

WILD SOUL SACRED BODY UPCOMING EMBODIMENT JOURNEYS THROUGH JANUARY 2024

For the next nine months, we'll be exploring and integrating the chakra system and the Wild Soul Archetypes. If you're not familiar with the Wild Soul Archetypes - [here's a pdf describing each one](#). The archetypes do not correlate with any zodiac sign, we just prefer to move with the changing of the zodiacal seasons rather than the Gregorian calendar in the membership. We also schedule an integration month during Earth sign months (ie Virgo, Capricorn) because I'm a big believer in the importance of grounding, rest, and integration for healing, embodiment, and liberation work to be truly effective.

May 22, 2023

Gemini Season - Root Chakra - Medicine Woman

June 22, 2023

Cancer Season- Sacral Chakra - Erotic Priestess

July 22, 2023

Leo Season- Solar Plexus Chakra - Warrior Goddess

August 22, 2023

Virgo Season - Integration month

September 22, 2023

Libra Season- Heart Chakra- Divine Mother

October 22, 2023

Scorpio Season- Throat Chakra- Sacred Creatress

November 22, 2023

Sagittarius Season- Third Eye Chakra- Sovereign Queen

December 22, 2023

Capricorn Season - Integration

January 22, 2024

Aquarius Season - Crown Chakra - WILD SOUL

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WILD SOUL SACRED BODY CONTENT LIBRARIES AS OF MAY 2023

Elizabeth's Teaching Archives* (24)

*Workshops are 1-3 hours, video lessons are 20-30 minutes



Workshops

Embodiment 101	Feeling and Dealing 2.0
Sacred Embodiment for Self Liberation	Living an Unconventional Life
Holy Consistency + Life Inventory	Remembering Who TF You Are
Surrender	Setting Intentions
Release	Dating in Your 30s and 40s
Wild Dreaming	Getting Down with Your Divine Support Squad
Trust	Courageous Conversations
Receptivity	Forgiveness
Love	
Feeling and Dealing 1.0	



Video Lessons

Earth Element

Air Element

Fire Element

Water Element

Wild Soul
Archetypes

The Chakras

Wild Soul Wisdom Classes + Themes* (67)

*each class has a unique mantra



Surrender - 8 classes

Release - 8 classes

Trust - 6 classes

Receptivity - 8 classes

Wild Dreaming - 10 classes

Desire - 9 classes

Love - 9 classes

Truth - 9 classes

Wild Soul Flow Classes + Themes (24)



Worthiness

Navigating Intensity

Creative Essence

The Pleasure of
Existence

Inner Goddess

Power

Patience

Play

Flow

Alchemy

Opening in
Resistance

Deeper Sensuality

Primal Vibes

Renewal

Receptivity

Surrender

Illumination

Emergence

Home

Letting Go of the
Past

Tenderness

Groove + Flow

Courage

Trust the Mystery

Healing Meditations (18)



Embodying Your Soul

Embodying Divine Love

Wholeness

Bright and Healthy Body

Acceptance

Transmuting Big Feelings or Emotions

Release Overwhelm

Blessings of Miraculous Grace

Immense Compassion - Softening The Heart

Moving Through Resistance

Faith

Healing For A Grieving Body

Earth Element

Air Element

Fire Element

Water Element

Self Love

Forgiveness

Energetic Attunements (13)



Upper Chakra Practice

Heart Practice

Lower Chakra Practice

Fear of Failure

Healing the Mother Wound

Connecting with Loving Divine Father Energy

Rose Attunement to the Frequency of Love

Access Your Soul's Desires

Releasing Big Emotions

Prayer For Releasing Fear

Super Charged Forgiveness Prayer

Set Your Beautiful Energy to Start The Day

Cord Cutting with Archangel Michael and the Divine Masculine

Rituals (13)



Despacho (Gratitude Ceremony)

Blessing Your Food

Sacred Beauty Blessing (For Hard Times)

Sun Ritual

Body Appreciation Ritual

Blessing A New Space

Personal Erotic Body Practice

Footbath Cleansing and Renewal Ritual

Oh Beloved Magdalene Prayer

Water Ritual + Consciousness

Beloved Brother Jesus Prayer

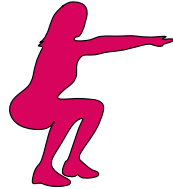
End of the Year Ritual (great for New Year and Birthday Portal)

Morning Embodiment Ritual

BONUS BODY PRACTICES

Wild Soul Sweat* (28)

*Workout classes with Elizabeth blending her roots as a personal trainer and group exercise instructor and the energy of Sacred Embodiment



Full Body - 13

Core - 8

Lower Body - 7

Sacred Body Work* (25)

Sacred Body Work uses gentle stretching and Yoga Tune Up balls for self-myofascial release to help you work "the issues out of your tissues"



Hips - 3

Full Body - 2

Upper Body / Back - 5

Lower Body - 6

Feet - 4

Belly - 3

Face + Neck - 2

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