

Preparing Yourself & Your Space

Embodied Wisdom Framework



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Creating Your Space



We really can create places of peace not only in our real world, in our physical environment that surrounds us, but in our own mind's eye. And those kinds of places of peace are portable. ~Esther M. Sternberg

Privacy - Set aside uninterrupted time for yourself. Gift yourself this. You'll likely **want privacy.**

Sharing - This is an interactive space. You'll be asked to have your camera on. If you are unable to have your camera on, you may consider waiting until you are ready to do so.

Sacred Space - Create a sacred space wherever you are for yourself to drop into presence. If you are going to carve out the time to attend - allow it to feel special. If you've been to a physical gathering, you know what meticulous attention goes into creating the space we work in.

Technical Non-Issues- Arrive early to make sure you get your audio and video dialed in before the start of the meeting so you don't have to fuss with it when we begin.

Don't Rush - Please arrive on time - even better - log in early. Sit and ground yourself. This is your time, ease into the experience.

Structure - We begin with an opening meditation, invocation (calling in the circle), stitch, and agreements. I will share the intention for our event, including rituals, movement, and opportunities sharing so you know what to expect. **What you share here, stays here in absolute privacy.**

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Honor The Container - Arrive early. We honor ourselves and listen to our bodies. Everyone is encouraged to lean in, take responsibility for herself, and leave expectations and labels at the "door".

Integration - Plan time after circle to integrate - take a bath with salts and oils, journal, or meditate. Do yourself a favor and do your best not to "jump" right back in. Take time to integrate.

Potential Triggers - Sometimes movement or some rituals may take us deep into spaces within the body where we hold pain and trauma. You are in a safe container and letting go and leaning in is encouraged. If you find yourself feeling triggered, I ask that you send a private message to Suzy. Then stay after the circle to work with her to help you move the energy. If it comes up or you are feeling stuck after the circle has closed, please message Suzy so we can set up a call to check in.

Suzy is not a therapist, but is a certified Life Coach and skilled in using many techniques such as the RAIN technique as well as FOCUSING to help gain insight and clarity. Contacting your Mental Health Practitioner is also advisable.

