

Taking you from story to truth, from illusion to individuality.

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*From small beginnings
come great things!*



I have for many years chased what I now realise is an ILLUSION of freedom... the escape from committing to many things including work, relationships and MYSELF mostly always feeling on some level that to commit would take away my FREEDOM.. How wrong I am. I feel the last few months have been a RITE OF PASSAGE into womanhood in many ways, some very small others HUGE.

Today I have just accepted a place on an MA Degree Program starting in September. This will enable me to bring all my work together in a practical and very somatic way. It will enable me to certify courses and develop programs to take out into the world and into schools. This fills my heart with joy. Such a sense of purpose, realising that I am here to be so much more than I am currently. I have also committed to moving home, moving my business and REALLY getting stuck into what I am really good at. This FEELS GREAT. And VERY

EXPANSIVE.

Chasing the ILLUSION of FREEDOM has felt very constrained and closed always searching and seeking, whilst this commitment to change, to diving in, to showing up and being of SERVICE feels SO LIBERATING so expansive and SO full of PURPOSE and LOVE I am almost bursting as I type!

SO beautiful beings – I ask you

- What are you running away from?
- What might you commit to enabling more freedom in your life?
- What does FREEDOM v's COMMITMENT mean to you?

For me I dance my freedom, my body being a COMMITTED container for expression, for love, for embodied empowerment from here ANYTHING is possible and I am ready to COMMIT...

Enjoy your summer of LOVE, FREEDOM and COMMITMENT

With a wild heart and dancing feet,
In Grace Sarah

Greetings beautiful people, it is FINALLY summer and I for one have been making the most of this glorious weather even this much needed rain. Summer rain has a certain smell about it and walking earlier I was reminded of being a young girl and splashing in puddles and feeling free in every moment.

I have been having conversations recently with a beautiful soul in my life about FREEDOM v's COMMITMENT.

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DANCE

Foods that Detox the Body

LIVING AN EMBODIED LIFE...Step out of the STORY into your TRUTH

Many of you have been asking exactly what I do so you can understand and express it to others. As a result I have been pondering how to best express what I bring to the world.

I am committed to **EMPOWERING** individuals to lead embodied lives, to assist those that are willing to take the **JOURNEY AWAY FROM STORY AND ILLUSION INTO TRUTH AND EMBODIED EMPOWERED LIVING.**

Growth can sometimes be a seemingly daunting task. As you undertake the journey to your truth and a life of embodied living can mean facing the **TRUTH** which in turn means **CHANGE**. Many of us, including myself, resist change, yet with it comes such potential, such growth, such opening and expansion into living a **FULL** and **BEAUTIFUL LIFE** I now invite myself to surrender to it and embrace it, and YES sometimes I still fight it!

I am **PASSIONATE** about **LIFE**. About living and about **TRUTH**, I live what I teach (yes, it is a practice). I lead a full life of beautiful and sometimes very raw experiences, I find myself in situations where I am vulnerable, where my inner strength and self-belief and trust in myself and others are tested to the limit. People have come and gone from my life and I mourn and celebrate each one for what we have shared and what I have learnt. Still as each one leaves another soul enters each one brighter and with new insights and teachings for me.

I believe it is essential to be **REAL**... to be **AUTHENTIC** and to be **YOU** and not everyone can handle that. This includes **feeling your feelings**, including **honoring your feelings** including sadness, grief, anger, joy, fear and guilt to name the BIG 5 used in NLP and other mindfulness and leadership programs.

I encourage people to see their brilliance, achieve great health and well-being, be in their truth and explore ways of how to **STEP OUT OF THE STORY AND ILLUSION AND INTO YOUR TRUTH**. Some may call me a Midwife to the Soul others a body worker, a medicine woman what ever you wish to



One day you just have to stop comparing yourself, stop dimming your own light and actually **SHINE!**
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call me I simply know I am here to be of service. What does this mean? To be of service to me, means is to offer ones wisdoms and to be humble and offer yourself to the community for the goodwill of others. It doesn't mean that I give myself and my power away (that is a very old pattern painfully realised!) it means that the work I offer is for **THE GREATER GOOD OF HUMANITY.**

My primary intention as we work is to assist you on a journey to self embodied empowerment as an Individual living a life you love authentically and power-fully.

HOW? I work with many tools, including Amatsu Physio Therapy body and energy work for body energy balance, nutritional coaching, Neuro Lingusitic Programming (NLP), TimeLine Therapy, Shamanic and Theta Healing, Somatic Experiencing, whilst always leading a personal enquiry into relationship to self and other.

SO, if you are tired of running the old stories, are fed up of holding the pain in your body and soma and want insight and change in your life then come see me for a session..

Testimonial:

.~ Its not often I shout about how good a therapist is. But this is me shouting!!! I had the most amazing powerful beautiful session with*

*Sarah Bullock yesterday. A perfect mix of Somatic body-work and Shamanic clearing. Soooo highly recommend this medicine woman for her acute clear perception and navigation! I left a lot taller, clearer, centered, expanded and embodied when I left! Catch her while she's here! *~. Lara Ilona Klein-Barge*



Image from
Tumblr.com

DANCE LIKE NO
ONE IS
WATCHING...how
many times have
you danced in your
kitchen or bathroom
when no one was
watching and
afterwards felt
AWESOME?

For me I regularly dance in places and spaces without worrying anymore what people think. To me dance is an expression of my soul of myself, my joy, my pain, I am the dance, the dance is me.

I am really excited that from September Tori Simmons of Chakra Dance and I will be teaching regular Conscious Movement classes in Stony Stratford.

Classes start beginning of September and will carry a theme

SEPTEMBER – BASE/EARTH energy centre

OCTOBER – SACRAL/WATER energy centre

NOVEMBER – SOLAR/FIRE energy centre

DECEMBER – HEART/AIR energy centre

These classes will be free conscious movement but teacher led for a rich and beautiful exploration of the centres and what we can gain from having better awareness of them, dancing with them, embodying the energy of them and clearing them energetically.

Sarah Bullock will be including an intention of abundance and manifesting with her Dancing Freedom September dance classes.

JOIN the meet up group for
DISCOUNT TICKETS ON LINE
and info

<http://www.meetup.com/Dancing-Freedom-UK-Conscious-Ecstatic-Dance/>

OR check out
www.dancingfreedomuk.com for
more information

Call Sarah on 07979914822

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TRAIN AS A DANCING
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BALI this is an AWESOME
opportunity and will
TRANSFORM your life**

Check out:
<http://www.dancingfreedom.com/training/2013-facilitator-training-bali/>

FOODS THAT DETOX THE BODY

The purpose of any good Detox is to feel clear and cleansed. Pollution, both indoor pollutants and outside toxins are shockingly high. It is critical to purify the body. The process of detoxification in the body requires a wide range of nutrients. Juices are one of the best ways of nourishing the body without adding to the toxic load or challenging the body's resources.



Many fruit and vegetables have excellent cleansing properties which are enhanced when they are juiced. Green vegetables, in particular, contain chlorophyll which has a cleansing and healing effect on the digestive tract and liver.

Nutrients and Antioxidants from Fruits and Vegetables: Sources and Benefits

Lycopene – found in tomatoes, watermelon and pink grapefruit. Lycopene has been found to be particularly effective at protecting against prostate cancer

Beta-carotene – found in Carrots, apricots, mangoes, squash, sweet potatoes, spinach, kale. Beta-carotene is the precursor to vitamin A. It is needed for healthy bones, eyes and skin.

Anthocyanins – found in blueberries, raspberries, blackberries and cranberries. Anthocyanins have anti-cancer properties

Quercetin – found in apples and onions. Quercetin helps the body to use blood sugar and inhibits the release of histamine so can help reduce allergic reactions such as hayfever

Glutathione – found in green leafy vegetables. Aids in liver detoxification and can protect red and white blood cells.

Indoles – found in cruciferous vegetables such as broccoli, cauliflower, kale and pak choi. Indoles have powerful anti-cancer properties

Vitamin C – found in kiwi fruits, tomatoes, peppers, grapefruits, lemons and berries. Vitamin C is needed for the production of collagen and tissue repair and can also improve the effectiveness of other antioxidants.

Calcium – found in broccoli, kale, cabbage, chicory and lettuce. Calcium is needed for healthy bones and teeth and nervous system function.

Magnesium – found in broccoli, kale, lettuce, watercress, rocket and alfalfa sprouts. Magnesium is needed for the utilisation of calcium in the body, energy and muscle and nerve function.

Potassium – found in all fruit and vegetables. Potassium is needed to help control fluid balance, nerve function, maintaining a normal heart beat and muscle contraction.

Boron – found in apples, pears, carrots and green vegetables. Boron is needed for the utilisation of calcium, bone health and brain function.

Once juiced, the antioxidants in fruit and vegetables become bio-available meaning they are easy for the body to absorb and assimilate.

Including a wide range of different coloured fruit and vegetables in your juice is a good way to ensure you get a wide range of antioxidants.

Disclaimer: this form is for information purposes only. If you have any medical concerns, have a serious illness or are taking any medication please

SARAH CAN BE FOUND IN STONY STRATFORD AND LONDON.

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