



# *Embodied Knowing* SOURCEBOOK



Chart your path back to aligned  
knowing and action

WITH  
DR. ROXANNE PARTRIDGE





# Embodied Knowing

## MODULE 1:

### Opening Your Axes of Power

JOT DOWN YOUR EXPERIENCE OF THIS ENERGETIC OPENER. WHERE IN THE BODY DID YOU FIND YOUR CENTER? WHAT WERE THE SENSATIONS AND FEELINGS OF EMBODYING THE FOUR DIRECTIONS OF YOUR POWER?

### Exploring the Deepest Calling

WHAT I MOST WANT TO CREATE IN MY LIFE IS...

WHAT THAT WILL FEEL LIKE IS....

WHAT IT WILL LOOK LIKE WHEN I'M LIVING MY CALLING, WHEN I'M CREATING WHAT I MOST WANT TO CREATE...

THE PEOPLE WHO MOST INSPIRE, SUPPORT, CARE AND HELP IN CREATING WHAT I MOST WANT ARE...

THE OTHER THINGS THAT ARE MOST HELPFUL TO ME IN CREATING WHAT I MOST WANT ARE....

THE THINGS THAT STAND IN MY WAY ARE....

WHAT WILL HELP ME THE ME TO BE THE MOST COMMITTED TO MY JOURNEY IS....

VOWS AND BLESSING THAT I OFFER MYSELF TO HELP ME ON MY JOURNEY ARE...



# Embodied Knowing

## MODULE 2:

### Magnetic Hands

#### Freestyle:

EXPRESS THE ENERGY YOU CREATED WITH YOUR HANDS; ITS SENSATION, FEELING, COLOR – DRAW, PAINT, WRITE DOWN ANY AND ALL WORDS AND PHRASES THAT EXPRESS YOUR EXPERIENCE OF THIS PRACTICE IN THE WAYS THAT CALL TO YOU.



3

# Embodied Knowing



## MODULE 3:

### Untangling the Dragon

IDENTIFY THE LIMITED ASPECT (SCARED OF THE DRAGON!) THAT SHOWED UP FOR YOU IN THIS PRACTICE. WHAT DO THEY (THIS ASPECT) FEEL, WANT, NEED? WHAT DID THIS POSITION FEEL LIKE?

IDENTIFY THE CRITICAL ASPECT (TRYING TO CONTROL OR SLAY THE DRAGON!) THAT SHOWED UP IN THIS PRACTICE. WHAT DO THEY SAY? WHAT DID THIS POSITION FEEL LIKE?

DESCRIBE THE NEUTRAL/THIRD POSITION THAT EMERGED IN THIS PRACTICE; THE POSITION OF DEEP SELF. RECORD WHAT YOU WANT LEARNED AND WANT TO REMEMBER ABOUT DEEP SELF CONNECTING WITH THE LIMITED AND CRITICAL ASPECTS. USE YOUR EXPERIENCE OF THE THIRD POSITION TO RE-IMAGINE THE DRAGON AND/OR YOUR RELATIONSHIP TO IT – DESCRIBE BELOW.



# Embodied Knowing



## MODULE 4: EMBODYING YOUR GIFT

### FREESTYLE:

EXPRESS IN ALL AND ANY WAYS THAT FEEL RIGHT YOUR EXPERIENCE OF THIS PRACTICE, WHAT YOU RECEIVED, AND WHAT IT FEELS LIKE IN YOUR BODY, HEART, MIND, AND SPIRIT TO EMBODY YOUR GIFT.



# Embodied Knowing

MODULE 5: KNOWING  
YOUR WELL: SOURCING YOUR JOY AND EMPOWERING YOUR LIFE

RE-TRACE THE PAGES OF THIS SOURCEBOOK, ALLOWING THE STORY OF YOUR JOURNEY WITHIN TO UNFOLD BEFORE YOU. RETURN TO THESE PAGES AS OFTEN AS YOU NEED TO, AS INSIGHTS ARE SURE TO CONTINUE TO DEEPEN AND REVEAL THEMSELVES TO YOU OVER TIME. AT THIS PLACE OF NOW IN YOUR JOURNEY, NOTE THE FOLLOWING...

THE THREE LEARNINGS THAT FEEL MOST MEANINGFUL TO YOU ARE:

1.

2.

3.

WHAT YOU'VE COME TO REALLY RESPECT AND HONOR ABOUT YOURSELF IS:

ACTIONS YOU'LL TAKE IMMEDIATELY, AS THEY ARE AVAILABLE TO YOU RIGHT NOW WITH EASE, THAT ENACT YOUR RELATIONSHIP TO DEEP SELF IN SERVICE TO YOUR DEEPEST CALLING:



6