



EMBODIED
MYSTIC

The Way Home

My big WHY for this work is the feeling of belonging
I never felt like I belonged anywhere in humanity
This is the reason for the directions, for me it was the road map to
true belonging



Fundamental Foundations to Empowerment Success

Your exclusive 3 top tips

**What 3 things can you do NOW
To set your foundation for empowerment
success?**

No. 1

Your system might be craving for Receiving mode

It may have been in Doing mode for too long

What does this mean?

**You have likely been busy with life, doing this and
doing that.**

When was the last time, you received instead of did?

**I mean instead of giving a hug to someone you
receive them.**

**Instead of doing anything physical you receive it
instead.**

Let me explain.

**You have this duality of giving or receiving
with all your senses**

Smell

Sight

Touch

Hearing

Lets explore with sight
Pick an object you see in front of you
Anything
Got it?
Now look out at the object
Do you see it?

This is usually how you see

Now

With the same object

Receive it with your eyes

Imagine that it is coming in towards you

Your breath should drop deeper into your body and

maybe you sit back a bit lower in your chair

Can you notice a difference?

Your breath should become slower

Its like your other senses all move into receiving too

Instead of breathing the air just in front of you

You receive the air/smell deep into your body

Now try with touch

Pick up something

**Like a pen as if you were going to
write with it**

Instead of writing with the pen receive it

How cold is it in your hand

What is the texture

What is the colour

Does it smell?

**Receive all the information as if you were a child
exploring in wonder for the first time**

Now hearing

What do your ears receive?

And finally taste

**When you next eat, remember to receive your
food and explore this channel**

**Hopefully this is now clear
If you reflect I'm betting you have been in
doing mode for a long time**

**The foundation to empowerment success is
making this receiving channel a HABIT**

It is so important that you don't overlook this foundation

It is KEY

**If your receiving channel is open you can make room for
all your hearts desires**

**If you are blocked in receiving anything, this needs to
shift FIRST**

No. 2

Allowing Emotions

Allowing emotions, as much as possible without making them
bad or wrong.

It's usually an emotion that you have seen in a parent or
someone from the past that hurt you and you think.

I don't want to be like them.

Therefore you struggle to feel your version of that emotion.

For Example

Mine was My Dad's Anger

I was afraid of it when I was young.

Therefore I suppressed anger as I grew up because I made it
wrong and scary.

I was afraid of my own anger and didn't like it.

When I realised this and I was told that I could feel my anger and
even enjoy it.....

I know, actually enjoy being angry, I was confused.

But I found life force in my anger, I found it wasn't scary.

I found it delightful and alive and liberating

The 5 Core emotions:

Love

Fear

Sadness/Grief

Sexual Energy

Anger

Emotions are only toxic when they are unintegrated
Your souls voice is trying to help you notice which emotions are
free and which are stuck

Each of these has an experience when we allow the emotion to
be felt and to flow = Effective Healthy

Each of these has an experience where we tense up, hold onto it
and try to block it. = Indicator there is a misunderstanding

Love

Fear

Sadness/Grief

Sexual Energy

Anger

The essence is:
Feel it to heal it
What you resist persists

Emotions are the souls voice
They are your spiritual energy speaking to, through, and as you
When emotions are the souls voice they come in waves
You feel it and it feels good with life-force and then releases

If emotions are being judged in the mind and attempted to be controlled. Stuck in fear and tension.

Then they don't go like waves.

The energy stays

It is heavy

It is perpetual

Like emotional masturbation

There is no wave.

This is your indicator there is a block and you are going the wrong way

There is a misunderstanding

No. 3

Once you have flipped the switch to receive, continue to do it
DAILY.

Set a daily alarm on your phone and come into receive mode.

Take 3 breaths with your hand on your chest.

And breath out releasing with sound on an AHR

Allow your eyes to be in peripheral vision.

Receive the space you are in.

Receive your breath deep into your belly

And out on AHR

This will take you about 60 seconds and change your life.

NB: If you find this exercise difficult you are “not safe”

There is a belief in mind/body/spirit that it is not safe.
Your mantra is “I am working towards a sense of personal
safety” and breath 3 times.

Make some space

You can't fill an already full cup

If you are challenged with your emotions then you

Usually need to release

Primal scream.

Dance to loud music with your emotions

Being in nature

If this was helpful and you would like more information on the full shamanic directions empowerment process, keep reading



4 Stage Empowerment Process
Turn “I Can’t” into I CAN

How does this method work?

What are the themes covered in the empowerment process?

Using the shamanic directions or medicine wheel. These 4 corners South West North East are based on the 4 pillar archetypes of collective consciousness.

The 4 energies of being human that EVERYONE HAS. No one human being is without one of these archetypes. That's why this works for everyone.

The process is about understanding the human experience, all your emotions, why you might feel alone, like no one understands, or have given up trying because nothing seems to work.

This method creates a container for you to find your own safety, surrender and acceptance. There is only conflict, pain, stress and disease when things are not understood.

This process will show you why you feel the way you do, what your limiting beliefs are and get you out of your own way.



Step 1

Direction: South
Archetype: Victim

1st stage of consciousness (life happened to me)

Reveal hidden limiting beliefs

Shed old stories that are no longer serving

Heal physical body from pain & disease

Understand suppressed emotions

Heal old wounds in the past



Step 2

Direction: West
Archetype: Saboteur

2nd Stage of consciousness (life is created by me)

Fear is keeping you small (Face it till you make it)

Push through comfort zone

Find & face your shadows

Fears of responsibility

Owning your power



Step 3

Direction: North
Archetype: Child

3rd Stage of consciousness (spirit creates through me)

Creativity and Energy

What is your purpose and joy

Expanding into more love

Psychic development & Intuitive Knowing

Finding fun & play with life

Self education and learning



Step 3

Direction: West
Archetype: Prostitute

4th Stage of consciousness (oneness, life is created as me)

How are you selling yourself short

Not giving yourself or anything that disempowers you

Trusting your worth

Faith that your needs are provided for

Spirit and soul not for sale, no violation of self

Perspective of THE ALL

How is this method delivered?



South Serpent

Sessions of 1:1 Illuminations
& Empowerment Coaching with
Facilitator



West Jaguar

Sessions of Past Life Clearing
and Empowerment Coaching
with Facilitator



North Hummingbird

Sessions of Soul Retrieval and
Empowerment Coaching with
Facilitator



West Eagle / Condor

Sessions of Completion

1 of Ancestral Karma Lines
Cleared, 1 of Soul Contracts
Cleared & 1 Summon the
Becoming Session

FOUNDER & FACILITATOR

Clare J Clarity

I took my BA Hons 06-09 moving into the professional industry as a workshop facilitator. I have been bringing in shamanic wisdom on top of that for the last 11 years. My own personal self development journey started age 9 when I was chronically ill and I have been forming the mind body soul connection needed for transformational work for nearly 30 years.

Shamanic Directions is recognised as an accredited certification by Industry leading Insurance. Those training with us are suitable for therapist insurance policies. Over the last 3 years I have helped 251 clients on a 1:1 basis and successfully trained 45 new practitioners just last year.



Clare J

Experience this Method or Become a Facilitator

**Book your session with me
90minutes £139**

**email embodiedmystic@gmail.com
for the next available dates and times
www.embodiedmystic.cc**