

Elizabeth DiAlto:

Hi, everybody. Welcome to the registration page for the EMBODIED Living Center. I am the founder and creator of this cave of wonders as you will see in a moment why I call it that, and this is a place for cultivating self-love, healing, wholeness and liberation in a community of like mind, hearted, bodied, souled wild women from all over the world. This came to be because I have been a practicing embodiment specialist for almost eight years now, and I have taught so many workshops and so many class. I've developed an entire movement method called Wild Soul Movements. I also teach Erotic Body Movements, Sacred Body Work, Wild Soul SWEAT classes. I'm constantly sharing and developing healing meditations, rituals, energetic attunements. And I just wanted one place to put everything under one roof for people who are on healing journeys who like to take an embodied approach because embodiment helps us work on the physical, mental, emotional, and spiritual level simultaneously.

So it's very integrative gentle, personal work, customizable work that can meet you wherever you are and take you where you want to be. And as well for people who love to do this in community who don't want to be on their own. And so we have an incredible community, very diverse from all over the world. And when I say diverse, I mean diverse in all the ways people can be diverse. I'm not just talking about ethnic or racial diversity. The age ranges, women in their 20s to women in their 70s. Again, or women live on like five different continents. Actually, no, six. We have six continents. The only place we don't have women in the EMBODIED Living Center is Antarctica. We also have all different types of education and careers and socioeconomic statuses, sexualities, relationships statuses. We have people who were mothers, people who aren't mothers, birth mothers, non-birth mothers, single people, people in relationships and everything in between.

So it's an amazing, brilliant, incredibly supportive community. It's also a community of people who believe in not taking ourselves too, too seriously. We do Feel Good Fridays every Friday, we share memes. We send each other Care Bear Stares. We ask for support. And then of course, for the people who are more introverted and just like to lurk and log in and use the content and not say anything to anybody, we have plenty of space for those people too and we honor, and we respect that as well. We do monthly Q&A sessions in here, and I want to take you on a tour. Actually, I have never done this before, and I know some people are really quite visual. And so I wanted to invite you into the EMBODIED Living Center. We hosted in Mighty Networks, and I'm not going to take you all over because I don't want to breach anyone's privacy.

But just to give you an idea of what we have in the EMBODIED Living Center. I call this a cave of wonders because if you've ever seen the movie Aladdin, you know how he goes into the cave of wonders and it's like treasures and jewels, and all this kind of wonder and beauty and incredible things. And that's what it's like when you get in here, but for EMBODIED healing and self-liberation. So first things first for anyone who's never used Mighty Networks, we have a user manual. We do orientation. We make sure you know where to find everything, how to use everything so your user experience can be incredible. We have a Wild Soul team to help you out. We take your DMs and your messages and everything like that. We check that every single day. So you're never going to be just hanging out not knowing where to find anything.

Care Bear Stares, and celebrations are for when you need support, you can tap into our community and have women all over the world literally sending you... In our world we like to use Care Bear Stares instead of love and light because it's fun, it's light. And I really believe that shit works too for the record. On Feel Good Fridays, we share memes. We share pictures of pets and kids and funny things and clever things and whatever major heart warm or brought you joy or delight throughout the course of the week. On Mondays for anyone who wants to, there's an invitation to send an intention or let us know what you're focusing on the week so we could root you on, various different types of community

check-ins, random treasures, Wednesday check-ins to see how your week is going. The EMBODIED Living Center includes two entire minicourse, the EMBODIED Self Love minicourse and the Wild Soul Archetypes minicourse.

So in the EMBODIED Self Love minicourse, you get access to workshops on my EMBODIED Self Love framework, which includes self-awareness, self-knowledge and self-acceptance as part one, self-trust and self-respect is part two. And then boundaries is part three. The Wild Soul Archetypes minicourse some really fun stuff for the Wild Soul Archetypes I created in 2020, which there's three different natures. And these are built out of these evolved out of the Wild Woman Archetype, which many of you are probably familiar with. Working in that archetype for over seven years, I noticed that there were different nuances and flavors and expressions of them. Some of them are more fierce. Some of them more loving, and some of them are more mystical. So in 2020, I created two mystical archetypes, The Medicine Woman and the Sacred Creatress, to loving archetypes, The Divine Mother and The Erotic Priestess, and then to fierce archetypes, The Sovereign Queen and The Warrior Goddess.

So in this minicourse, there are journaling prompts, practices and meditations for each one. There are movement practices to help you alchemize the archetypes through embodiment practices, embodied movement. There were playlists, there were messages, channeled messages from my archetypes to yours. And then there is a session for each section. So the fierce natured ones, which are The Sovereign Queen and The Warrior Goddess, there's a session for them and a Q&A. There is the mystical natured archetypes. There's The Medicine Woman and the Sacred Creatress, the session and the Q&A, and then there is the loving natured archetypes, The Erotic Priestess and The Divine Mother. And there is the session, the teaching class and the Q&A for that. And as well, each month when we do our Q&A sessions, say you're just tuning into the course for the first time, and it's no longer live. That is totally fine. We do a monthly Q&A, so you could always pop onto a Q&A, you could pre-submit a question if you can't make it live. And I answer all of your questions. Every single month we do that, super fun.

Then. All right, here's the really fun part. The EMBODIED Living Center is slowly but surely becoming like a low key peloton for embodiment. The only thing like this on the internet. So we have libraries with a couple 100 classes and I'm going to walk you through here. So we have energetic attunements for an array of things, things that keep you stuck, tired, blocked, confused. Some of our current energetic attunements are for things like fear of failure, working through big emotions, setting your beautiful energy for any day, cord cutting. And I add more energetic at achievements every single month.

Then we have our library of Erotic Body Movement classes. So these are classes that are set to really sultry and sensual playlist, where we explore different themes. So currently there are over... I had to write this down earlier because I was counting, there's over 50 Erotic Body Movement classes already in there, and each month I add two more and you could join those live if you want to. And as you could see here, some of the topics we explore and some of the themes are things like worthiness, resistance and opening, navigating intensity, channeling, connecting to your inner goddess, illumination, creative essence flow, the pleasure of existence, feeling at home in your body, connecting to your power and so many more, play, patience, deeper sensuality.

Some of them are shorter. Some of them are longer. So literally any given day whatever's going on in your life, whatever's going on in your world, you can pop in here, pull up a class and work with whatever is going on for you can help you integrate, can help you navigate, can help you heal and free yourself from whatever it is that you've got going on. Then EMBODIED Living Center also includes the Wild Soul toolkit, which is that I created, I don't know, like 2017 or 2018. There's a ton of practices, rituals and meditations in here for things like general presence, nourishing yourself with food, energizing

a new endeavor, completing things. There's a morning ritual. There's an evening ritual, an expansion and receptivity practice, full moon and new moon, all kinds of juicy stuff in here.

And then let's get back to these topics so you could see what's in our other libraries. Our meditation library. So when I originally opened the EMBODIED Living Center, I was doing breath based meditations. And then last summer in 2020, I also started channeling healing meditation. So we have over 24 healing meditations in here. And again, the topics are a wide range of things like raising your vibration, releasing overwhelm, meditation for anxiety healing, for a grieving body, acceptance, healing from a breakup, body love, bright and healthy. Accessing creative intelligence, energetic boundaries, moving through resistance, reclaiming true love and light, cultivating faith, and many, many more, embodying divine love, immense compassion, softening your heart, forgiveness, feeling like you're enough, all kinds of incredible things in here in the healing meditation library.

And then we move on to Sacred Body Work. Okay. Sacred Body Work is... Some of you might know this about me. I used to be a personal trainer back in the day. So I've always been a body oriented type person long before I started doing actual embodiment work. And one of the things that I always have loved is self myofascial release. So some of you are probably familiar with this through things like foam rolling, but we use these yoga tuneup balls to really get up. I love the saying. I saw this on a sign at a massage parlor once that said, "To get the issues out of your tissues." So we have Sacred Body Work sessions for different parts of the body.

There are over 28 Sacred Body Work sessions in here and starting in 2022, I'm also going to be creating some hybrid movement like Sacred Body Work and movement classes that are kind of going to be across between Sacred Body Work and Erotic Body Movement, where we're going to have some nice sultry playlists, and we're going to, you use the balls to stretch and work out again, the issues in our tissues and everything like that. They're very healing. And then we're also in 2022 going to add some sacred body stretch classes. And so these will be yoga-ish, but not a yoga class. I'm out of yoga instructor. We do have some certified yoga instructors who have gone through Wild Soul Movement teacher training who will also be teaching some of these classes in the EMBODIED Living Center.

But you could see here in the Sacred Body Work library, we work out all kinds of aches, pains, tension, tightness, and things going on in the chest, heart and shoulders, the upper back, the feet, the lower back. We do full body session. We work on the hips and the booty, the belly, again, lower body, the jaw, neck if you have any tension in these places. We have a couple different glutes and hips, middle and lower back, thighs, face and neck, belly, and pelvis. Basically, if you need it, we got it, which I love. It's kind of like the app store. Basically, when you come into the EMBODIED Living Center, it's like we have a class for that. There's a Wild Soul Movement class, an Erotic Body class, a healing meditation, a Sacred Body Work.

There is something to address whatever you've got going on however you want to work on it. So we have Sacred Body Work. And then you'll see here, WSM is Wild Soul Movements and Wild Soul Movement is a healing movement modality that I created back in 2013 that combines central movement with breath and meditation. We use mantras to help reprogram the subconscious and the conscious mind and really decondition the programming conditioning that we've taken on and reprogram like, how do we want to be living? How do we crowd out the things that don't serve us and welcome in and embrace and embody and really practice and cultivate the things that we do want to be aligning with the deeper, more soulful aspects of ourselves.

And so the Wild Soul Movement classes follow eight different topics, which are the pillars of my self liberation framework. So you could see them here. Desire, love, receptivity, release, surrender, trust, truth, wild dreaming. And back when I began the EMBODIED Living Center, we also were doing Wild Soul SWEAT classes. I tapped back into my fitness background. I'm not adding any new Wild Soul

SWEAT classes to the library. There's like 25 or 26 of those in there. And some people really still enjoy using those classes. This here, the resource, my teaching archives library is an absolute gold mine. This is like worth the price of the investments for the monthly membership many times over. So we have workshops on how healing works, creating more magic in your life, alchemizing anger, getting down with your divine support squad, which is basically like cultivating your own relationship to the divine on your own terms, how to release control, the Less Control Workshop.

We have a couple dating workshops in here for my friends in your 30s and 40s who are out navigating, finding love and staying romantically hopeful. There's a Forgiveness Workshop. There is the Feeling and Dealing Workshop. I love this workshop by the way, this is for sensitive folks and deep feelers, like how do you exist in a world with so much going on being a deeply feeling and a deeply sensitive person? The Courageous Conversations Workshop, the Remembering Who The Fuck You Are Workshop, which helps you to connect. This is a workshop that's really gauged towards self-awareness, self-acceptance and self-knowledge, connecting to your values, living your values in your life. And then I also put in here from 2016, my Wild Soul Insider Archives. There's another 18 workshops, little mini classes in here from back in 2016. There's a workshop in here on setting intentions and on living an unconventional life. So again, when I say cave of wonders, I am not exaggerating. You can see how much stuff there is in here to support you through whatever it is that you've got going on.

Then we've also got... It's so funny because I know how much stuff is in here, but as I'm going through it I'm even like, "Damn, I forgot we had that." Man, I've created a lot of shit over the years. It's so amazing. I don't say that to like pat myself on the back. I say it because this is effective stuff where people love it. And while I'm navigating to show you the rest of what's in here, I'll also proudly share that on this platform, Mighty Networks, we have stats that we can look up, which lets us know how often our members are logging in and how often our members are using the content and Mighty Networks itself has these benchmarks, like 20% of the time or 50% of the time. They're saying, "If your people are using the content 20% of the time, that's good. And if they're logging in 50% of the time every month, that's good."

And our numbers tend to be 20 to 50% above the recommended good benchmarks in Mighty Networks. So our people really use this stuff. Some people are logging in and tuning in and using things every single day. Some people are using things multiple times a week or multiple times a month, depending on how much time they have. So one of the things we are really proud of is how useful the stuff is that we create here and how applicable it is. And then last but not least, we have our Ritual Library. The Ritual Library is something I added. I just started adding in the summer. And so we have gratitude rituals, sacred beauty blessings. I love this one by the way for when things are hard. One of the things to do that my friend, Heather taught me many years ago.

She's a dear friend. She's also a mentor, is to keep beauty close during hard times. We have rituals to use your plants and decaying and dead and dying flowers, mourn embodiment rituals, blessing a new space, body appreciation, a ritual for connecting and communing with the sun, blessing your food. And there's many, many more rituals on the way. So thank you so much if you watched all of that. There's also a transcript if reading through will be easier for you because I just wanted to give you a tour. I wanted you to be able to see... I mean, it's a very low investment. It's just \$44.99 a month if you want to join the EMBODIED Living Center. But some people like to see what they're actually signing a up for before they make that decision. So now you get a little tour, now you get to see what's in there. Now you get to see and feel and get a sense of what might be useful for you.

What I didn't show you again, because I don't want to violate anyone's privacy are all the posts from the community. All the things that people share and ask for support on and the variety of ways our women come together and they connect, and I know it's 2021 right now. It's the end of the year. It's

November 2021. And I know a lot of people still aren't traveling. A lot of people are still kind of staying close to home as we still navigate these pandemic times that are ongoing. But someday we're going to be back out in the world again, and so many people are going to be able to connect and meet these friends that they've been making in the freaking EMBODIED Living Center, and it's going to be so amazing, and it's going to be so fun.

And so if you're someone who sometimes feels alone in your life or like you're the only one in your life who cares about healing and growth or anything like that, we're your soul family in the EMBODIED Living Center. You got sisters just waiting to connect with you, to support you, to learn about you, to share. It's a really beautiful thing. I'm super proud of us. I love it in there. It is absolutely a soul family, very resonant place for people who were into what I call spiritual special ops, which is finding ways to embody self-love, healing, wholeness, liberation, shine your light wherever you go, that famous quote, "Be the change you want to see in the world." We are about that. We are about creating those ripple effects and doing our individual work so that we can also help to contribute to collective healing and liberation. So if you want to join us, you can join anytime, you can cancel anytime, you can come back anytime. That's how it works. Thank you for watching and I'll see you later.