

Embodied FaithFULLNESS

12 WEEK JOURNEY

During each session, you will creatively explore a different part of your body and begin to sense the presence of God within you. You will awaken to an inner FULLNESS found through embodying the FULLNESS of Christ. Your individual needs and preferences for exploration will always be honored and respected within this safe community of women. You will all be invited to 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 - Awaken to that you are deeply loved

Session 2 - Sense your body boundary - You are a beautiful container for the light and love of Christ - Awaken to that you are a Divine Vessel

Session 3 - Sense and soften your spine - Embody the cross - Bath your nervous system with Divine support - Awaken to God's love, mercy & grace flowing into you

Session 4 - Sense and soften your heart - Sacred heart of "WE"
- Awaken to God's light and love living within your heart - You are love, and you are so loved

Session 5 - Sense your Breath - Inflow & outflow - Awaken to the breath of God that lives within you

Session 6 - Sense and soften your pelvis - Stability - Christ as the ground of your being - Awaken to God supporting and stabilizing you

Session 7 - Sense and soften your legs and feet - Grounding - Reflect on the feet of Jesus - Step into God - Awaken to being rooted and grounded 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 throat - Invite the Spirit of God to awaken your voice

Session 10 - Sense and soften your eyes - Reflect on the eyes of Jesus - How we are seen reflects how we see - You will gaze at Jesus until you see the world through his kind, loving eyes - Awaken to seeing the holy in yourself, everyone, and everything

Session 11 - Sense and soften your forehead - Sense your third eye and awaken that all wisdom, knowledge, and truth are available through God

Session 12 - Sense and soften your whole body - Experience your entire Christ-soaked body and feel your oneness with God - Awaken to the fact that you are NEVER alone.

"Christ has no body now but yours. No hands, no feet on earth, but yours. Yours are the eyes through which Christ looks compassion into the world. Yours are the feet with which Christ walks to do good. Yours are the hands with which Christ blesses the world."

-St. Teresa of Avila