



Embodied Business Foundations

Complete resource index

Embodied Business Foundations is a self-led resource library containing practices, workshops, activations, and tools created over several years. This index is offered to help you orient yourself and see the full scope of what's included. There is no expectation to move through everything. When you join you're invited to explore intuitively and return to what supports you, when it supports you.

Here is an outline of what is included in the space and how to work with it in a way that honours your energy, rhythm, and capacity.

1. Grounding & regulation

Stabilising the nervous system, reconnecting with the body, and coming back to centre.

Includes:

- An open heart
- Body connection visualisation
- Coming back to centre
- Connecting to the energy of the seasons
- Connecting to the land
- Devotional self-care practice
- Everything is energy
- Flower and Earth energy
- Heart – a guided focus
- Nourishment and grounding
- Seven days of self-love – mini experience
- Solstice stillness
- Tending to the heart – workshop
- Trust workshop
- Working with the seasons and cycles in business

2. Clearing & recalibration

Releasing old patterns, identities, and subconscious blocks that are ready to soften or dissolve.

Includes:

- Ancestral connection
- Business beliefs – guided focus
- Business with your inner child
- Changing identities
- Fear of rejection
- Letting go
- Parallel lives
- Re-birthing experience
- Reclaiming parts of yourself
- The energetics of aligning an area in your life
- Upper limits
- Witch persecution regression

3. Expansion & capacity

Growing your ability to receive, trust, and hold more with ease and integrity.

Includes:

- A wealthy life
- Aligning your life and business
- Cave of abundance
- Deepening trust
- Flourishing
- Ignite – guided focus
- Magnetising
- Magnetising with the chakras
- Money mindset
- Mystic – prompts
- Receiving support

4. Expression & co-creation

Bringing ideas, offers, and truth into form through aligned expression and practical action.

Includes:

- Aligning your pricing
- Business basics – workbook and templates
- Co-creating with the soul of your business
- Creating an opt-in with Mailchimp
- Creative marketing
- Creative visioning with your business
- Creativity – focus to deepen into
- Deeply tuning into your offer
- PR tips and tools
- Show up and share – practical prompts
- Social media – 5-day experience

- Soulful selling
- Sharing your stories and truth
- Truth prompts
- Ways to create a sustainable business

Connect with the soul of your business – activations

A dedicated sub-section of experiential journeys and practices.

Includes:

- Becoming
- Co-create with your inner child
- Connecting with your business in the waters
- Dream on it
- Embodied conversation
- Journey through the portal
- Shamanic journey
- Take a walk with the soul of your business

5. Embodied leadership & integration

Living, leading, and creating from embodied power and inner authority.

Includes:

- Authentic power
- Balancing the masculine and feminine in business
- Connecting with your female power
- Deepen – focus prompts
- Embodying your creative power
- Embodied – focus prompts
- Embodying your power

Come home to your power – 22-day experience

A self-led, in-depth journey exploring power through the body, emotions, ancestry, expression, safety, and daily life.

Includes:

1. What is power to you?
2. The energy of your power
3. The qualities of your power
4. Create a representation of your power
5. Speaking with your power
6. Moving with your power
7. The power in rage
8. The power of your heart
9. The power of younger you
10. The power of/from your ancestors
11. BE-ing in your power
12. The edges of your power
13. Feeling safe in your power
14. Rooting your power
15. Reflecting on your power
16. Nourishing your power
17. Trusting your power

18. Why your power matters
19. Expanding your power
20. Creating from your power
21. Sharing from your power
22. Living from your power

6. Aligned action library

Short, focused practices to support clear, aligned action.

Includes:

- Mini visualisations to tune in
(24 short audio practices designed to help you listen inwardly and act from alignment rather than pressure)

Immersive journeys (archive)

Longer-form explorations created during earlier iterations of the work.

Includes:

- Co-creating with the soul of your business – 5-day experience
- Create a business that nourishes you – 5-day experience
- Embodied Business – grounding workshop
- Inviting more ease into entrepreneurship – visualisations

Final note

This space is not designed to be completed.

It's designed to be returned to.

You're invited to trust what draws you, pause when you need to, and allow the work to meet you where you are.