

Integration II: Embodied Transformation



Letting your body lead the way home

S.E.L.F. L.O.V.E. Transformational Project

About This Session

Real transformation is felt in the body, not just understood in the mind. This session uses body-based practices including body scan, power postures, and somatic awareness to anchor your changes at the physical level.

Integration: Embodied Transformation

The body holds the truth the mind tries to explain. When transformation is real, you feel it not just in your thoughts, but in your breath, your posture, your presence.

Wheel of Stress: Where Does the Weight Still Live?

Which areas of your life still carry the most stress, worry, or unresolved energy? What is underneath?

My Morning Ritual

Design your ideal morning ritual: the practices that set the tone for your day. Be realistic and personal.

My Evening Ritual

Design your ideal evening ritual: the practices that help you close the day with peace and intention.

Power Postures

Name 3 postures or physical stances that help you access your confidence, calm, or groundedness. When and how will you use them?

Body Scan Reflection

After the body scan: where in your body do you feel most at home? Where is there still tension, guardedness, or unfamiliarity?

Reflection Questions

1. What does your body feel like now compared to when you started this course?

2. Which morning or evening ritual practice has the most impact on your mental health?

3. What does "embodied transformation" mean in real, practical terms for you?

4. If your body could speak right now, what would it want you to know?

My Notes
