



Transformational Coaching

## *Living Magnificence*

for Women Entrepreneurs and Leaders

Feminine Embodiment of Radical Brilliance in Life and Business

Day 02

**Dive into the Deep Feminine**



Hello *beautiful* woman!

The more permeable we become by

*allowing all that is to flow through us,*

the more connected we'll be with source and

create an environment in which our highest potential will flow freely.

Allow abundance to manifest in your personal and professional life by being in touch and revealing your truth!

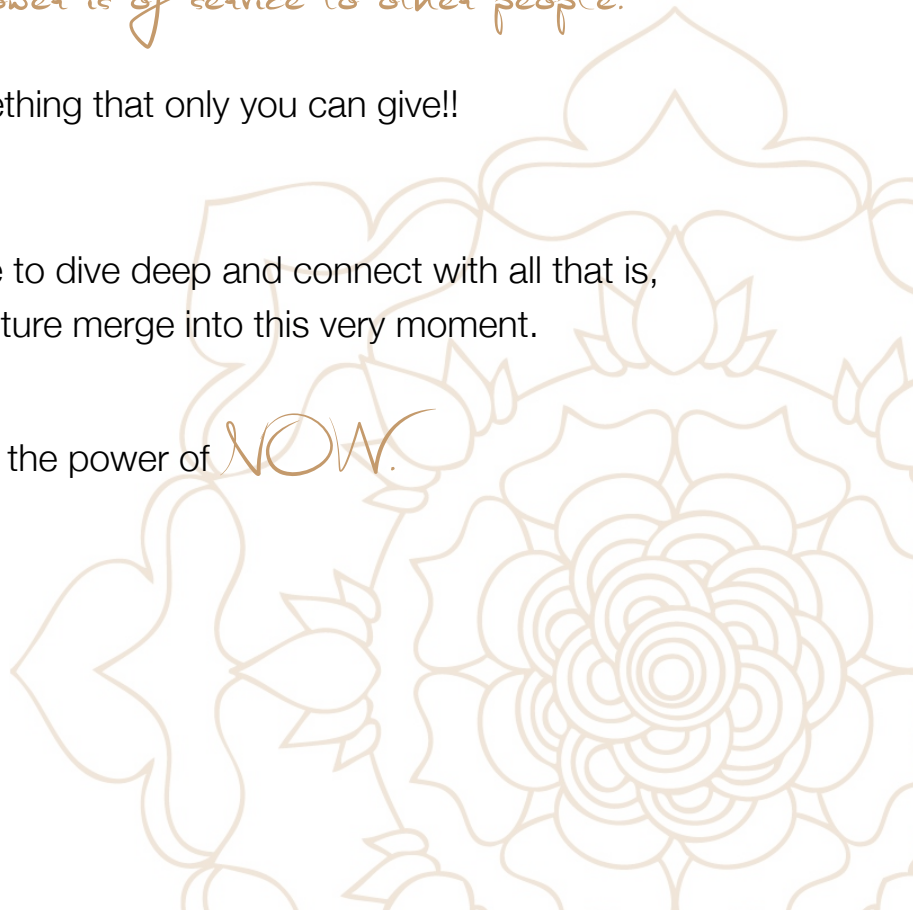
*Owning the gifts you've got to give and*

*being in your full power is of service to other people.*

There is something that only you can give!!

May you have the courage to dive deep and connect with all that is, so that past and future merge into this very moment.

Revealing the power of *NOW.*



*Practice:* FEEL - Feel. Embrace. Express. Let It Flow.

And as you travel through your day *Feel* whatever shows up. No need to name it.

*Embrace* all of it. Dive deeper into it. *Express* all of it with your body, your

breath, your voice whenever and wherever possible... and... *Let it flow.*

For some of you this may feel very natural, for others very much out of their comfort zone.

I invite you to explore. Some music will be supportive.

There are two ways of practicing FEEL. Either use it spontaneously as something comes up for you or make it a regular practice to get used to expressing whatever arises. I would recommend you a daily practice so that it becomes the most natural thing to do. You may want to create a playlist with music reflecting different emotions to then flow with it.

There is a freedom that comes with this practice,

a freedom that tastes delicious, *ALIVE*

and juicy as it reveals the real you!

