of movement, guided visualization, and journaling exercises helped me reconnect with my body, making my intuition stronger and boosting my confidence in my relationships and business.” Krystal

Feel free to Learn More by booking a Call With Me...

Or Visit our membership page to become a REM Member

www.radicalembodimentmethod.com

Stay Radical!

Amy!