

emotional BODY MAPPING™  
for the mindful modern nomad

*On Giving and Receiving*

# ASKING FOR HELP, HONORING YOUR BOUNDARIES

---

BASIC TECHNIQUES AND WHERE TO BEGIN



# Brook Woolf

## WHY LISTEN TO ME?!

Founded and Ran a 3 story Nonprofit with 22 programs, 5 partnership agencies and a 500k annual budget from starting at 22 years of age.

Studied multiple religions, trained since childhood in multiple healing modalities such as; tarot, psychic development, NLP, hypnotherapy, astral projection, thai massage, massage therapy, shiatsu, and shamanic journeying.

Essentially, obsessed with learning and constantly growing skills and gifts. Coaching and doing healing work for over 20 years.

Built my own tiny home with my Husband.  
Lead hundreds of clients through

transformations that allowed them to live a healthier and happier life.

## CREATOR OF EMOTIONAL BODY MAPPING



“From what I’ve seen, it isn’t so much the act of asking that paralyzes us—it’s what lies beneath: the fear of being vulnerable, the fear of rejection, the fear of looking needy or weak. The fear of being seen as a burdensome member of the community instead of a productive one.

It points, fundamentally, to our separation from one another.”

— Amanda Palmer, *The Art of Asking; or, How I Learned to Stop Worrying and Let People Help*

THIS MASTERCLASS AIMS AT GIVING DAILY TOOLS TO ACCESS YOUR PERSONAL POWER AND BALANCE OUR FEELINGS ON GIVING AND RECEIVING.



# Tools This Masterclass Teaches



## UNDERSTANDING GIVING AND RECEIVING

compassionate giving and vulnerable receiving is not the common knowledge. In fact, we are taught that love is contractual.

Re-evaluating giving and receiving is step one is shifting our actions.



## LEARNING HOW TO ASK FOR HELP

The daily practice of vulnerable expression.

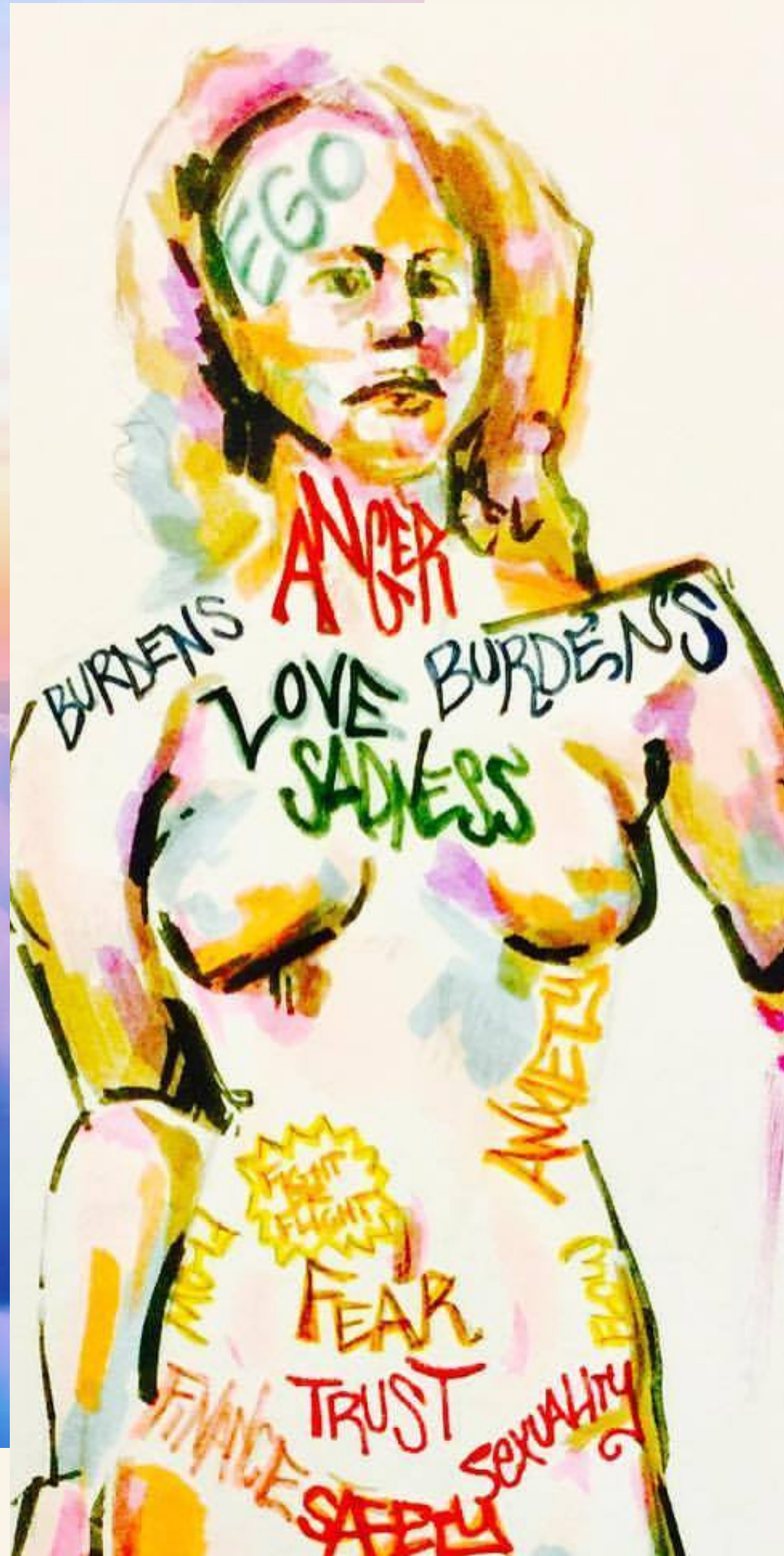
The gift in asking.



## BOUNDARIES!

Understanding your personal boundaries and how to connect to them, honor them, and use them in your daily life to make giving and receiving much more healthy for everyone.





# *The Beauty of The Body*

## **FROM AN EMOTIONAL BODY MAPPING PERSPECTIVE**

Our body responds to the outside world allowing us to honor our values, morals, principles, and desires. Our stomach rumbles when fear arises, our shoulders strain when we are helping beyond our capacity, and our chest caves in when we become sad or grief takes over.

Being mindful of our own body's responses will aid us in learning when to walk away, when to step into something with excitement, and how to honor our 'cup' of energy and love.

When we give full control to our responses we can then be guided in a direction that feels more effortless and less resistance.





*From day one we are giving are receiving from the trees and the earth. It is in our inherent nature on this planet.*

## **GIVING: HOW ARE YOU CURRENTLY GIVING**

---

Do you currently give in order to receive, for acknowledgement, to feel like a good person, for a reward of any kind?

Do you only give when it feels good?



## **RECEIVING: HOW ARE YOU CURRENTLY RECEIVING**

---

Do you ask when you are fully empty? Do you ask at all? What stops you from asking?

What would life look like if you asked more?

Do you feel you don't deserve unless you have done something first?



"I have found that among  
its other benefits, giving  
liberates the soul of the  
giver." —Maya Angelou



# Some New Ways to Give and Receive

1

## **GIVE ONLY WHEN YOU WANT TO. WHEN IT IS FOR THE SOUL PURPOSE OF FEELING GOOD.**

When we do things from this space we are instantly refueled by our giving actions and can give more often.

2

## **BEGINNING AND END OF THE DAY BODY SCAN**

If you haven't had an accident or workout there would be no reason for you to have a new tension pain throughout a 12 hour day. Checking in and releasing 'other's trauma' at the end of the day can be a great practice for HSP's and Empaths.

3

## **ASKING IF YOUR CUP IS FULL OR EMPTY OFTEN.**

Check in with your needs often and see if there are ways to give inward if possible. Be aware that love is infinite and allow yourself to understand your needs so you are better equipped on giving to yourself!

4

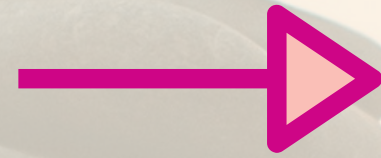
## **REFRAME YOUR LOVE CONTRACT**

Love is not contractual. Love is not limited. There is enough. It comes from within even when given from others. It is in the reflection of your own beauty you truly witness and embrace love. it is here for YOU!



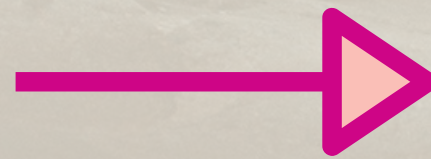
# Practice Asking for Help!

Weekly Practice, if there is burden, shame around asking.



**Ask a stranger for a small favor**

Weekly Practice, if there is doubt of enoughness/ breaking contractual exchange.



**Ask a close friend for guidance.**

Begin to find ways to face these so you no longer have to carry the weight of these emotions.



“Evaluating the benefits and drawbacks of any relationship is your responsibility. You do not have to passively accept what is brought to you. You can choose.”

— Deborah Day



**Anger is a good sign that your  
boundaries are not being understood,  
you are compromising your boundaries,  
and/or you are not allowing your values  
to be appreciated in your life.  
Our values are the basis of all giving and  
receiving.**



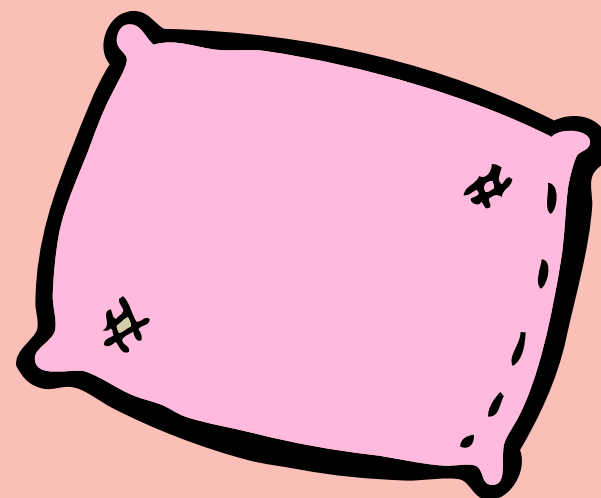
# Healthy Anger According to Psychology today

Throughout the years of my work with clients, I have come to observe the very positive aspects of anger and to define specific skills that are essential for the practice of “healthy anger.” These include the following:

1. Healthy anger means observing and experiencing anger without being overwhelmed by it and reacting to it.
2. Healthy anger means recognizing our anger as a signal to explore the feelings, thoughts, and bodily sensations that precede it.
3. Healthy anger means viewing anger as a signal to direct our attention inward to identify our core desires, needs, and values.
4. Healthy anger calls for developing self-compassion, which includes skills to enhance our sense of safety and connection.
5. Healthy anger includes developing strategies to let go of anger, which may include forgiving others and yourself.
6. Healthy anger encompasses compassionate practices that don't cause suffering for others or for ourselves.
7. Healthy anger means learning how to communicate assertively with others.
8. Healthy anger enhances our resilience and overall well-being.



# How to connect to your Anger.



CONNECT TO YOUR PAIN AND  
TENSION IN YOUR BODY.

CONNECT TO WHAT YOU MAY BE  
EXTERNALLY AFFECTING YOU OR  
INTERNALLY AFFECTING ANGER.

WHEN YOU HAVE CONNECTED.  
ALLOW YOURSELF TO SCREAM  
INTO A PILLOW OR POUND  
DOWN ONTO A COUCH OR BED  
FOR 30-60 SECONDS.

THEN, GIVE YOURSELF TIME TO  
SIT AND RECONNECT WITH YOUR  
BODY AND NOTICE THE TENSION  
AGAIN. YOU CAN REPEAT THIS  
EXERCISE 3X A NIGHT MAXIMUM.




# How to say NO :) according to [askingforwhatyouwant.com](http://askingforwhatyouwant.com)

- I am a no the that, but a yes to you!
- I am not so into that, but you go have fun!
- I want to be in connection with you, but that doesn't work for me. Can we do this instead?
- Not tonight.
- I am not available for anything like that right now.
- It's really hard for me to say no to people, but I'm practicing being braver and more honest, so I'm going to say no right now.
- I'M A NO for now.
- I need to BUILD MORE TRUST before I'd be willing to consider that.
- NO, THANK YOU
- Hmm... that's not going to work.
- Not Today.
- I don't have the INTERNAL RESOURCES to pull that off.



# INFINITE LOVE AND GRATITUDE!!



Please tune into Future  
chats on Emotional Body  
Mapping, Holistic Business  
masterclasses, The  
Academy, Demos and  
More!

EMAIL ME!

[brook@emotionalbodymapping.com](mailto:brook@emotionalbodymapping.com)

OR FOLLOW ME!

FB Group: Emotional Body Mapping for  
the Mindful Modern Nomad

[Emotionalbodymapping.com](https://emotionalbodymapping.com)

Pinterest: [Emotional Body Mapping](#)

IG: [Emotional.body.mapping](#)