

EMBODIED

Leadership

With Chelsae Zirna



EMBODIED LEADERSHIP

There is nothing more powerful in this world than a wildly expressive woman who embodies her dreams with an open heart.

She's a rare species on this planet. Women's voices have been cut off for centuries, their sexuality shunned and exploited, their intuitive gifts dismissed. Most of us have been raised in masculine societies that didn't give us the foundation for feminine leadership. There is a need for balance among both men and women.

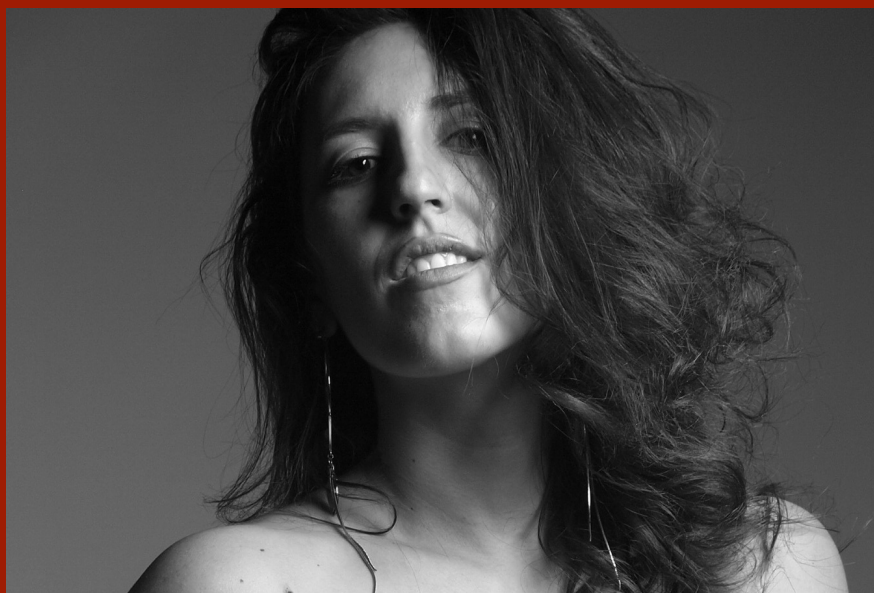
When a woman is courageous, sovereign, purposeful, open in her heart, and able to articulate her honest truth, she can create worlds. Women who are able to lead from a place of purity and consciousness can change the trajectory of this world. That is my highest intention for this container.

We are here to RISE into our fullest power, leading from our wildest of hearts. Thank you for being here.

*Love,
Chelsae*

AFFIRMATIONS

The more I connect with her, the more joy and confidence I feel in my body. The more synchronistic the world feels. The more on purpose I feel. The more in touch I am with my heart's truest desires. The more decisive I am. The more easeful I move in the world. When I trust that everything is happening for my greatest evolution, I surrender to nature's power. My vulnerability is not a weakness. It's my greatest weapon for change. It's your turn.



EMBODIED LEADERSHIP

Embodied Leadership includes two elements

1. **Embodiment:** the representation of the most authentic living expression of yourself.
2. **Divine Feminine Leadership:** Leading from the deepest intuitive knowingness over logic, vulnerability, unconditional love, and attracting needs through magnetism.

EMBODIMENT

Becoming aware and getting in touch with the physical body cultivates embodiment and wisdom.

LEADERSHIP

Owning all parts of the feminine and deepening connection across the spectrum of "archetypes" increases your awareness in feminine leadership

THE ARCHETYPES



MAIDEN

Youthful, feminine, innocent, vulnerable, soft, virgin-like, pure, uncorrupt. She is full of enthusiasm and authenticity, practical and confident in her skin. She is fresh, new to experiences, embodied, determined, bold, and full of opportunity. She is timelessly connected to her inner child, full of vitality and motivated to learn. When out of balance, she becomes a damsel in distress, in need of rescue, living in fantasy or overly logical. When balanced, she lives from her heart, is empowered in her uniqueness, and responsible.

WILD WOMAN

Primal, free, spiritually connected. Culturally this has been suppressed and in waiting to unleash in women. The Wild Woman is in tune with her body and spirit, she dances to the beat of her own drum, she goes against the norm following the calling of her heart, she responds because it feels right in her body, she is connected to her menstrual cycle, and she realizes she is the source of her power. When repressed, it comes out as rebellion and destruction. When in balance, she changes the world.



LOVER

Vivacious, open hearted, connection seeking, intimacy desiring, wants to feel all of the love of the universe. She is connected to her body, to her sensual and sexy side, She loves being seen and known. She is magnetic and wants to enjoy the pleasures of life. In her shadow, she can never get enough love, always needing more attention, giving her power away in order to receive more love, using her sexuality to get what she wants in unhealthy ways. When in balance, she is at home in her body and connected to her deepest longings in life.

THE ARCHETYPES



MOTHER

Nurturing, selfless, protecting, devoted, fertile, fruitful, abundant, generous, unconditional and compassionate. She provides for her creations at any cost. She nurtures creations with an inner strength, artfulness, presence, attention, and care, allowing separation and freedom as needed. She takes care of herself and her environment, nurturing her mind, body, and spirit as a necessity. When out of balance she can become overbearing and smothering. When in balance, she is the embodiment of Mother Earth.

QUEEN

Empowered, sovereign, knows her worth, in her power, never doubting herself, knows her gifts, a natural born leader, surrounded by the best mentors and guides. People have her back. She is not afraid to invest in herself. She is worth everything. She demands the best and doesn't settle.

She knows her voice is powerful and her words create impact. Her actions have a ripple effect. She isn't trying to be a master. She creates change in the world through service and leadership treating others as equals.



CRONE

Maturity, wisdom, compassion, integrity, connected to the Earth, deep inner knowing. She is a master of transformation, drawing us inward, embracing shadow for death and rebirth. She is a master of the cycles of life, a representation of truth and understanding, a skillful guide, and a seeker of meaning of life. She is connected to her ancestors, passing down stories and mythology, with an essence of Kali.



CULTIVATING AWARENESS & PRESENCE IN THE BODY

Embodiment starts with becoming aware of the physical body and amplifying it's feeling

***Safety is cultivated within**

1. Name your current state
2. Take a few deep breaths
3. Induce a state of relaxation, connecting to sensations in the body, finding comfort in the body in your space
4. Slow down your nervous system, find connection
5. Track sensation in the body, becoming aware of what is happening viscerally
6. Acknowledge that you are here, you are safe, it's okay to be here
7. Orient around the room by looking at what is around you
8. Feel the support below your seat, feel your body supporting you
9. Create a Full Body Safety Checklist - how to find this state of being when you are in a full on Trauma response or trigger ***

This is how we start to connect to body wisdom and a key to embodied leadership*

DEEPENING CONNECTION TO EMBODIED LEADERSHIP

It's time for awakened leaders to RISE.
To take up space in the world unapologetically.
To serve with her entire being.
To ignite and inspire others to stand in sovereignty.
To share her gifts and speak her truth.
To devote herself to her growth in surrender.
Resting in the spaciousness of being.

This is a lifelong journey of personal growth and self mastery. It takes courage to stand in full authentic expression. This is the heart of feminine leadership.

Recommended Practices:

Ecstatic Dance / 5 Rhythms
Orgasmic / Rebirthing Breathwork
Reparenting Practices
Women's & Men's Circles
Authentic Relating

Resources:

Deepen your connection by mastering your transparency, finding unconditional love within, & feeling liberated in the body. Below are resources to deepen the journey.

www.chelsaezirna.com/academy

www.wildlywoven.splashthat.com

www.chrysalisspace.com/emergence

*Love,
Chelsae*