



**Soul Embodiment Attunement,  
Exercises for Daily Life**

*Created By*

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contact Vicki and book  
your Course Enquiry Call.**

I would like to offer you this concept:

***“You are a soul having a human experience.”***

Phew, doesn't that take the pressure off!!

Imagine you, the soul, decide to have an adventure on earth.

To do this you require a travel suit, the human container.

“Why would I do that?” I hear you ask.

To understand what it is to be an amazing human being. To feel and experience all that earth has to offer us. As a human you can taste, hear, feel, smell, touch and see.

You have the incredible ability to create and experience the wonderment of life. To experience the extraordinary passion, the joy and the pain of human relationships.

I often describe it as if we have landed in a theme park with many different rides to choose. It is up to you which ride you will take next. Most of the challenges that you experience come from a sense of restriction and limitation that you feel whilst being in this vehicle, called a body. However, your body comes well equipped with a great GPS and built in warning systems. Over time you have likely become a complacent driver, taking short cuts and forgetting to regularly care for and fine tune your vehicle.

Have you become reliant on cruise control, rather than taking control of your own journey in your own vehicle? By doing this we miss the full experience and rely on external information to make choices, rather than trusting what is available within.

The true GPS is within all of us. It comes in the form of emotions, intuition and gut feelings, all the sensations your body expresses.

### **The Individual Challenge is Learning to Understand Your Body's Language**

Once you understand this concept, you can then understand how to break free.

Soul Embodiment invites you to return to your body and discover its secrets, to look within and become the master of your own domain.

You have a profound blueprint stored within your energetic field, that when activated through awareness, presence, intention and joyful vibration provides the ability to make clear decisions about your own will and the journey you choose to take.

## **This is the Ultimate in Self Responsibility**

Many therapies rely upon the expert (someone else) and the passive receiver (you). Rather than learning how to really experience and enjoy life, you are given tools to *handle* life. Soul Embodiment empowers by offering you the tools to *live* life to the full.

Life is asking you to see and understand who you are, how you interact and relate, to be fully active, aware and involved with full responsibility for the expression of your life.

Soul Embodiment is designed to help you set yourself free from the constraints that have been imposed upon you emotionally and physically from the moment you were conceived.

## **Fast and Simple!**

Drawn from a lifetime of midwifery practice, body-mind therapies and Psychosomatic Therapy/Psychology, the Soul Embodiment steps are simple and effective, with each step opening to the next.

To learn about ourselves, we need to experience our relationship with others. Science is now discovering the energetic bridge between the brain field and the heart field, how your bio-fields affect your genetics, your capabilities and your potential, and how we relate to each other. This is why Soul Embodiment Training is a fully experiential immersion.

Each person in the group who travels the journey with you is a key to unlocking another level of understanding of yourself. There are few words to describe this life changing experience that is long lasting and profound.

## **Suppressing Your Emotions Hurts Your Body**

Emotional Suppression occurs when you ignore how you truly feel. Using the power of your mind you push the energy of the emotion down so that you don't have to deal with it now. Suppressed emotion lands firstly in the gut, the 'seat of emotion.' Then it is stored in your cellular structure until the opportunity arises for the neuro-emotional charge to be dealt with.

No doubt you have heard expressions such as 'sick to the gut,' 'had a gut full.' You have probably felt that tight, upset stomach, nausea, loss of appetite or the reverse - the desire to eat to dull the burning emotional pain.

Over time these behaviours cause a lot of damage to your body. Many people today suffer from gut health issues. Yes, nutrition and food is a key, but often it is the result of long term emotional suppression. Pushing emotion down requires a great deal of energy and tension. Your emotions show up long before your brain has had time to notice them. Your feelings are your GPS, your warning system, so they are fast as they may be required to save your life.

Emotions travel around six hundred times faster than thoughts. That is why body language and behaviour will show your emotion very quickly, way before your thinking mind tackles the task of trying to shut it down.

It is that 'I am FINE' moment, when it is perfectly clear to all around that you are not! The more you try to push the emotion away, the more likely your thoughts are to become obsessed with the issue. It is far better to deal with the emotion, acknowledge it, have a conversation with it and let it go.

Ask why is it showing up and what is the underlying shadow it is hiding? Why am I being triggered by a situation or person outside of me, allowing myself to be affected? Often you are likely not aware of what is stored from past emotional triggers and trauma.

Soul Embodiment Technique is one of the fastest tools to discovering and eliminating the neuro-emotional charge stored in your body and bio field. And all without needing to know the story!

### **Your Body is Your Real Estate**

Your body creates its real estate in response to the daily bombardment of repetitive emotional reactions. These neuro-emotional charges become embedded in the cellular structure, resulting in the shape you are in.

### **How comfortable do you feel right now in your real estate?**

Postural misalignment, the shape you are in, is simply a result of repetitive bad habits. Your body will try to compensate by building extra tissue to realign where possible to support the state of being.

Misaligned stance and movement will eventually create pain and strain as your muscles and joints try to bring your attention to the tension in your body - so that you can pay attention to it!

Look around you. How many people do you see in good postural alignment? Each misalignment and gesture indicates the extent of the emotional baggage carried in the body.

It's time to dump the baggage don't you think?

Or, I ask you to be really honest with yourself here - how is the baggage supporting you?

## Why Your Structure is Important

To discover your truth, your soul purpose, it is very important to have structural alignment. With the Soul Embodiment tools you can deconstruct the layers you have constructed over a lifetime and give yourself permission to return to your authentic blueprint. From here you are able to reconstruct a state of being that is real and authentic.

When you focus and nurture your body, bringing attention to the structure and posture, you stand tall, expressing confidence and strength of character.

But when you are weighed down by life's struggles, ignoring your structure, it can quickly become twisted and out of alignment. This can be as emotionally debilitating as it is physical.

To those who can read it, your body is a landscape rich in information, the storybook of the life you have lead so far. Your beautiful face provides your autobiography.

In fact, every cell of your body, every ounce of your being, is speaking to you in every moment. Each cell has its own signature program, created from your unique, divine soul blueprint.

So right now, how is your state of being? Are you living true to your original blueprint or has your real estate been modified and renovated so many times you're not sure who you are anymore?

Most of us just want to feel at home, comfortable and at peace in our own body. To achieve this, paying attention to your structure is essential.

## Posture and Emotional Anatomy

Everything about your physical body tells the story of where you are at right now. This is called your Emotional Anatomy.

### What does this person's posture tell you?



Here's a few clues:

- head bent forward suggests a tendency to be in the future rather than be present right now. This forward head position also indicates a tendency to over think, trying to figure life out from the mind rather than listening to the intuition.
- shoulders and upper back are pushed backwards, bending over backwards to please others. There is a sense of resignation and defeat in this posture. This is not the posture of a woman who is comfortable and feels at home in her body.
- slight pushing forward of the abdomen suggests a giving away of her energy, rather than harnessing her passion and dreams and utilising that powerful energy for herself.
- knees are locked backwards, which tends to be a response to not feeling completely safe in the world so trying to control and hold ground.
- apart from the emotional difficulties this posture indicates, there are physical issues too. Postural imbalance creates stress throughout the body.
- knees are not designed to bend backwards in this way. Doing so then pushes the hips out of alignment, pushing the stomach forward and placing sometimes great pressure on the lower back.
- slumped and forward rolling shoulders combined with the forward head position also contribute to great stress on the vertebrae of the neck.



### **Can You See and Feel the Difference in This Posture?**

This is the same woman, her picture taken after a simple postural alignment. The difference is profound. Her head is now held in alignment, shoulders in place rather than pushing backwards, and her knees are softened. Overall this posture shows a sense of confidence (confide in self), an access to the innate wisdom within and the ability to be present in this moment.

### **Checking Your Posture**

Checking your postural alignment is a great daily practice as it begins to form new neural pathways that create new behaviours to support the stance.

It's so simple to do, just ask a friend to take a photo from your left side while you are standing. You are likely to be surprised by what you see!

### **Making Friends with Your Wall - Daily Exercise**

So you've looked at your photo and realised your head is a bit forward, somehow you seem to be pushing your stomach forward and your shoulders aren't in alignment. The following steps are designed, with daily practice, to help you bring your body into alignment.

***Warning: if you experience pain, stop immediately. If you have spinal or other injuries please seek the opinion of your medical specialist before attempting these exercises.***

Relax, do a little march on the spot then stand with your back against a wall. If you can do this facing a mirror so you can see the angle you tend to hold your head on, even better!

#### **1. It all starts with your feet.**

If you are on your path then both feet are hip distance apart, aligned below your hip joints. Both feet will be facing forward, feeling supported and on purpose. Take a look at your feet:

- is the right heading outward, looking for direction and support from the world around you?
- is the left heading outward, suggesting you are looking for emotional support from others, rather than trusting in your ability to support yourself?
- maybe either or both are turned inwards, suggesting a challenge with putting yourself out there and feeling somewhat insecure.

- straightening and aligning your feet allows your ankles to soften, taking the load off the knees and assisting the hips to move more freely.

A great way to check your foot point is on the sand. Walk a bit then look back at your foot-prints. It is easy to see a twist or turn in direction. Understanding what your feet are saying is a full day of Soul Embodiment Training.

## **2. Knees**

What are your knees doing? Are they locked in position, pushing backwards?

- give your knees a jiggle, let them soften and make sure they are not pushing backwards.

## **3. Hips**

How far away from the wall is your pelvis?

- if your pelvis is not touching the wall, gently pull it in towards the wall until it touches.

## **4. Stomach**

Place your hand between your lower back and the wall. If there is a substantially bigger gap than needed to fit your flat hand, align your stomach and lower back this way:

- breathe deep, nice and slow, right down to the bottom of your lungs
- between breaths, activate your core muscles in your belly.
- as you breathe in next, keep your core muscles activated and pull your belly in tighter
- on your out breath continue to keep your core muscles activated.

As you get the hang of this, you should find the gap between the wall and your lower back decreases.

## **5. Upper Back/Shoulders**

Are your shoulders anywhere near the wall or are they rolling forwards?

- continuing to breathe deeply, roll your shoulders backwards towards the wall
- don't be put off if your shoulders don't reach the wall the first time you try, this may take some time and daily practice to achieve.

Tension in your body can be relieved with regular body massage too.

## **6. Head**

If you can't feel the wall against the back of your head, then your head is tilted forwards.

- pull your head back till it touches the wall
- look in the mirror - are you facing straight ahead or are you looking upwards, downwards, sideways?
- adjust your head so that you are looking straight ahead and not tilting sideways in either

direction.

Hold yourself in this position as you continue to take a few deep breaths. Note where in your body you feel discomfort. Emotions might arise, allow them to flow freely, acknowledge what you feel as you continue breathing slowly and deeply.

### Face to Face

Within each of us are both female/yin and male/yang qualities. This can be seen with amazing accuracy and speed by reading your face. Every aspect of your face tells the story of who you are, the depth of your character, your skill set, potential and challenges.

Face reading allows you to see who you really are. It gives acceptance and insight as to how to communicate with others, enhancing relationships immensely. Most people who are challenged in their relationships are not truly seeing and accepting the person they are trying to relate to.

The image below is an example of a face split, one of the first tools taught during the Soul Embodiment Course. This powerful illustration provides insight into the feminine/masculine relationship, how the male and female within are co-habiting.

The face in the middle is the actual photo that was taken. This photo was then split in two, the left side of the face and the right side. The left side is then mirrored onto itself to show what is happening on the left side (representing the female aspect, heart, inner world, inner truth) and the same is done with the right side (representing the male aspect, mind, how you present to the outside world).

You can see even without any training a marked difference between the male and female aspects.

Right Side  
Mind (ego, thoughts,  
external world)

Left Side  
Emotional (heart,  
intuition, internal world)



This first photo was taken on the first day of the Soul Embodiment program. Notice how the right, male/yang energy appears stronger and more prominent than the left female/yin energy. The forehead is larger and wider, indicating a strong priority of thoughts over feelings, with less priority placed on the emotional/yin/feminine.

Now have a look at the second face split, taken at the end of the six day immersion with Soul Embodiment Training. See how the real estate has been deconstructed and new structural alignment and balance has taken place between both aspects.

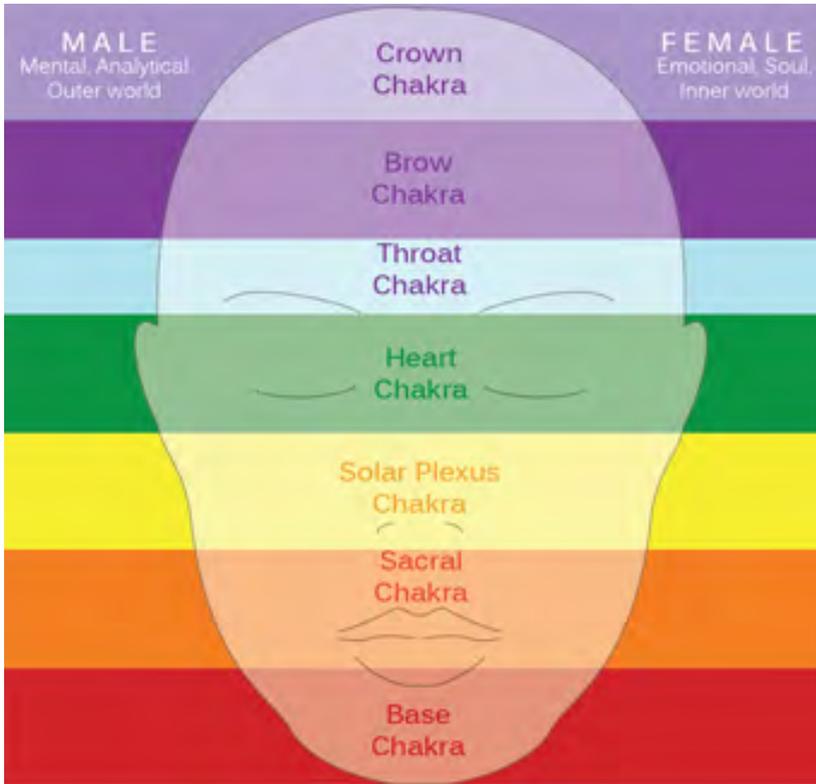
A partnership has been developed between the heart and mind. Mastery of Self.

**Right Side**  
Mind (ego, thoughts,  
external world)

**Left Side**  
Emotional (heart,  
intuition, internal world)



## Chakra Facial Chart



Chakra Facial Chart, Copyright © Vicki Delperio 2016

This is a full day's training in itself! But for now, here's an exercise you can do every day.

### Daily Exercise

Stand in front of a mirror and really look up close and personal at your beautiful face.

- is any part of your face calling out to you?
- is there a physical irritation on any part of your face?

Now look at the Chakra Facial Chart to get an idea of what part of your being is trying to get your attention. For example:

- from the top of your eyes (brow bone) to the upper cheekbone represents your heart. Irritation, swelling, bags in the skin and so on here might indicate there has been something going on with your heart that you have been avoiding.

***Simply acknowledging what you are feeling is so important!***

Now lean in close to the mirror.

- look deeply into your own eyes and hold that for a few minutes (at least one minute!)
- if you find it hard to focus looking at both eyes, try focusing on your left eye only. Your left eye is the mirror to your soul. Stay with this a while and really connect with yourself.

You might find it difficult at first to maintain contact with yourself in this way. Keep going! With daily practice not only does it get easier, but you get to know the most important and amazing person in your world - You!

**This is only the beginning of your Soul Embodiment journey.**

Are you:

- willing to dive deeper to discover the depth of who you really are?
- ready to unleash your full potential?
- ready to acknowledge your past story and leave it behind as you birth your true story, the story you wish to live from now on?
- are you ready to attract and ignite the spark that creates the juicy, sensuous relationships you truly desire, the financial abundance and career you want, and the pure joy of living your life on purpose with passion?

***You're Ready?***

Then don't wait another moment!

I am waiting to meet you.

**Click [HERE](#) to book  
your free  
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