

JADE PEARL

ART OF EMBODIMENT

3 Core Lies to tell
to F**k Off

*Release these 3 Core Lies and rediscover your embodied
worth and enoughness*

**EMBODIMENT
SAYS...
POWER**

**PLEASURE +
PURPOSE**



LIE 1: EXTERNAL EXPANSION

False Truth of Perpetual Growth

We are sold the lie of external expansion:

- Everything should go up, you're a failure if you are not expanding, you should be happy and high vibe all the time... F**K NO!
- If we just expanded all the time we would burst and this is not flow. This is not real life.
- Our body needs the balance of expansion and contraction. The flow of in and out, just like our natural body does, fills up and then purifies.
- Expansion is a beautiful state to occupy, yet in certain situations it might be healthier for your body to contract, to stop being overwhelmed and move forward from stress. This is all beautiful, valid and valuable which allows you to flow.

**LOVE & ACCEPT YOUR CONSTRICTIONS & INVITE THEM INTO
YOUR VIBRATION. GIRL, START TO ACCESS & RECLAIM
THEM. ITS THE HUMAN PART OF YOUR ESSENCE.**



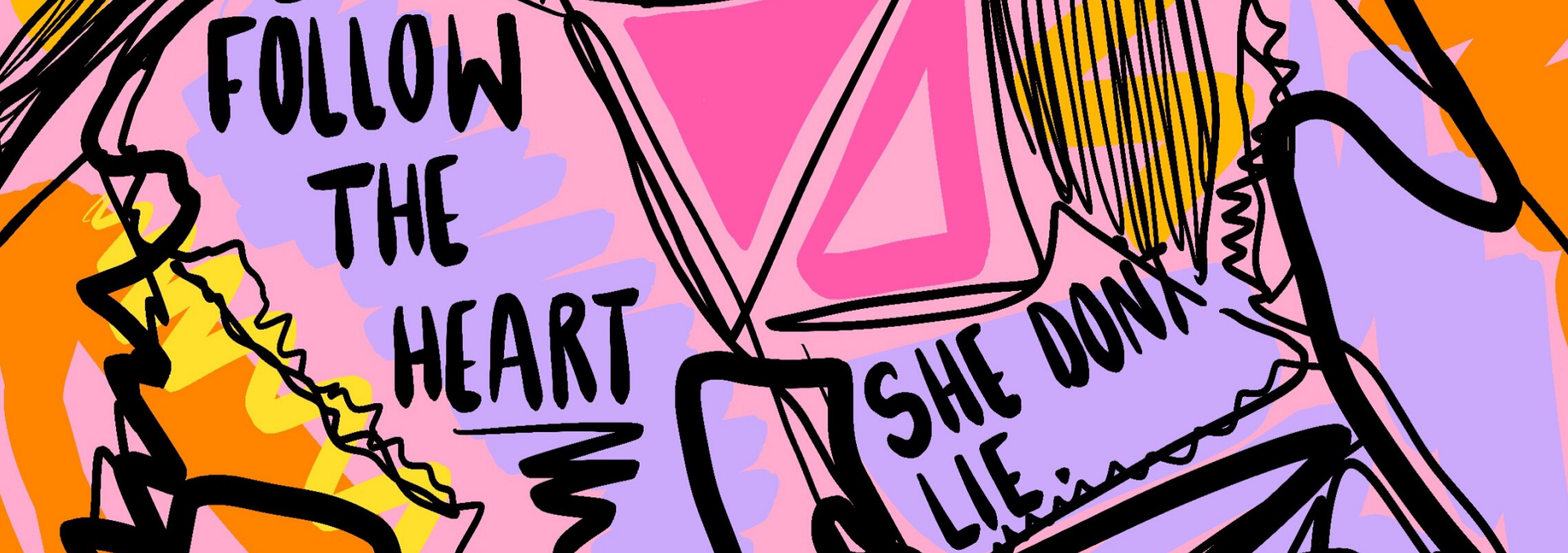
LIE 2: SHAME IN SIN

Denies the Value to Feel Pain

We are sold the lie of shame in our sin:

- Apparently our shadows, doubts, fears pains are sinful, you are shunned if you are not happy all the time. Who the f**k is?
- Emotions that are seen in the light are free and universally accepted, but if those are lacking in happiness, confidence etc then we begin to believe there is something wrong with us.
- To enable to be embodied, we need to be able to flow and feel. That means to live in all the creative colours in the whole spectrum of your emotions, from PAIN to PLEASURE.
- Life needs a full spectrum of flow, Yin/Yang, Light/Dark, Happy/Sad.
- If we are unable to feel and open to the darker emotions then we are unable to open up at all.

DIVINE FEMININE DOES NOT RESIST HER SHADOWS. DARK IS A CRUCIAL PART OF MOTHER NATURE WHICH EMBODIES WHO YOU ARE IN YOUR FULL FLOW.



LIE 3: INADEQUACY

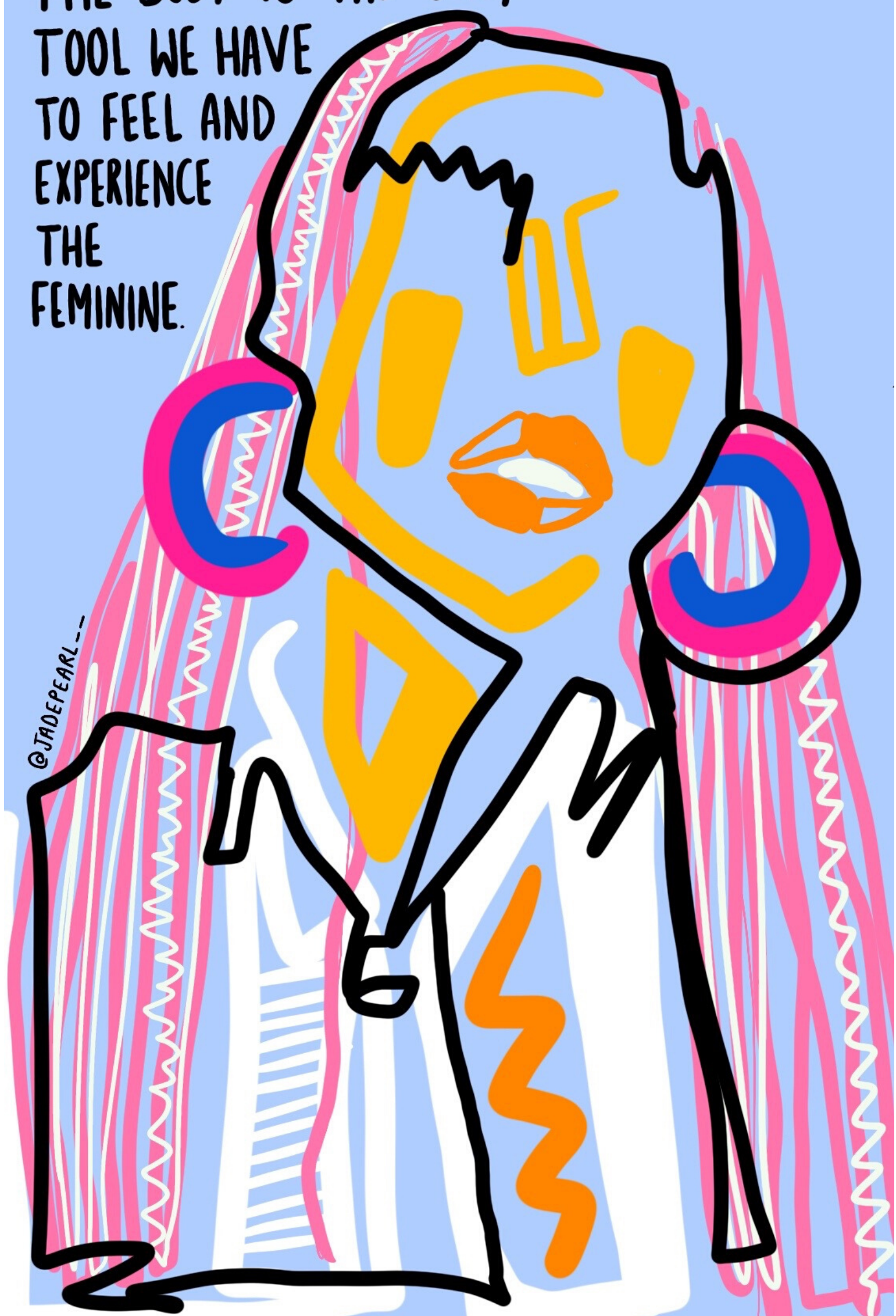
That we are not Enough

We are sold the lie of not being enough:

- If we stay numb to shame, pain and the uncomfortable feeling of negativity, we begin to feel the fear of not being enough.
- If we label ourselves as wrong or inadequate then we shut our beautiful little hearts down even more.
- We are fed the lies of: being confused is wrong, have to be different to be enough, have to be better to be enough... why not just be fully you?
- Human nature and ego isn't wrong or negative just because it might not be in this "high vibe" state right now, doesn't mean you are not enough.
- All three of these lies link to the restriction of full embodiment.

WHEN WE SHUT DOWN OUR HEART TO AVOID FEELING SUCH PAIN, CONSTRICTION, SHAME OR ENOUGHNESS, WE ARE SHUTTING DOWN OUR HEART AND ESSENCE FULLY.

THE BODY IS THE ONLY
TOOL WE HAVE
TO FEEL AND
EXPERIENCE
THE
FEMININE.



@JADEPEARL---

THANKYOU FOR COMING!

You are Beautiful

I hope you enjoyed your little free taster on the 3 Core Lies. My podcast episode delves in deeper to the subject of this E-Book, so make sure you check that out too!

Any further questions, information, programmes or if you would like to work with me, please don't hesitate to contact me.

Future workshop sessions will include:

- Discovering deeper parts of yourself enabling you to open up to practice on the art of embodiment.
- The exploration of various creative techniques to awaken your flow, such as: Art and Colour, Movement, Music, Felt senses, Breath Work, Visualisation, Meditation etc... and much much more!

Instagram: @jadepearl__

Email: info.jadepearl@gmail.com

Podcast: Jade Pearl

***SHARE & TELL YOUR FRIENDS.
LETS EMBODY FEMININITY!***