

essence.



workbook.

what is your essence?

your essence is what shines through, when all three of these pillars are cultivated & nourished:

- your human self essence
- your body essence
- your deep self essence

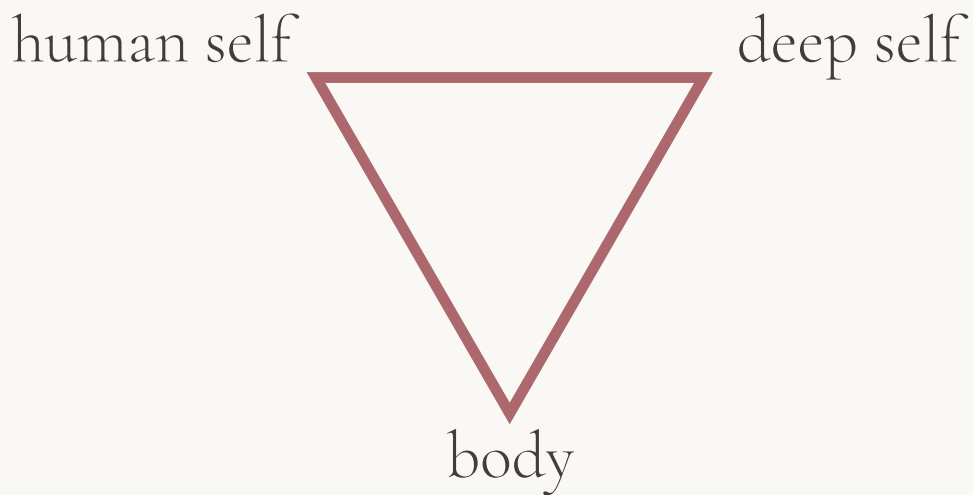
these 3 pillars support & amplify each other. they are dependant on & need each other. if one is disconnected, ignored or underdeveloped, we lose access to our essence. it's a beautiful dance of balancing these 3 parts of us.

once 1 starts growing in strength, you'll notice how it supports the others to also grow. each creates pathways and openings into the others.

for example, when i embrace my human emotions, my body can process & relax. when my body relaxes, i'm able to connect to my deep self. when i connect to my deep self, i am able to feel more compassion for my human self.



visually, that would look something like this:



together, they create a beautiful balance, that leads to sustainable self-love and a deep source of happiness.

the cultivation of these won't mean that "negative" things don't happen anymore. it means that you will be able to shift out of those states with much more ease.

in any situation you'll be able to feel which one of the 3 pillars will support you or needs some extra attention. this way you will find your way back to your natural state of ease, joy & self-love.



intention setting

before starting anything, it's always helpful to set an intention. this will help you navigate your next steps & will help you stay on track.

this intention is something to return to again and again to check in with how you are doing and feeling. you can clarify your intention by using the following questions:

- how do i desire to feel?
- what will be clear signs that i'm making shifts? *for example "i feel inspired when i wake up", "i don't hate what i see when i look in the mirror". allow yourself to dream.*
- change your perspective from wanting to remove something, to longing for something else. so instead of wanting to get rid of negative thought, can you instead long for sweet love-love? journal on this.
- make a commitment to yourself. write a promise to yourself as if you are writing it to a dear friend or lover. as if you are committing to exploring & expanding that relationship. write why you want it, write what you let go of, write what you're willing to forgive. read it to yourself.