Embodiment and Magnetizing in Business

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Every human being has the ability to magnetize. As a woman, I intuitively knew what embodiment was and that I was magnetic. I love the work of Jenna Ward, a Feminine Embodiment Coach and Founder of the School of Embodied Arts (https://jennaward.co). She defines concepts, frameworks and tools around embodiment to practice in day to day living both personally and professionally. Taking action without going deep into our inner and somatic emotions is lacking balance. Also, exploring depth without follow through is missing a key piece. We will refer to these concepts as our feminine (emotion/depth) and our masculine (action/practical). Every human being has both feminine and masculine energy.

I can attest from experience that awareness around the balance between my feminine and masculine energy has been the key to my success in making crystal clear decisions in business, leadership and entrepreneurship. As a woman and a leader, I know that by operating with awareness in both my feminine and masculine energy, I am able to magnetize the right resources at the right time and accomplish the desired outcomes with greater ease.

Exploring how we feel before taking action allows us to move forward with our full power and whole being. We are standing behind our actions fully instead of just practically. We can say we are making decisions from our deepest source of wisdom.

How are we able to create a better world or better corporate America if we are not paying attention to how we feel before jumping into action? If we are continually operating in reaction to our environment, we are allowing the outer circumstances to determine our actions, therefore perpetuating what we already see in the world. When we hone into how we feel, explore the depth, then take action, we are bringing a new truth into the environment that comes from a deeper source. I'm proposing this is how we change the world from an individual level.

So how do we make quick decisions in high-pace business environments using this method?

The answer is practice, just like everything else. Try this simple system in all areas of your life and you will notice a feeling of balance and increased confidence in your decision making. The “how” will be accomplished with more magnetism than hard work:

- What is the desired outcome and why do I want it?
- Do I feel spacious or constricted? Do I need to work through constriction before moving forward?
- Where is this feeling manifesting somatically?
- How do I honor my feelings with the knowing an action must take place?
- Gauge clarity.
- Take action from a place of power.

Those who energetically exemplify trust, foundation and confidence are operating in balance within their feminine and masculine whether they are aware of it or not. You will find you no longer second guess your decisions when you explore your depth, then move forward. For me, I no longer second guess my actions or decisions, even if they did not manifest the desired outcomes. This is what I like to call “High Vibrational Leadership” because once you practice embodiment and master the skill of magnetizing, everything flows.

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