

Embodiment Ritual: Speak to Your Body with Intention

This ritual is designed to help you shift your inner dialogue and build a relationship of safety, trust, and love with your body.

1. Place your hands on your body.

Choose a part you've been at war with-your belly, thighs, arms, or face. Rest your hands there gently, like you would comfort a child or someone in pain.

2. Close your eyes and take 3 deep, slow breaths.

Inhale: 'I am here with you.'

Exhale: 'You are safe with me.'

3. Say the new story out loud.

Speak to your body as if she can hear you-because she can. Choose one or two of the following, or create your own:

- 'I release the lies I've believed about you.'
- 'You are worthy of love, nourishment, and care.'
- 'We're in this together now.'
- 'I trust you to lead me home to myself.'

4. Notice what you feel.

You may cry. You may feel resistance. You may feel peace. All of it is welcome. Let it move through you.

5. Seal it with a breath.

One more inhale for compassion. One more exhale for release.