

# Introductions to the Four Sections of Spirit Embraced

## RELEASE

**It is time to let go of all that holds you back from radiating your brilliance into the world.**

**It is time to surrender all the old habits and mindsets that have constricted you,  
made you smaller than who you really are.**

**As you release all that does not support your growth and healing,  
space will open up  
allowing you to stretch towards  
your most authentic and free self.**

## LISTEN

**Breathe in your life.**

**Within you is the truth of who you are and what you are called to do.**

**Make space in your life for silence so that you can tune into the still, small voice within.**

**Follow that voice,  
rather than the clamoring voices that distract you from your truth.**

**It will lead you to a life of passion, purpose and possibility and  
to experiences beyond your imagining.**

# MANIFEST

**Manifestation is not about magically making your wishes come true.**

**It is about listening deeply to the voice of your spirit,**

**trusting the deep desire of your heart,**

**and faithfully moving towards the dream.**

**It is a process that requires your full, “Yes!”**

**and consistent movement towards the vision.**

# TEND

**When you bring forth a deep dream,**

**Do not set it aside like a trophy.**

**Or resist its presence**

**So that you can stay in the familiar field of longing.**

**Open your heart,**

**Your mind,**

**Your soul,**

**And receive it.**

**Your deep dream has arrived.**

# SAMPLE SOUL PSALMS

## SING IN ME A NEW SONG

Sing in me a new Song,  
So beautiful and true,  
That the old, slow tune  
Of my past existence,  
No longer resonates in  
This new place of myself.

Breathe into me the  
Story of my life path  
With such force that it  
Takes my breath away  
And I gulp...  
I gulp in this new reality  
Of ME,  
Fully Lived.

## **The New Becoming**

The old paradigm is dying.

The new paradigm emerges.

Those committed to the old

Hold on,

Fearful of what is to come.

We are the doulas of the new becoming.

We must radiate the path with our brilliance.

We can no longer muzzle our truth,

Or curl in, protected by our fear.

We must remove our cloak of protection,

Put on our cape of courage,

And stand as priestess, shaman, guide

And assist in the birth

Of the New Becoming