

EMBODIED INTENTION

A SOMATIC JOURNEY TO
WHOLENESS



WORKBOOK

BY JANI SANTOS

Welcome!

In the midst of the fast-paced rhythm of our everyday lives, it's a pleasure to extend a warm welcome to this transformative workbook.

We live in a world that often urges us to keep moving, to achieve, and to adapt quickly to change. In this whirlwind, the subtle whispers of our bodies can get lost amid the noise.

Embodied Intentions is an invitation to embark on a profound journey of self-discovery and inner connection. As we stand on the threshold of a new year, this workbook is designed to be your companion, guiding you through your own being.

The essence of this workbook lies in the simple yet powerful act of pausing. In the pause, we find the space to tune in, to attune ourselves to the wisdom and signals our bodies constantly provide. This is an opportunity to move beyond the chaos and tap into the reservoir of knowledge residing within.

As you navigate through the pages, you'll discover recorded guided exercises, self-reflective questions and techniques that bridge the gap between mindfulness and embodiment - between your mind and your body.

I hope this workbook empowers you to craft a life that aligns with your deepest values and desires.

Jani Santos

About me



Hi, I'm Jani Santos - a Gestalt and Embodied counsellor with over 5 years of experience.

My journey extends beyond counselling, drawing inspiration from my background in yoga and mindfulness.

Fundamentally rooted in humanism, kindness, and honesty, I developed this workbook with an unwavering belief in the intrinsic worth of each individual.

As someone with a dance background, I cherish the expressive power of art in each and single therapeutic journey. Whether through movement or other creative avenues, I encourage artistic exploration as a means of self-discovery and healing.

I hope you enjoy this journey of self-exploration. In this space - where you and your story are the main characters.

Warmly,
Jani Santos,



HOW TO USE THIS WORKBOOK



This workbook is intended as a supplementary resource for personal development and is not a substitute for professional therapeutic intervention. If you find that the content triggers emotional distress, it is crucial to prioritize your mental well-being and seek appropriate professional support. This workbook does not replace therapy, and users are strongly encouraged to consult with qualified mental health professionals as needed.



Included with your workbook purchase are complementary audio recordings of the guided visualisations featured in the material. Simply enjoy these audio resources at your convenience.



Discover additional creative freedom at the end of this workbook, where you'll find extra printable pages, allowing you to extend your expressive journey without any interruption.

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Step One

Embark on the first step of your embodied journey as you delve into "Dropping into Your Body." This theme invites you to establish a profound connection with your physical self, fostering mindfulness and presence in every sensation, breath, and movement.

This section includes a list of bodily sensations and emotions, to enhance your self-development exploration.



DROPPING INTO YOUR BODY

I want to invite you to a powerful method that promotes physical and mental relaxation, by deliberately tensing and then releasing different muscle groups. Here's a brief guide on how to practice this technique:

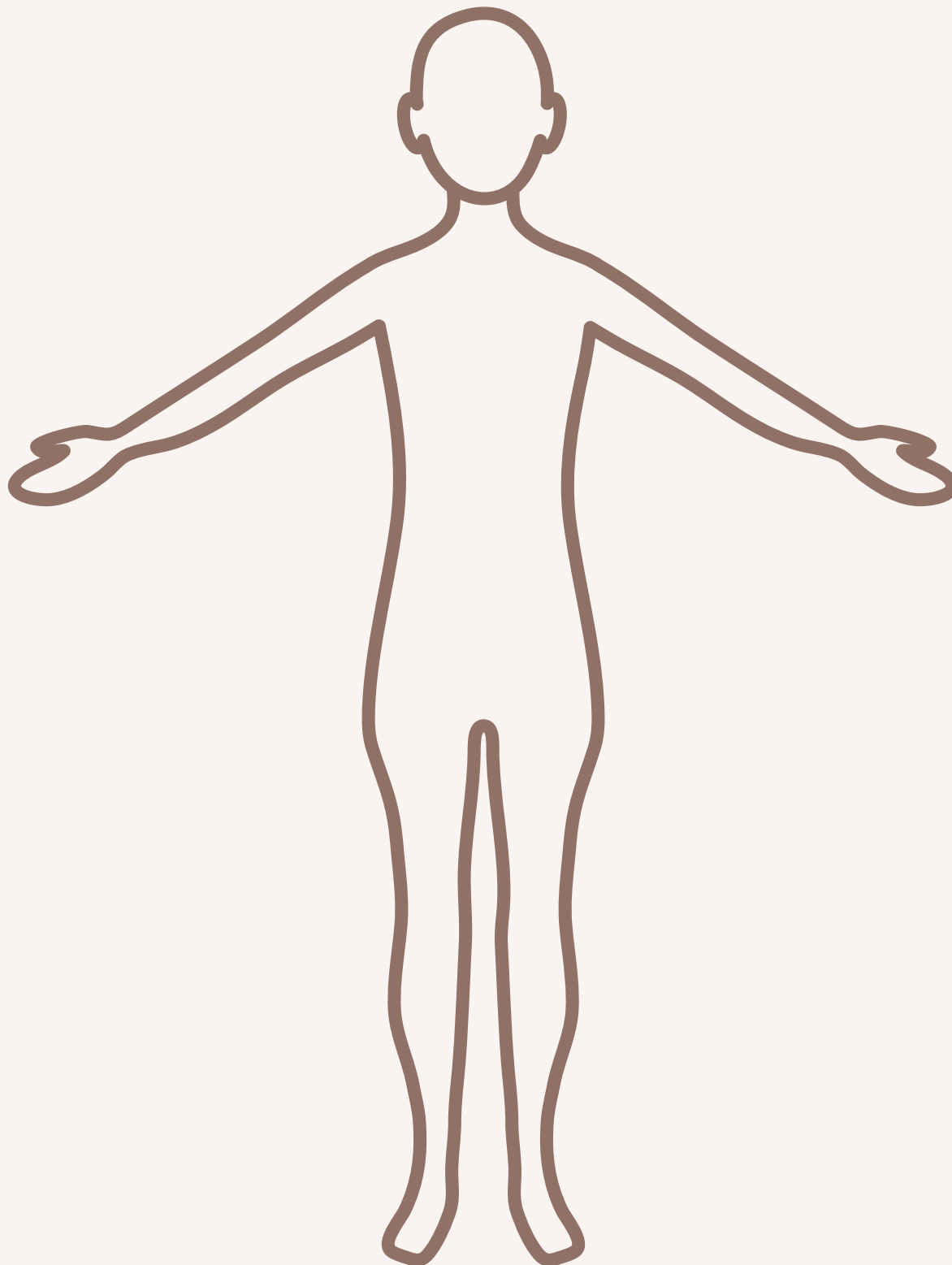
1. Choose a quiet and comfortable space where you won't be disturbed. Sit or lie down in a relaxed position, ensuring your body is supported.
2. Begin by focusing on different muscle groups, starting with your toes and working your way up. Tense each muscle group for about 5-10 seconds, paying attention to the sensations of tension.
3. After tensing a muscle group, consciously release the tension completely with a sigh. Let go of the tightness and allow the muscles to relax.
4. Follow a pace that feels right for you, trusting your inner guidance and leadership.
5. Focus on the contrast between tension and relaxation.
6. As you progress through the various muscle groups, cultivate a deeper awareness of your connection with your body. Observe the sensations and emotions that arise as you release physical tension.
7. Once you've gone through all the muscle groups, take a few moments to notice the overall state you feel.

JOURNALING PROMPT

What sensations or emotions arose in different parts of your body during the visualisation?

ARTISTIC PROMPT

Draw the sensations or emotions that you noticed in different parts of your body. You might want to use the template below.

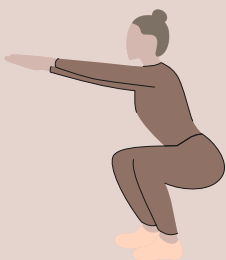




This section presents additional techniques for you to explore at your own pace. You may find that one resonates more with you than others, and I encourage you to trust your intuition. Take a moment to reflect on your experience on the next page.



Practice 3-part breathing by inhaling deeply into your abdomen, expanding your chest, and then fully engaging your upper chest, followed by exhaling completely in a slow and mindful manner.



Squatting and shifting your weight to your heels helps ground yourself by promoting a stable and balanced posture, fostering a connection with the floor through the soles of your feet.



Practice self-tapping by gently and rhythmically tapping your body with the palms of your hands, inviting a deeper and more mindful connection with your physical sensations.

REFLECTION PROMPTS

Which technique did I enjoy the most - and why? Which one allowed me to feel the most connected with my body?

What sensations did I feel in my body?

What emotions emerged?

LIST OF BODILY SENSATIONS

Tingling	Lightness	Relaxation
Numbness	Pressure	Expansion
Warmth	Release	Constriction
Coolness	Ache	Bubbly Sensation
Tightness	Pain	Electric Sensation
Looseness	Tickling	Fluttering
Pulsing	Itching	Shivering
Throbbing	Burning	Spasms
Vibrations	Gentle Touch	Fullness
Heaviness	Muscle Contractions	Hollowness

LIST OF EMOTIONS

Joy	Guilt
Sadness	Regret
Anger	Pride
Fear	Affection
Surprise	Compassion
Disgust	Loneliness
Love	Jealousy
Happiness	Resentment
Grief	Awe
Contentment	Amusement
Frustration	Satisfaction
Excitement	Doubt
Boredom	Anticipation
Satisfaction	Gratitude
Enthusiasm	Nostalgia
Anxiety	Pity
Curiosity	Calmness
Confusion	Hostility
Embarrassment	Hope
Shame	Despair



Step Two

“Open Hearts, Blooming Gardens” encourages you to explore feelings of openness within. Navigate through the landscape of emotions and vulnerabilities, allowing your heart to bloom with authenticity. This theme is a celebration of embracing openness as a key to personal growth and connection.



OPEN HEARTS, BLOOMING GARDENS

"Explore the profound connection between posture and emotion in this meditation, oscillating between closed and open states to cultivate self-awareness and mindfulness.

1. Start by grounding yourself. Feel the support beneath you, whether it's a chair, cushion, or the floor. Take a moment to sense the contact points between your body and the surface.
2. Picture a time when you felt closed off or guarded. Notice any physical sensations associated with this feeling. Now, gently mimic that closed-off posture. Take a few breaths in this position, observing how it feels in your body. Acknowledge these sensations without judgment.
3. Shift your focus to your breath, to a neutral space.
4. Now, gradually transition into a posture that represents the opposite — one that embodies openness. Elongate your spine, relax your shoulders, and let your arms rest comfortably at your sides or on your lap. Breathe deeply in this open position, allowing the breath to circulate through your body. Observe these sensations without judgment, exploring the physical embodiment of being open.
5. Gently sway your body back and forth, like a pendulum. With each swing, transition between the closed and open postures. Notice the subtle shifts in your body's energy as you move between these two states.
6. Gradually come to a still position. Slowly bring your awareness back to the present, wiggling your fingers and toes. When you're ready, open your eyes.

REFLECTION PROMPTS

How did my body respond to this exploration?

Did I have any insights or emotions arising from this exploration?

Was I able to accept each stage of the process? If not, what stopped me?

JOURNALING PROMPT

Describe in the third person how life would unfold in a place where no constraints hindered progress.



This section presents additional techniques for you to explore at your own pace. You may find that one resonates more with you than others, and I encourage you to trust your intuition.



Embrace openness by experimenting with diverse activities like learning a new instrument, trying a new cuisine, or engaging in a creative pursuit to expand your perspective and foster personal growth.



Opt for a new route instead of your usual one, and take notice of the diverse surroundings and unique experiences it offers. Cultivate curiosity as you navigate this unfamiliar path, paying close attention to how your body responds.



Step Three

Embark on a journey of simplification. Identify and release what no longer serves you, unraveling the complexities that hinder your progress. Experience the liberating power of letting go and creating space for new possibilities.

This section includes common beliefs, labels and external expectations, to enhance your self-development exploration.



TRIMMING THE TANGLED

This guided somatic exercise is designed to help you identify and work through the limiting beliefs, labels, and external expectations —to cultivate a more nourishing and growth-oriented internal landscape.

1. Connect with the support beneath you. Feel the ground, chair, or cushion supporting your body. Allow these sensations to anchor you in the here and now.
2. Begin to envision your inner garden - picturing this garden as a reflection of your mind and body. How would you describe the landscape of your inner garden? What colours dominate the scenery? Are there specific sounds or music that play in the background?
3. Shift your focus to identifying a belief that may be hindering your growth. Ask yourself: Is this belief serving my well-being? What is it protecting me from?
4. Explore any labels or external expectations that might be present in your internal garden. Ask yourself: What purpose do these have? Are these aligned with my authentic self?
5. Take a step back to visualise your internal garden now as a whole. Envision vibrant, healthy plants representing the thoughts, self-affirming beliefs, and authentic aspirations that truly represent you. How can I embody these representations of myself right now?
6. Express gratitude to yourself for tending to your internal garden. When you're ready, slowly return your awareness to the present.

REFLECTION PROMPTS

What sensations and emotions did I experience when identifying limiting beliefs?

In what way do labels influence my behaviour?

Were there specific external expectations that surprised me?

JOURNALING PROMPT

With compassion and acceptance, compose a letter expressing gratitude to the aspects of yourself that may have hindered your process—whether out of loyalty or fear. Kindly request these elements to step back, allowing you to engage more deeply with the aspirations and beliefs that authentically embody your congruent self.



This section offers additional recommendations for you to experiment with as a means of facilitating the process of letting go and creating room for new experiences.



Practice letting go by clearing your house of items that no longer serve a purpose in order to create space for new energy.



Engage in mindful eating, gradually substituting foods that do not contribute to your nourishment with those that do.



Embrace a social media detox to declutter the mind from unhelpful thoughts and foster mental well-being.



Common beliefs, labels and external expectations

Limiting Beliefs:

- "I'm not smart enough to succeed."
- "Failure defines my worth."
- "I'll never be truly happy."
- "I can't change; this is just who I am."
- "Money is the root of all problems."
- "I don't deserve success or happiness."
- "Taking risks always leads to disaster."
- "I'm not lovable."
- "I'll always be stuck in this situation."
- "I must please everyone to be accepted."

Labels:

- "Overachiever" creating constant pressure for success.
- "Overly sensitive" influencing reactions to feedback.
- "Rebel" leading to resistance against authority.
- "Failure" shaping self-perception after setbacks.
- "Shy" limiting social interactions.
- "Victim" as a mindset in facing challenges.
- "Perfectionist" setting unrealistic standards.
- "Troublemaker" influencing behaviour based on past actions.

External Expectations:

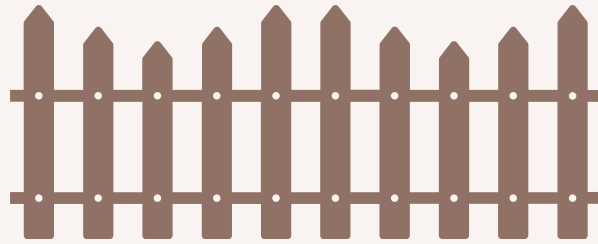
- "Success is measured by financial wealth."
- "You have to get married by a certain age."
- "You should conform to societal beauty standards."
- "Parents expect you to follow a specific career path."
- "You must conform to traditional gender roles."
- "You should always be positive; expressing negativity is unacceptable."
- "You need to have a certain level of education to be respected."
- "You should always put others' needs before your own."



Step Four

Step into the transformative theme of "Fencing the Garden," where you learn the art of creating and honouring personal boundaries. Explore the significance of setting limits and protecting your inner landscape.

This section includes the common characteristics of rigid, porous, and healthy boundaries, as well as various boundary types for you to contemplate. Explore these aspects to enrich your journey of self-development.



FENCING THE GARDEN

Immerse yourself in the present moment as you visualise your internal garden, exploring the clarity of its boundaries, and discovering how reinforcing these can cultivate a sense of security.

1. Start by grounding yourself in the present moment. Notice the areas of contact that are supporting your body right now.
2. Allow yourself to reconnect with your inner garden and picture the boundaries of this garden. How clear or undefined are they? Take a moment to observe.
3. Notice if there are areas where the boundaries feel porous or unclear. Are there aspects of your internal landscape that may need more defined limits? Observe any sensations or emotions associated with these areas.
4. Take a moment to check in with your body. What sensations arise as you visualise these boundaries?
5. Consider your current approach to setting personal boundaries in your daily life. How does the state of your internal garden reflect the boundaries you set externally? Are there areas where you could benefit from more defined limits? If so, reinforce the boundaries around your internal garden. Notice the impact on your physical sensations.
6. Reflect on the idea that clear boundaries empower you to shape your internal landscape. How does the act of setting boundaries contribute to a sense of security and autonomy within yourself?
7. Envision your internal garden as a space where only nurturing emotions are allowed to flourish. Picture a fence protecting your safe garden. Now take a deep breath in and embody the sense of emotional well-being within this defined space.
8. Slowly bring your awareness back to the present, wiggling your fingers and toes. When you're ready, open your eyes.

ARTISTIC PROMPT

Use this page to draw your boundaries. Once finished, explore ways to manifest these boundaries in your physical presence - whether through a specific movement or posture.

REFLECTION PROMPTS

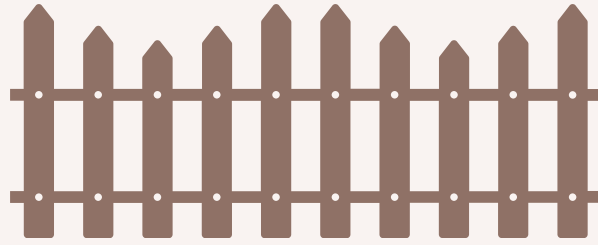
When reflecting on past experiences, can I notice any physical sensations that arose when your boundaries were crossed?

What does a "yes" feel like in my body? How about a "no"? Are there discernible differences in these sensations?

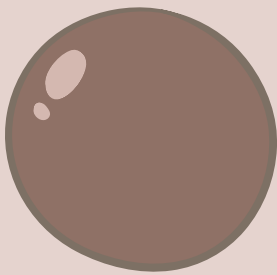
Are there specific body signals or cues that indicate when I might be reaching or have reached my limit?

JOURNALING PROMPT

Consider a situation where you respected someone else's boundary or they respected yours. How did your body respond to this mutual acknowledgment and adherence to boundaries? How could these be replicated in other relationships?



This section presents additional techniques for you to explore at your own pace. You may find that one resonates more with you than others, and I encourage you to trust your intuition and to reflect on your experience.

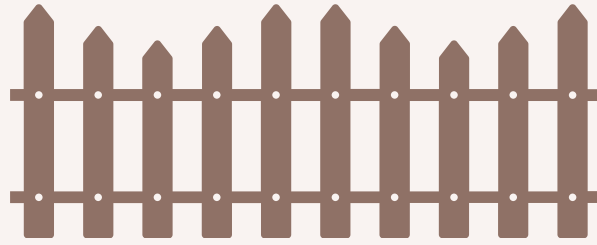


Visualize a protective bubble symbolising your boundaries, then attentively observe its quality. Use mindful body exploration within the bubble to notice any arising sensations and emotions.



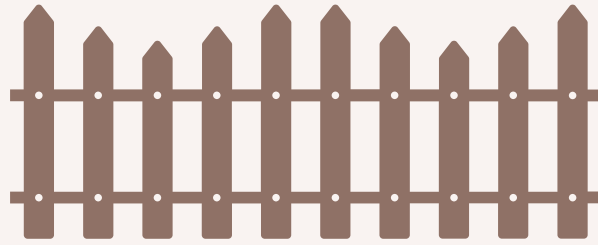
Connect with your core, allowing a grounding sensation to flow from your feet through your hands and arms. Express a sense of boundaries through intuitive arm movements and expansive gestures.

This is a powerful method for reconnecting and reestablishing your personal boundaries.



Common traits of rigid, porous and healthy boundaries

Rigid	Porous	Healthy
Avoids intimacy and close relationships.	Overshares personal information.	Balanced level of emotional sharing.
Unlikely to ask for help.	Difficulty saying "no" to requests.	Able to and accepting when others say "no".
Has few close relationships.	Over-involved with others' problems.	Is open to new relationships without compromising values.
Seems detached from any relationship.	Compromises values for relationships.	Flexibility in relationships without compromising themselves.
Trust and closeness are hindered by a fear of vulnerability.	Tendency to allow others to invade personal space.	Express their needs, desires, and limits effectively.



Different types of boundaries to consider

Physical Boundaries: refers to the physical space you maintain between yourself and others. This can include personal space, touch preferences, and the need for privacy.

Emotional Boundaries: protecting your emotions and not taking on the emotional burden of others. It includes recognising and communicating your own feelings while respecting the feelings of others.

Intellectual Boundaries: respecting the thoughts, ideas, and intellectual property of others. It includes not plagiarising, giving credit where it's due, and allowing others to have their own perspectives.

Time Boundaries: managing and protecting your time effectively. This includes setting limits on how much time you spend on certain activities, saying "no" when necessary, and prioritising self-care.

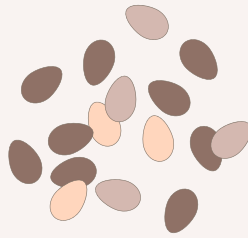
Material Boundaries: setting limits on the sharing, borrowing, or lending of material possessions. This includes being clear about expectations and respecting others' belongings.

Sexual Boundaries: setting clear and consensual limits on physical intimacy. This includes communicating preferences, respecting the boundaries of others, and ensuring that all parties are comfortable and willing.



Step Five

"Sowing Possibilities" invites you to plant the seeds of change. Delve into the process of cultivating new beliefs and opportunities, nurturing the fertile ground within. This theme is a pivotal step in fostering personal growth and manifesting positive transformations.



SOWING POSSIBILITIES

This mindfulness exercise aims to help you cultivate new beliefs by connecting with your body sensations and metaphorically planting seeds of change.

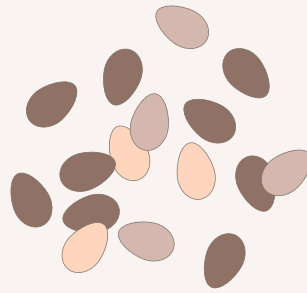
1. Sit or lie down in a comfortable position. Close your eyes if you feel comfortable doing so, and take a few deep breaths.
2. Feel the support of the surface beneath you. Notice the points of contact between your body and the ground or chair. Allow your awareness to move from your head to your feet, grounding yourself in the present.
3. Take a few moments to scan your body for any areas of tension or discomfort. Breathe into these areas, allowing them to soften and release with each exhalation.
4. Imagine in the space around you, there are tiny seeds representing beliefs you want to cultivate. Picture these seeds as vibrant and full of potential.
5. Now, bring your attention to your body. With each breath, visualize planting these seeds in areas of your body where you feel openness, strength, or a sense of possibility. For example, you might plant seeds of confidence in your chest, seeds of resilience in your spine, or seeds of self-love in your heart.
6. Envision a warm, golden light surrounding these seeds, providing the nourishment they need to grow. With each breath, imagine this light infusing the seeds with wholesome energy.
7. As you continue to breathe, sense the seeds beginning to sprout and grow. Feel the new beliefs taking root within you, allowing yourself to fully embody them.
8. Take a few more deep breaths, gradually bringing your awareness back to the present moment. When you're ready, open your eyes.

ARTISTIC PROMPT

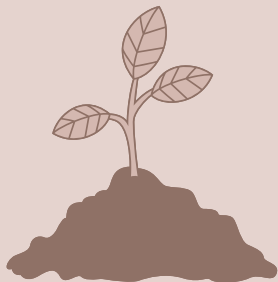
Use this page to draw the seeds you have planted in your inner garden and what they represent.

JOURNALING PROMPT

Reflect on your experience, and consider journaling about any insights or sensations that arose during the meditation. This meditation can be repeated regularly to strengthen the connection between your somatic experiences and the growth of positive beliefs.



Here are some suggestions that will assist you in solidifying this chapter, enabling a profound connection with planting seeds within you that authentically represent what you want to see flourish in your life.



Contemplate the possibility of physically planting symbolic seeds embodying your new beliefs and future aspirations. Engage in a deliberate reflection on where you'd like to sow these seeds, envisioning the growth you desire and recognising the time and commitment required. This mindful practice serves as a catalyst for materialising your transformative journey, encouraging you to actively nurture the seeds of positive change.



Spend meaningful time embodying each symbolic seed, whether through a deliberate posture or dance movement, fostering a profound connection with your goals and beliefs by engaging your body in the transformative process. This practice invites you to intertwine your physical presence with your aspirations, deepening the connection and resonance between mind, body, and the seeds of your personal journey.



Step Six

Embark on the nurturing journey of "Watering Growth," where the seeds you planted in the previous theme begin to sprout. Explore the importance of consistent care and attention, fostering the growth of your newfound beliefs and opportunities.



WATERING GROWTH

This part of your self-nourishing journey aims to guide you in nurturing the seeds of positive beliefs planted in the previous visualisation, by suggesting daily practices that support their growth.

1. Morning Reflection: As you wake up each morning, take a moment to connect with your breath. Visualise the seeds of positive beliefs within you, and set an intention for the day. Consider how you can embody these beliefs in your actions and interactions.
2. Mindful Breathing Breaks: Throughout the day, pause for short mindful breathing breaks. As you breathe, bring your awareness to the seeds within you. Notice any changes or developments in their growth. Use these moments to reaffirm your positive beliefs.
3. Gratitude Practice: Cultivate gratitude for the progress you've made in nurturing these seeds. Each day, reflect on moments when your beliefs manifested. This practice can water the seeds, encouraging further growth.
4. Self-Compassion Check-In: At various points in the day, check in with yourself. If challenges arise, acknowledge them with self-compassion. Remind yourself of the positive beliefs you're cultivating and extend kindness to yourself.
5. Creative Expression: Use creative outlets, such as journaling, drawing, or movement, to express your journey of nurturing these seeds. This can deepen your connection with the somatic experience and provide insights into your evolving beliefs.
6. Evening Reflection: Before bed, reflect on the day. Notice moments when the positive beliefs were evident in your thoughts, words, or actions. Acknowledge any challenges and consider how you can continue nurturing the seeds tomorrow.

REFLECTION PROMPTS

How can I prioritise self-nurture in my life?

What nurturing exercise(s) am I able to commit to?

What challenges might I face in keeping these as part of my routine? And how can I remain focused yet flexible with my goals?

PLANNING PROMPT

Identify specific goals aligned with your beliefs. Break them down into manageable steps and integrate them into your daily routine. Taking concrete actions based on your beliefs helps solidify their presence.



This section presents additional techniques for you to explore at your own pace. You may find that one resonates more with you than others, and I encourage you to trust your intuition. Take a moment to reflect on your experience.



To self-soothe through self-touch, gently engage in comforting gestures such as hugging yourself, placing a hand on your heart, or massaging your own shoulders to promote a sense of calm and reassurance.



Practice stretching mindfully, focusing on gentle and deliberate movements, to connect with your body through the release of tension



Practice abhyanga, an ayurvedic self-massage with warm oil, as a nurturing ritual to promote physical and emotional well-being, enhancing relaxation and self-care.



Step Seven

Concluding your embodied journey, "Harvesting" is a celebration of your authentic self. Reflect on the progress made, acknowledge personal achievements, and revel in the beauty of self-acceptance. This theme is a culmination of the transformative steps taken throughout the workbook.



HARVESTING

Finally, I invite you to a joyous celebration where you explore and embody the vibrant energy of simply being You.

1. Start by taking a few deep breaths. Inhale slowly through your nose, allowing your belly to expand, and exhale gently through your mouth, releasing any tension. Bring your attention to your body. Feel the support of the surface beneath you, grounding yourself in the present moment.
2. As you breathe, visualise a radiant light at the centre of your chest. This light symbolises the essence of your true self—your strengths, resilience, and unique qualities. Sense the warmth and brightness growing with each breath.
3. Envision a joyous celebration in a place that feels special to you. It could be a serene garden, a cozy room, or a beautiful natural setting. Allow yourself to feel the vibrant energy of celebration.
4. Engage your senses in the celebration. What scents are in the air? What sounds can you hear? Feel the textures around you. Allow the sensations to deepen your connection with the celebration and with yourself.
5. Imagine dancing in the celebration. Feel the freedom in your movements as you express the joy of being yourself. Notice how your body responds to the rhythm of celebration, whether through gentle or elated movements. Can I accept and embrace how my body wants to express itself?
6. Gradually bring your awareness back to your breath. As you do, carry the celebration within you. Recognise that the qualities you celebrated are not confined to this visualisation but are a part of your everyday existence.

REFLECTION PROMPTS

How did my body respond to the invitation to celebrate myself during the exercise?

Did I experience any insights or realisations during the exercise?

How might the concept of self-celebration impact my daily life and interactions with others?

JOURNALING PROMPT

As you reflect on the mindful exercise, what commitments or intentions can you make to continue celebrating and embodying your authentic self?



This section presents additional suggestions for you to try



Carve out dedicated time in your calendar for a self-date, whether it's a solo nature walk, a cozy reading session, or a creative endeavour. Take this opportunity to get to know yourself better.



Embark on a self-exploratory dance session where the body leads, not the mind or music; let your movements unfold organically, embracing this unique opportunity for personal expression and inner connection.



Thank
You!

