

# Embodied FaithFULLNESS

## 12-WEEK JOURNEY

During each session, you will creatively explore a different part of your body and illumine your body through faith. As you practice believing, receiving, and surrendering to God through your body, you will discover an inner FULLNESS found through awakening the light of Christ within. You will also reflect on how Jesus lives in His body so you can follow His example and learn how to live more fully in yours.

Your individual needs and preferences for exploration will always be honored and respected within this 1:1 healing partnership. Let's journey together into the FULLNESS God created you to be...

**Session 1** - Faith relationship with Jesus - Feel seen, safe, soothed, and secure on your spiritual journey - A face-to-face encounter with God - Be bathed in the light of Christ - Awaken to that you are deeply loved

**Session 2** - Sense your skin and outer body with great awareness. Awaken to your body being a vessel that is fearfully and wonderfully made and is a beautiful container for the light of Christ. Experience Jesus

lovingly gazing upon the sacredness of your physical body.

**Session 3** - Sense and soften your heart - Sacred heart of "WE" - Awaken to incarnational faith - God's light and love living within your heart - Experience yourself as a Divine vessel filled with the Spirit of God

**Session 4** - Sense your Breath - Inflow & outflow - Awaken to the breath of God that lives within your body - Experience a "Yes" breath - Embody Mary's "Yes" and birth the light of Christ deep within your body

**Session 5** - Sense as soften your spine - Embody the cross - Sense the cross as being an energetic channel of Divine support bathing your nervous system and energy system with God's love, mercy, and grace

**Session 6** - Sense and soften your pelvis - The foundation of the physical body - Awaken to the stability, safety and security of God experienced through illumining your pelvis in the light of God's presence.

**Session 7** - Sense and soften your legs and feet - Groundedness - Reflect on the feet of Jesus - Invite the light of Christ to illumine your feet - Awaken to being rooted, grounded and secure in God's love

**Session 8** - Sense and soften your arms and hands -  
Give and receive - Reflect on the hands of Jesus -  
Extend the light and love of Christ through your hands  
- Awaken to your healing hands

**Session 9** - Sense and soften your jaw and open your  
throat - Invite the light of Christ to awaken your voice.  
Speak your truth in love with clarity and confidence.

**Session 10** - Sense and soften your eyes - You choose  
where your attention goes - Practice seeing through the  
eyes of Christ - Awaken to sensing the givenness of God  
and the light of God's presense in all you see

**Session 11** - Sense and soften your forehead (your third  
eye) - Invite the light of Christ to cultivate a calm mind and  
a sense of inner knowing - Awaken to that all wisdom,  
knowledge, and truth are available to you through God

**Session 12** - Sense and soften your whole body -  
Experience your entire body illumined through faith -  
**Awaken to living in a "Christ-soaked body" - You are  
a Divine vessel filled with light and love of Christ!**