

emotional BODY MAPPING™
for the mindful modern nomad

DAILY SELF CARE PRACTICES

THROUGH THE EMOTIONAL BODY MAP

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**



*The essence of all self-care and healing
originates in one question asked to self.*

Where/how am I directing my power?

THIS MASTERCLASS AIMS AT GIVING DAILY TOOLS
TO ACCESS YOUR PERSONAL POWER AND
REGULATE YOUR HEALING.

Tools This Masterclass Teaches



TRUSTING YOUR INTUITION

Honoring your YES and NO in
your body and how to feel it
and nurture your trust within,



BODY SCANS

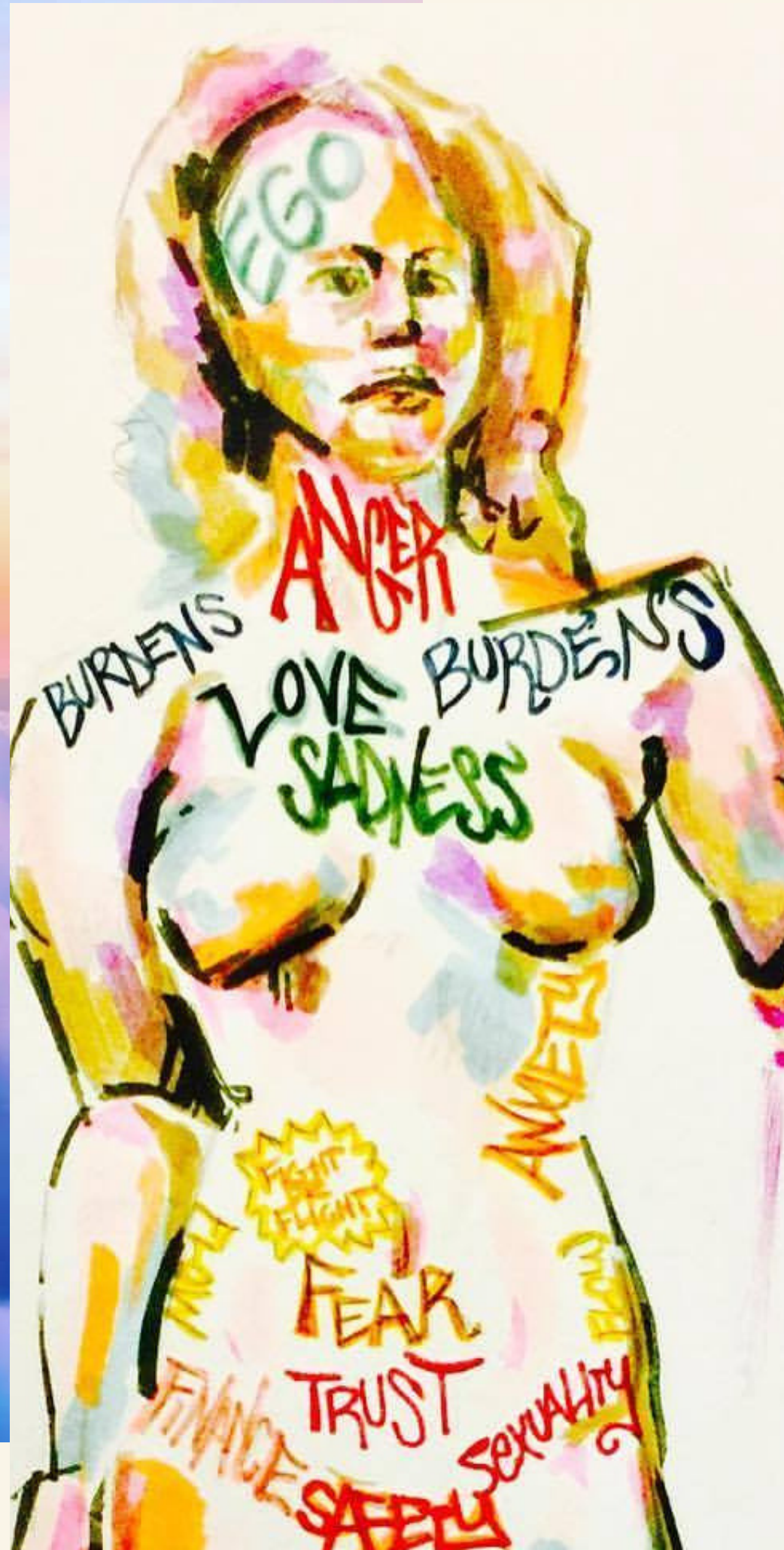
Morning and Evening
practices to honor your
empathic nature.

Recognize where you are
releasing and taking on
throughout the day.



NIGHTLY PRACTICES OF RELEASE

Learn how to easily evaluate
holding Anger, Sadness, or
Fear and practices on how to
release these energies to
refuel your power.



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.



Essentially, All Listening begins with understanding your Yes and No and how to differentiate them in your body.

HONORING YOUR YES IN YOUR BODY

Where do you feel your yes in your body? Color, weight, movement, shape, material, how long does that feeling last.



HONORING YOUR NO IN YOUR BODY

Where do you feel your yes in your body? Color, weight, movement, shape, material, how long does that feeling last.

"Self-care is how you take
your power back."

- Latifah Delia,

Wellness Educator

Some of the Ways to Tune into your Emotions through Your Body.

1

USING THE AFFIRMATION GUIDE IN RELATION TO TENSIONS

Ask yourself where you feel pain in your body, then check the affirmations and say them aloud.

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 YOU ARE TIRED OR HUNGRY.

This seems simple, but very often those that find themselves in their head more than their body can go throughout the day without checking into the simple needs.

4

STOP AND BREATH.

If you work at a computer, do service based work, or simple find yourself on the go all the time, make ample effort to take a moment to check in with your breath throughout the day. Most of our lack of connection starts in breath.

NIGHTLY TUNING IN PRACTICE



NECK AND
SHOULDERS

ANGER

CHEST AND
BACK

SADNESS

STOMACH AND
HIPS

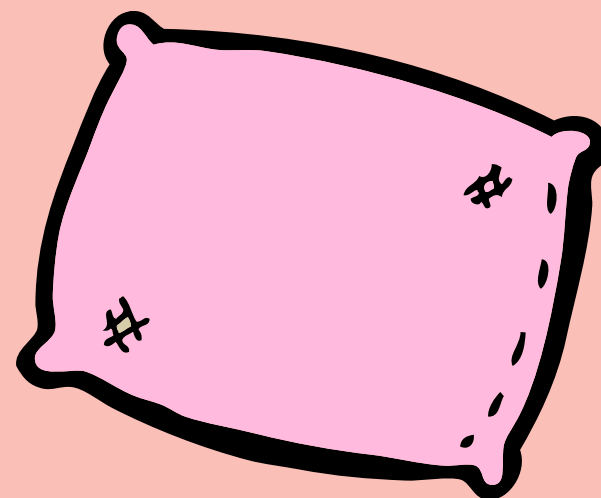
FEAR

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

"Even a happy life cannot be without a measure of darkness, and the word happy would lose its meaning if it were not balanced by sadness. It is far better take things as they come along with patience and equanimity."

Carl Jung

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.

INFINITE LOVE AND GRATITUDE!!



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

EMAIL ME!

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OR FOLLOW ME!

FB Group: Emotional Body Mapping for
the Mindful Modern Nomad

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