EMBRACE YOUR WOOWOO

wildly, unapologetically you

QUIZ RESULTS

YOUR CREATIVITY IS CALLING YOU

you As creatrix

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IT IS TIME TO EXPAND YOUR CREATIVITY

Hooray! your survey results have landed you here...

YES! Your Embrace Your WooWoo survey results have landed you here: At a time and place in your life where your sexuality and creativity and getting all fired up and are screaming to be heard!

Embrace your WooWoo is all about embracing the part of you that is wild and free and authentic. This is the time to be all you're here to be. There is no more room for complacency and a half-lived life. You are truly the answer to the prayers your ancestors prayed and it's up to you to live out that dream; your dream.

Ask yourself, 'What have I been waiting for?' Be willing to hear the answer to this question.

Your WooWoo awaits you. She beacons you to rise up and live your life fully.

When we open and we shine that light out
It makes everyone around us feel good
~Sheri Winston

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Hooray! your survey results have landed you here...

YES! How terribly exciting! You As Creatrix is about you, tuning into your needs as a sensual, sexual, creative being and owning your value and worthiness of being treated and worshiped as such...Your needs, urges and deep, primal desires are welcome. Don't let anyone ever tell you otherwise!

The world needs more of you feeling alive and full and fed than anything else. Are you willing to fully live?

Through your senses you experience the ecstasy of being alive. Feel everything.

IT IS TIME TO EXPAND YOUR CREATIVITY

Come with us on a journey for the next few moments.

Some questions for you to ponder

What were you told about your sexuality growing up?

How does your wild, authentic, sensual self express pleasure in the world?

What do you need to do to foster more eroticism in your life?

What are you pleasure rituals?

What do you do for yourself that is just about you satisfying your innate pleasure sensors?

"your task is not to seek for love, but merely to seek and find all the barriers within yourself that you have built against it." - Rumi

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It is time to expand your creativity

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Here's the challenge for You as Creatrix: to bring your wild, unapologetic, authentic self to the bedroom next time you have an encounter (either alone or with a partner).

Explore the outer limits of your comfort in your sexuality. Maybe try something new and erotic. There's a great book we recommend called The Erotic Mind by Jack Morin and anything by Esther Perel. These will give you all kinds of ideas about how to recall past peak experiences with your sexuality and use these memories to enhance your current encounters.

Dance
Like no one is watching

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Another favorite book of ours is the Woman's Anatomy of Arousal by Sheri Winston...When it comes to pleasure, this book is where it's at. She's got oodles of incredible resources and wisdom and tips to experiment with on her site: www.intimateartscenter.com.

Explore, read, fantasize, play. A sure recipe for heightened pleasure out of life! And the most amazing truth is that it need not only happen with a partner. Your body is an amazing temple of pleasure. The challenge is to find the key to your own eroticism. And enjoy the practising while you're at it!

If you're curious, watch the video on TED talks by Esther Perel called: The Secret the Desire in a Long-Term Relationship.

You As Creatrix Mini Program is all about harnessing the power of your sexuality, sensuality, and creativity and enhancing your life force in support of new creative adventures and manifestations. Doesn't that sound like FUN?

IT IS TIME TO EXPAND YOUR CREATIVITY

Come with us on a journey for the next few moments.

your body is a living, breathing Temple of desire, ecstasy & pleasure

YOU AS CREATRIX IS ABOUT GETTING UNSTUCK FROM HERE

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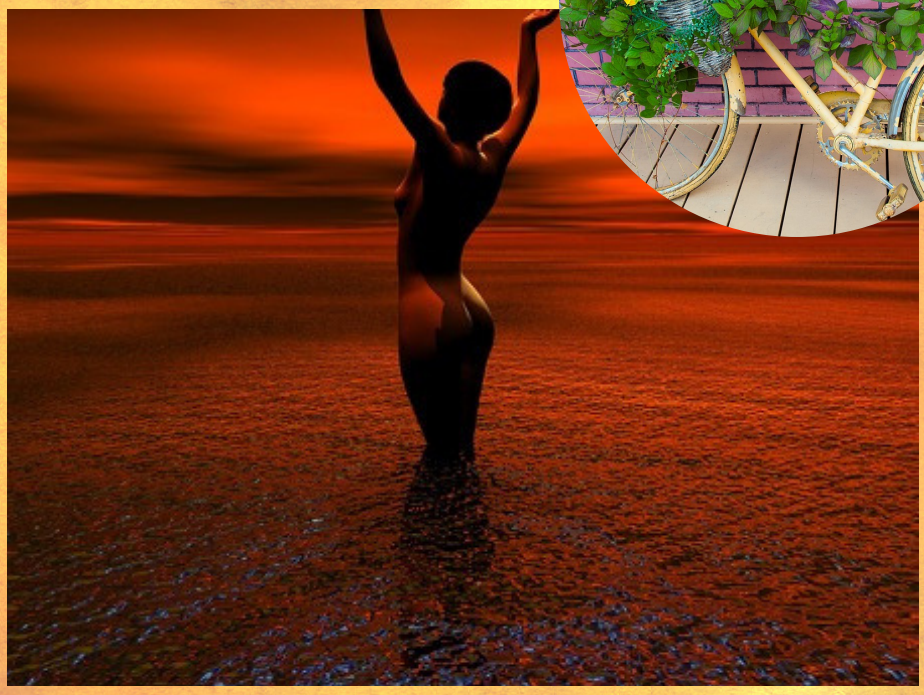
IT IS TIME TO EXPAND YOUR CREATIVITY

Come with us on a journey for the next few moments.

TO FEELING ALIVE & SEXY & CREATIVE



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IT IS TIME TO EXPAND YOUR CREATIVITY

Inspired Actions For your Body & Soul

Increase your dietary essential fatty acids (such as hemp, chia, salmon, coconut, avocados, etc.) , which will help promote optimal hormone balance.

Find a creative outlet: whether its painting a picture, getting creative in the kitchen or dancing like nobody is watching!

We hold a lot of sensual tension in our hips. Try hip-opening yoga poses, like pigeon pose or fire log pose.

It is time to expand your creativity

The GROW Model

Please take this opportunity to think about your inspired action step: What you would like to DO and how you would like to FEEl if you were to start living your life with total freedom to be as wild and free and sexy as you desire. To know your body's desires and with confidence, know how to meet them... what would that look like?

The GROW model is a lovely tool to use to write down your dreams, your goals; or as Danielle Laporte says: Goals with SOUL.

G - Stands for goals. What is your desired outcome? Specifically as it pertains to this need to 'nurture your roots'.
R - Stands for reality. What have you done so far? Based on the reality of your current situation, is it realistic? What is true about your life right now?
O - Stands for options. What could you do? What options are available? What resources are available to help you?
W - Stands for will. Commitment to action! When do you want to do this? What will you do? What support do you need?

It is time to expand your creativity

The GROW Model

Go ahead, be wild, be sexy, be all of you with your action step!

G

R

O

W

IT IS TIME TO EXPAND YOUR CREATIVITY

THE GROW MODEL

Now that you have thought about how you want to take an inspired step forward and courageously, one step at a time, do something different to claim this part of you that is holding you back from living your unapologetic life, you can write it out in one sentence or paragraph and share with others to be a part of the inspiration circle. Together we are strong!

MY INSPIRED ACTION STEP IS ...

EMBRACE YOUR WOOWOO

wildly, unapologetically you

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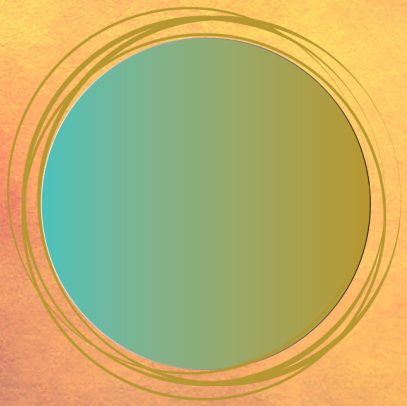
Come with us on a journey for the next few moments.

'People often say that "beauty is in the eye of the beholder", and I say that the most liberating thing about beauty is realising that you are the beholder.'

~Salma Hayek

We invite you to share your inspired action step and join the circle of women AWAKENING to their internal power and authentic selves. This global movement of connection is what's needed RIGHT NOW to change the systems and structures that have kept us all small. It is time to be ALL OF YOU.

TIME TO SHINE YOUR BEAUTIFUL WOOWOO SELF. Time to inspire and lead and live and thrive. Keep an eye out for an email with the next steps & how you can deepen this process ...



Are you Ready To Share your Inspired Action Step?

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