

## Tangible Tools to embody your power as a woman

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### **INTRODUCTION:**

Often people do not dare to step into their full power and greatness because they still carry an old consciousness of victimhood and fear inside of their body. Most of us fear their own power. Because in our human history we often got punished, killed or rejected the moment we stepped into that power and stepped out of the collective group consciousness. So all of us carry this old consciousness of fear, shame, guilt, slavery in our cellular memory. As women we have learned to find safety in our mind and deny the sacred power of our heart and hips. While the true unapologetic power of a woman is when her heart is deeply rooted inside of her hips. Because we deny our own inner power, we often fall into depression or become mentally unstable. This often creates an inner struggle inside of ourselves. We want to be powerful and big, and yet something holds us back and keeps us in our victim role.

In my own experience the gateway to reconnect with our true power, inner balance and inner peace is the body.

Our body is like a sponge ; it often contains and holds many traumas from the past.

It can even hold traumas and limiting beliefs from our ancestors that no longer serve us.

Having experienced more than 13 years of deep inner transformation in my own life, I have discovered that the fastest and most efficient way to reconnect with our inner peace and deeper power is by liberating and opening up our body.

Once the body releases the old stored traumas and energies it gets healed and revitalized.

Then we shift into more peaceful thoughts and act from a higher level of wellbeing.

This is how we can step out of the victim role and step into our creator role.

By letting go of the old stored traumas and beliefs in our body, the body can become a container for our true power and light.

Once the body opens up, we can breathe more into our hips. This is how we discover the hips are a place of safety and coming home inside of ourselves.

Once we align our head, heart and hips we discover the superpower inside of ourselves to become unapologetic and step into our greatness.

**CONCLUSIONS:** *We need to reconnect with our body.*

Once we will reconnect in a deeper way with our body we can embody our true power and greatness. The body is the gateway to living a brighter, more fulfilled life.

**KEYWORDS:** Body, embody your power, reconnect with your greatness, feminine sacred power.

### **BIOGRAPHY:**

Sandra Deakin has been a radio presenter from the age of 14.

She has created several popular TV lifestyle show & talkshows in Belgium.

For years she has also been a radio host at the national Belgian radio 2 reaching more than 2 million listeners.

Today she is a life transformational specialist, inspirational speaker, teacher & mentor for women worldwide in expressing themselves unapologetically and owning their inner power and beauty.

Sandra is also the podcast host of Brightspots radio in which she interviews people who bring new ideas to our world such as Deepak Chopra & Lynne Mac Taggart.

Sandra is proud to be part of ATL Europe a heart-based community of leaders who bring positive change in the world.



