

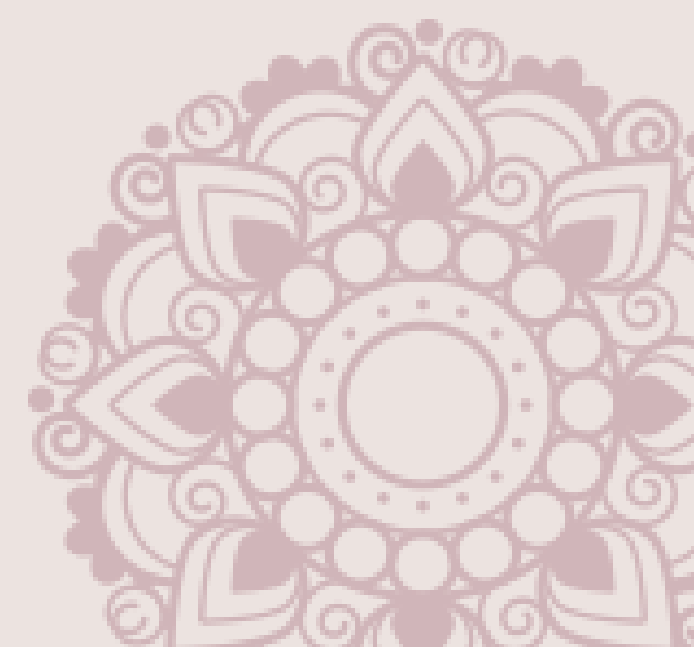
POWER OF  
**SOMATIC**  
INTELLIGENCE  
Embodying your True Essence

# 5 STEPS TO TRUSTING YOUR FEMININE WISDOM AND INTUITION

*A Change Maker's Guide to Find Out What Other Top Leaders Actually Do in Order to Have Phenomenal Impact.*



ACCEPTANCE. HARMONY. SURRENDER. SOFTNESS. GRACE.





Embodying your femininity means closing the gap between how you view yourself and how you live in the present, connected to your body, and harnessing intuitive flow energy.

*"I walked onto the salsa party wearing sexy high heels and a dress that highlighted curves. I could not stop smiling, life smiled at me in Havana, Cuba, and I smiled back. I got to the table that was reserved for us. Erick, a dance teacher that worked with us for the first time on this project, came and asked me if I wanted to dance. I nodded yes delightfully. He handed me a soft hand, looked at me as if I were a princess, and pulled me gently onto the dance floor. I could not help myself and responded with an accentuated sexy and sensual walk towards him. In Cuba they call this - llamar la atencion - calling for attention. This kind of a walk is made of Elegance, Intention, Tempo, Sabrosura - sensuality, and Mystery. These are five important elements that form a classic attraction that's not cheap. And I have a few more little secrets ready at will..."*

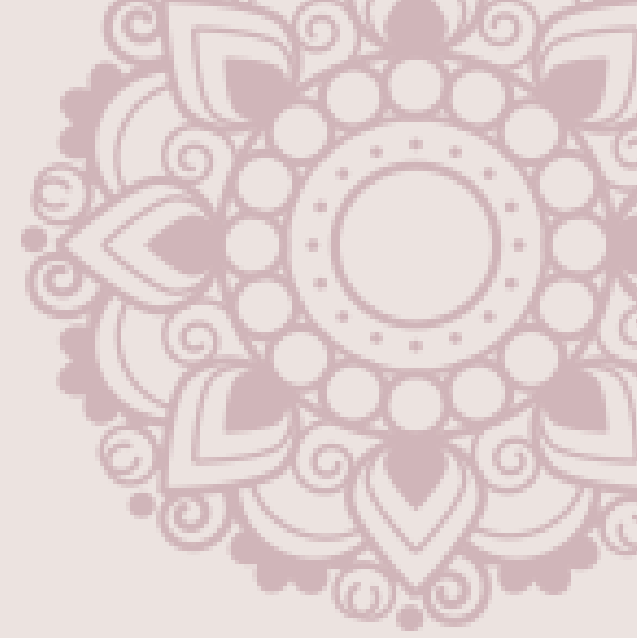


According to a major global study, only 4% of women worldwide today consider themselves beautiful, and yet 80% of those interviewed agree that every woman has something about her that is beautiful, but do not see their own beauty.

*How can high-powered change-makers show up for their purpose-driven lives without showing up for themselves first?*

## Embodied Femininity means connecting with your female lineage and healing it.

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"Sanas una mama, sanas una familia entera." - Mama Jairza (Abuela shamanica)  
"You heal a mom, you heal a whole family. – Mama Jairza (Shamanic grandmother)

Our femininity is modeled for us by our past female generations and passed on to us somatically, meaning through the body, while it is also impacted by our cultural conditioning. If the environment was safe, feminine, emotionally healthy, containing, affectionate, and loving, we easily embody the **Sabrosura** and pass it on from one generation to the other.

If it was not safe, we carry a somatic block, which can manifest as mental or physical obstacles, tension, and/or resistance that prevents the natural flow of connection, presence, and love. It impacts our ability to be whole as we go after what we want in life. It also prevents future generations from receiving it naturally, passing on that trauma, many times unknowingly, until someone does the inner work.

The **Sabrosura** is our mesmerizing innate sensuality that sits on physical self-love and is connected to nurturing, love, caring, bonding, compassion, forgiveness, openness, trust, and generosity.



To embody the **Sabrosura** means to embody our feminine divine power.

So, how do you tap into the **Sabrosura** to become a more powerful and authentic change-maker with *infinite confidence and a mesmerizing presence*?

Here are five steps for harnessing your **Sabrosura** and embodying your divine femininity, so you can develop the kind of confidence that gets you a TED talk with 12 million views.





## STEP 1. ACCEPTANCE

*Learn to love what you have.*



In a world driven by marketing messages that make women feel like they are not enough, with the constant criticism from our surroundings and loud, often crippling self-criticism, learning to love every part of our bodies as is, is the key.

When we judge parts of our bodies or our weight, we lose contact with the magical

*Sabrosura.*

On the other hand, when we are able to treat every part of our bodies as absolutely gorgeous, we tap into the *Sabrosura* and can even release oxytocin - the "love drug" - and stress-relieving endorphins, leading to a natural high. Tapping into self-love in the body raises your confidence which impacts every area of your life.

## STEP 2. HARMONY

*Embrace both the feminine and masculine energies in you.*



Masculine energy embodied with no femininity comes across as aggressive. Feminine energy embodied with no masculinity can be flowing but lacks focus and direction. When we are in a good balance between the two, we feel whole, soft, and daring - a delicious feeling. This will allow you to both feel good about yourself and have the power to go after what you want with grace and bravery so you can leave your mark on the world.

## STEP 3. SURRENDER

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*Let go of emotional blocks holding you back from reaching your dreams.*



Nowadays 70% of adults in the modern world hold trauma in the body, and it's showing up in our interactions and relationships - with ourselves and with others. Our societies are hurting, and generations pass on this trauma, many times not intending to, without acknowledging the damage done or doing the work to heal ancestral trauma.

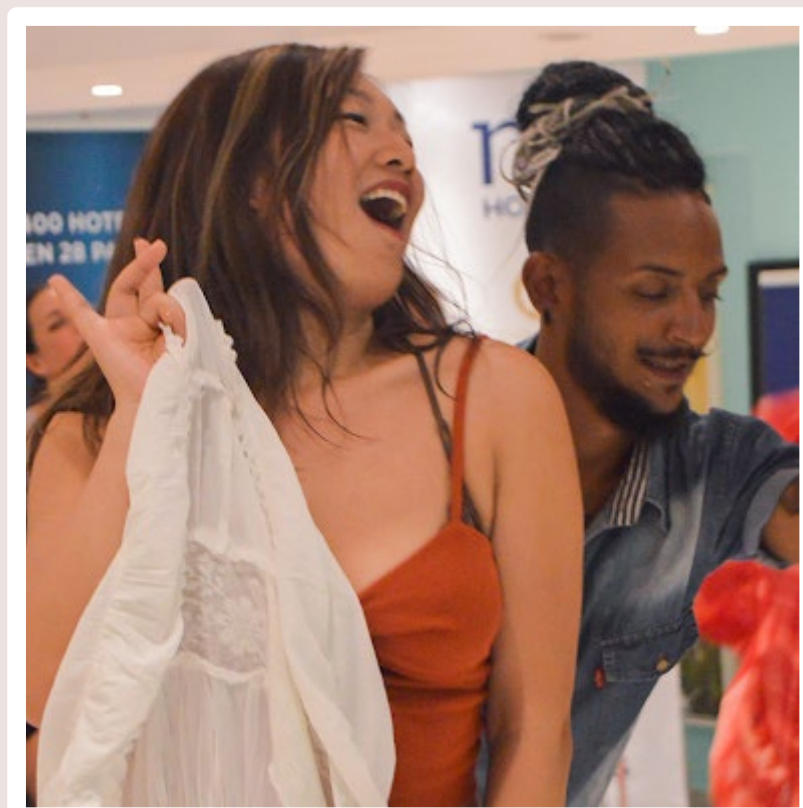
To be able to embody the magical *Sabrosura* and sustain it, you need to heal your Somatic Imprint and your nervous system. When you don't, the great work you do to embody it can roll back and you can fall back into old emotional patterns.

Past hurt is stored in our bodies in the form of frozen emotions that were unprocessed. When you learn how to bring these emotions to the surface and how to release them somatically from your body, you are able to integrate back the fragmented parts of yourself and feel whole again.

When done right, this process raises your self-worth, impacts your self-confidence, strengthens your boundaries, and heightens your sense of what is possible for you in life, allowing you to move with presence, power, & purpose.

## STEP 4. SOFTNESS

*Connect to pleasure and play.*



Embodying your femininity is all about learning how to tap into a part of yourself that is connected to pleasure, and you are the only one who can give yourself the permission to feel it.





Having someone who will transmit this to you through the body is key. This somatic experience allows you to feel it from someone who is already embodying it, so you know how it feels in your own body. Learning what it feels like and how to access it will get you into flow and make you feel amazing about yourself. It's quite hard to feel bad about yourself when you feel so good in your body. And with this kind of confidence and self-love, the sky's the limit. It's a brand-new way of looking at your life, and it'll take your breath away.

## STEP 5. GRACE

*Reprogram your negative self-talk to self-love.*



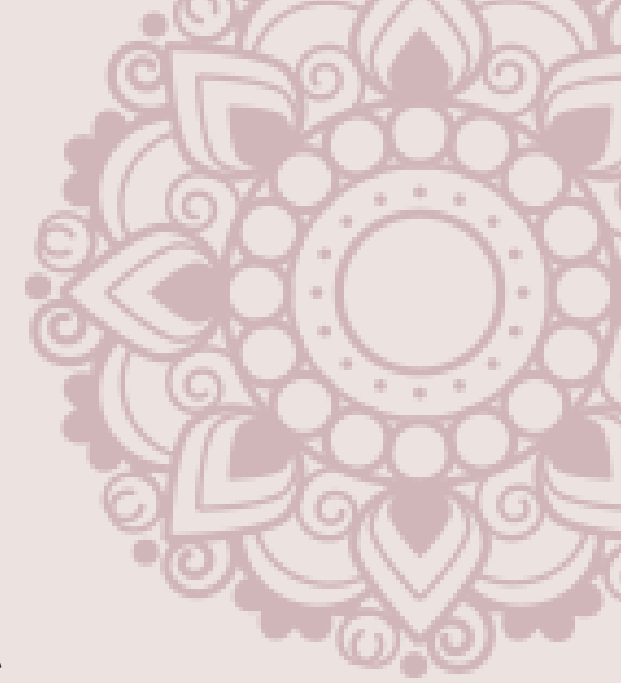
Our mind is a powerful thing that impacts our feelings and our embodiment. If we think negatively about ourselves, it actually changes how we carry ourselves, which is why it's so important what we think and how we speak to ourselves internally.

If I say to myself – “I am fat and ugly,” I might shrink, impacting my self-confidence.

If I say instead – “I am juicy and there is no one like me in the world,” it builds me up on the inside.

Even if you want to lose weight, you can set an intention and instead of judging yourself for not being there already, you can simply encourage yourself and say – “Keep going, great goal, you can do it!” rather than, “You are pathetic, you'll never make it, you suck at this.”

What we say to ourselves impacts our confidence and success level, and [self-love is at the core of it.](#) Without it, we can't go after what we want.



These five steps are all about aligning your somatic body with the cognitive mind so you can present yourself as a powerful and confident leader with irresistible authenticity, unquestionable integrity, contagious confidence, unshakeable resilience, and soul-deep pleasure.

How will you integrate these steps into your way of being? What are you committed to shifting in your life? Who are you willing to become in order to live to your fullest potential?

You are a change-maker.

**PLAY AS BIG AS YOU CAN BE.**

With love,

*Chen Lizra*



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*You are invited to join the **Sabrosura** community...*

Oh, and if you'd like to connect with me and get daily wisdom, be sure to follow me on [Instagram](#) @clizra (it's where I'm most active).

