

Foundations of

Quantum Essence Embodiment™

Learn how somatic transformation and embodying who you really are is key to a fulfilled, liberated life, and our collective evolution.



BY LUNA VALIN

ESSENCE EMBODIMENT: THE WHAT AND WHY

We all have the version of ourselves that we identify with: who and where in our life journey we perceive ourselves to be right now.

And, we have a version of ourselves we aspire to become: our true, liberated self, or what I call 'essence'.

Now I know, you might be nodding your head thinking, *well duh, Luna*. Stay with me.

As I've worked intimately with high level leaders, accomplished artists and activists over many years, I've come to understand that actually *dissolving the perceived distance between you, as you are right now, and the divinity and potential of your essence* is the foundation of living a present, fulfilled and pleasure-rich life.

Why? A few reasons.

WHEN YOU PERCEIVE YOURSELF AS SEPARATE FROM WHO YOU ARE MEANT TO BE, AND WHAT YOU DESIRE:

- 1) The nervous system feels fundamentally unsafe, as you believe that for whatever reasons, you aren't enough now.
- 2) You project your fulfillment, worthiness, love, freedom and desires into the future.
- 3) You come up with all kinds of prerequisites to thriving and embodying your own essence: first you have to solve all the problems within yourself and your life. You have to heal all the wounds, take all the actions, get the success, finish the endless to-do list, find the perfect partner, improve your body, prove you deserve it, feel good all the time, only think positive, be perfect: ad infinitum, lol.

BEFORE MOST OF US WERE EVER AWARE, WE LEARNED TO UNCONSCIOUSLY
PROCRASTINATE THE LIFE AND EXPERIENCE WE'VE ALWAYS WANTED,
AND BEEN DESIGNED FOR.

it's time for this to change.

At some point if you're like me, you've noticed that fulfilling the prerequisites and accomplishing the goals *still* hasn't led to the soul-deep aliveness you've really been after.

This can quite possibly be the most humbling, yet important, recognition I see people experience. Some have accomplished everything they set out to... some have done spiritual practice for years... some are simply doing *everything* they thought would get them "there"...

Regardless, it hasn't made a *lasting* difference in the genuine quality of their everyday life.

Now, you've likely already spent time exploring therapy, mindset work and spirituality as means to heal and *live* your truth, authenticity and joy.

While these are invaluable, I see again and again that what we're missing most often is a somatic transformation.

QUANTUM ESSENCE EMBODIMENT™ ENTAILS A SOMATIC
TRANSFORMATION BECAUSE TO EMBODY YOUR ESSENCE
— TO DISSOLVE THE PERCEIVED SEPARATION AND PATTERN OF
PROJECTING YOUR POTENTIAL AND DESIRES —
YOU NEED TO ESTABLISH A NEW CULTURE
AND PATTERN WITHIN YOUR NERVOUS SYSTEM.

Otherwise, you can do all the affirmations and spiritual practice in the world...
you can get all the accolades and success...
you can meet the most extraordinary partner...
you can inhabit a fucking miraculous life...

and still, your body will remain wired to project your potential, divinity,
peace, pleasure, and desires into an illusory future.

You'll *continue* to see an abundance of problems to fix first, all the work yet to be done, and validate all the reasons the thriving you want most is not *yet* possible.

I'll put this another way: until you establish safety and presence as the *defaults* in your nervous system, you likely won't FEEL your essence and desires fulfilled in the present... and hence, you'll *always* feel like the life of your dreams, and your soul's potential, are *one more* silk curtain away.

Trust me, I work with some of the most successful artists, activists and entrepreneurs in the world. Millionaires and billionaires. Leaders and legends. This is practically a universal experience {no matter how successful or spiritual you are} because it's simply a pattern most of us learned, and the nervous system carries out.

The journey of Quantum Essence Embodiment™ is about consciously shifting these fundamental programs and defaults, so your body-mind system knows how to feel true safety, fulfillment, joy, pleasure, abundance and liberation in the present...

so you no longer feel like there's always a better version of you and your life "out there"...
so you're no longer sired to trauma patterns and past triggers in your relationships and sex life...
so you're no longer working to prove you are worthy...
so you're no longer unconsciously playing victim to circumstances...

I hold the vision of you unveiling your deepest spirituality *through* the brilliance of your body and humanity.

I treasure the vision of you not taking life so seriously, because you know you've got your own back, and can be with it *all*.

I stand for the vision of you transcending the notion of sacrifice, while your work, art and relationships thrive.

I tend the vision of you being epically enchanted in your daily mundane life *while* you playfully pursue your goals.

So, cheers to this — and to *you* — my love. Let's dive in.

MICRO & MACRO VISION:

*“When we are in harmony with ourselves,
we will be in harmony with nature and each other.”
- Radhanath Swami*

In order to create a harmonious world, we don't just need our social and environmental systems to evolve on a global scale... We need a revolution of our *inner culture*.

I invite you to *FEEL* these words:

Your nervous system knows no greater unsafety than perceiving you are separate from your liberated self, potential, the divine, or your needs and desires.

From this state of dysregulation, human beings have established and attempted to maintain oppressive, power-over systems for thousands of years.

We've become resistant to change that's unquestionably necessary for our species to survive.

THIS IS BECAUSE WHEN WE FEEL FUNDAMENTALLY UNSAFE AND SEPARATE FROM OUR OWN POTENTIAL (OR THAT OF HEAVEN ON EARTH), THE ABILITY OF THE BODY-MIND TO ACKNOWLEDGE THE NEED FOR CHANGE, AND EMBRACE IT, GREATLY DIMINISHES.

On top of that, a dysregulated nervous system will continuously search for threats, antagonists, or obstacles... and projects these onto demographics of people, organizations, intimate partners, caregivers, friends, or internally (blaming aspects of ourselves that we believe are flawed, untrustworthy or malicious).

This isn't rocket science, but it sure as hell isn't taught in school... and it DOES take extraordinary courage, trauma integration, refined embodiment tools and practiced awareness to pave the way for a new culture within yourself, and the world.

So, while we work together to effect social, governmental, economic and environmental changes... it's *equally* important that we learn to dissolve the pattern of projecting our soul's potential, safety, fulfillment and harmony into the future.

Otherwise, no matter what progress we make, we'll continue to see the grass as greener in some distant timeline.

And, while we go to war with the parts of ourselves we think we have to get rid of *in order* to get to our goals, we'll continue warring with what we think is wrong in the world, our relationships and each other.

We will continue to fight *against* what we don't want, which is far less powerful than moving in grounded congruence with what we desire.

THE DEHUMANIZATION AND OPPRESSION OF HUMAN BEINGS
{AND THE EARTH} ON A GLOBAL SCALE IS A REPRESENTATION OF
THE INNER CULTURE WE'VE INHERITED: ONE WHERE WE 'OTHER' AND
OPPRESS FACETS OF OURSELVES — THOUGHTS, EMOTIONS, MEMORIES,
PAIN, TRAUMA, PATTERNS, EXPERIENCES, AND GIFTS.

Oppressive systems become self-perpetuating and pervasive when they are internalized: when oppressed demographics learn to *see themselves and operate as though* they are inferior, untrustworthy, irrational, weak, insane, etc.

Now, to be clear —

The art of ceasing oppression and war within ourselves
and the world does NOT equate complacency.
Ceasing war (internally and externally) is a necessary healing process
that establishes the safety needed in our bodies to actually embrace,
pioneer and embody regenerative change.

Ceasing war paves the way to a new paradigm of activism, artistry and
leadership where we no longer work from a sense of discontent and
unsafety until we inevitably burn out, dissociate, or become numb to it all.

Ceasing war allows our bodies and minds to organically calibrate
to healing, working and evolving with pleasure and ease.

It means remembering ourselves as part of the earth, and each other.

it means bringing ourselves fully to life.

THE WHOLE HUMAN

Quantum Essence Embodiment Method™ is an approach to update your somatic circuitry, so you can dissolve the perceived distance between you, *as you are right now*, and your soul's true potential; **so you can live each day fulfilled, liberated, pleasure-rich, and intimate with all life.**

Clients come to me to completely transform or expand their experiences within their spirituality, relationships, intimacy, self-love, the menstrual cycle, emotion, reality design, leadership, entrepreneurship, artistry, wealth, and more.

And simultaneously, my approach is proven to transform trauma, patterns and oppression that have been internalized and perpetuated within the nervous system, and hence, have become cultural norms.

I know you're no stranger to the fact that it's become "normal" to experience extreme insecurity, doubt and distrust, to be your own worst critic, feel victim to circumstance, self-sabotage, experience codependent and dysfunctional relationships, and to numbly move through the motions of life.

We believe there are parts of our bodies and minds that not only lack intelligence, but actively sabotage our goals and slow our progress... and hence, we move through the world as though we can't fully trust ourselves.

Women {and anyone who was socialized female} in particular learn that their sexuality is shameful, dangerous, wrong or dirty... and hence, we feel severed from likely *the* most powerful pathway for our spiritual authority, embodiment and awakening.

We compartmentalize, shrink, and punish ourselves in an attempt to achieve our goals, live out our desires, emanate 'love and light', and align with our 'higher selves'.

No wonder why genuine, whole-body thriving as individuals *and* in relationship seems so rare and challenging to attain.

Now, a core philosophy of Quantum Essence Embodiment Method™ that distinguishes it from *every* other approach I've encountered is:
Even these patterns {rooted in perceived separation, trauma and oppression} are NOT problems.

They are an accumulation of *intelligent* survival strategies, coping mechanisms, stored stress and trauma, and belief systems we have inherited.

Regardless of how painful and counterproductive they've become in the present, each one of these body-mind patterns originally supported you in some way, and *still aims to support you*.

They are simply outdated, adhering to a *past* blueprint of what will ensure your safety, love, belonging, needs, desires, fulfillment and success.

Now, my love, listen. Humanity has been evolving at an unprecedented speed, but I want you to think of what's happened so far like this: imagine getting a new laptop that has all the capability of the latest MacBook Pro, but you install the software that ran the old school hundred pound computers back in the day...

This is what happens when integrative somatic and spiritual transformation is left out of our educational systems, progress, therapy and evolution - because your body stores the software of BOTH your soul's gifts for this world, AND ancestral and personal trauma, memory, survival strategies, coping mechanisms, and learned limitation.

UPDATE THE SOFTWARE OF YOUR NERVOUS SYSTEM, AND YOUR LIFE IS NO LONGER GOVERNED BY THE PAST, OR YOUR SUBCONSCIOUS... BUT CHOSEN BY YOU.

ROOT-LEVEL SOMATIC TRANSFORMATION IS KEY TO YOUR BODY-MIND SYSTEM BECOMING AN OPEN AND SUPPORTIVE CHANNEL THROUGH WHICH YOUR SOUL'S GIFTS GET TO BE EXPERIENCED AND EXPRESSED IN EVERY MOMENT.

On that note, it's time for you to **know**:

EVERY aspect of you and your human experience is designed to SUPPORT you to embody more of your liberated self, purpose and desires.

With that said, your somatic conditioning and patterns {deeper than your 'mindset'} literally create the frame through which you meet and experience your inner and outer worlds. They are *powerful*.

For example, most of us unconsciously perceive countless human emotions as threats.

When an uncomfortable emotion arises — if your nervous system is wired to believe it is a negative or dangerous force — your body-mind will automatically click into fight, flight, freeze or fawn response to ensure your safety.

The window of opportunity to actually experience how that emotion is *working FOR you* closes before you even have the chance to identify what you're feeling in the first place.

Your mental beliefs and somatic conditioning are self-fulfilling, life-designing prophecies: believe {consciously or subconsciously} that “negative” thoughts, emotions, triggers and patterns are forces that work *against* your desires... and you will very likely experience just that.

While I don't see this as a 'problem', I know most of you have made this choice countless times in countless ways, *without ever realizing that another experience is possible.*

You've likely felt pressure to tip-toe around what you've been taught you “shouldn't” experience... and in doing so, my love, you tip-toe around the freedom, pleasure, love, impact and play you are here for.

Now, this may come as a relief: our automatic responses, neuronal circuitry and somatic conditioning are extraordinarily *malleable*...

But if we don't understand how to {or have guidance to} *speak the sensory and symbolic language* of the body, nervous system and primal brain, it can feel practically impossible to consciously choose and create new, supportive patterns.

Equipped with a suite of proven methods and modalities {infused with my own intuitive wisdom}... I've watched people liberate themselves from patterns they felt helpless to after decades of therapy that left them with more pill bottles than genuine results.

I've witnessed countless people completely transform mental spirals and emotional turmoil they thought they'd just have to live with forever after years of disciplined spiritual practice and meditation.

I've seen women *not* just recover from sexual trauma, but come back to life *more* powerful and pleasure-rich than ever before.

I've witnessed people, who were simply curious what *more* they could experience in this life, be absolutely astounded by their own limitless and evolving nature.

What my people experience as miracles, I know to be the magic of human liberation and essence embodiment... and for every person I work with, what feels breathtakingly miraculous at first soon becomes the foundation of a grounded and orgasmic everyday life.

So, instead of relating with our minds, emotions, bodies and circumstances as ‘bad’ things to fix, overcome, or control, what’s needed is simply a new *relationship with and perception of* them.

} “IF YOU CHANGE THE WAY YOU LOOK AT THINGS,
THE THINGS YOU LOOK AT CHANGE.”
- DR. WAYNE DYER

A new inner culture means a refreshed relationship with all parts of yourself, and your human experience.

In essence, I’m here to bring conscious choice — *and hence liberation* — back to the body of humanity.

I don’t teach a “right” way to live... I give you all the tools and teach you how to *choose your way*.

I don’t “heal” anyone... I support you in the journey of unveiling the most healing and transformative forces within you: *the wild wisdom of YOUR body and essence*.

I don’t always “go first” as a leader. I am simply willing, curious and well-practiced at going where I haven’t yet gone *with and within you*.

SO MY LOVE, *imagine* HOW YOUR LIFE WOULD CHANGE IF YOU MET
ALL FACETS OF YOURSELF AND YOUR HUMANITY
AS INTELLIGENT AND SACRED...

You are devoted to discovering the goodness, innocence and life force within *every* part of you that you've exiled or judged.

You experience your emotional diversity as *opulence* — core and essential to a thriving, whole life.

You know you get to heal, grow and awaken for the sake of unveiling more of who you already are, and have always been meant to be.

You are radically intimate with all life, yourself, others and your passions... and hence you are wildly, truly *alive*.

You know you've got *your own back* in every area of your life, so you set healthy boundaries with ease, catch and alchemize triggers with love, lead with confidence, and communicate with extraordinary grace.

YOU PLAYFULLY AND CONSCIOUSLY DESIGN YOUR ENTIRE EXPERIENCE OF
REALITY, IN ACCORDANCE WITH YOUR DESIRES.

**Who would you be if you were *that* free?
What would you say yes to if you gave yourself unconditional permission,
and let yourself be *that* divinely human?
What art would you create, embody and emanate?**

I want to acknowledge that this life — *your* liberated life — might feel heady and far away right now. If this is the case, remember it's simply an indication that your body-mind is still wired to perceive distance between you, and your soul's potential. You've likely still got a whole list of prerequisites in place that you think you have to fulfill *before* this becomes accessible, or is granted to you by some higher force.

If it feels like your liberated life is *also* on the tip of your tongue... is in the champagne bubbles and butterflies in your belly... is caressing your heart to quicken... is mysteriously laced into your bones... *it's because it is*.

If you're reading these words right now {and hence are entertaining a new realm of possibilities for yourself}, it's time we acknowledge *you*. You are a world-changer, a wildcard, a maverick.

And because you are human, you are an alchemist with the power to transform and rewrite the codex that forms your reality, and our world.

Your choice is all that is needed.

Quantum Essence Embodiment™ is not just an epic personal transformation to inhabit who you really are, your desires, impact, and the life of your dreams... ya feel me?

This work is actually key to healing the dysregulation and trauma responses stored in our bodies that play out on a *collective* level as systemic power issues, corruption, oppression, victimhood, mental health epidemics, collective gaslighting, and resistance to necessary change.

It's key to *regenerative change* on every level, at every scale.

this is the revolution of our remembrance.



It doesn't interest me what you do for a living.
I want to know what you ache for and if you dare to dream of
meeting your heart's longing.

It doesn't interest me how old you are.
I want to know if you will risk looking like a fool for love,
for your dream, for the adventure of being alive...

I want to know if you can sit with pain, mine or your own,
without moving to hide it, or fade it, or fix it.

I want to know if you can be with joy, mine or your own;
if you can dance with wildness and let the ecstasy fill you to the tips of your
fingers and toes without cautioning us to be careful, be realistic,
remember the limitations of being human.

It doesn't interest me if the story you are telling me is true.
I want to know if you can disappoint another to be true to yourself.
If you can bear the accusation of betrayal and not betray your own soul.
If you can be faithless and therefore trustworthy.

I want to know if you can see Beauty even when it is not pretty every day.
And if you can source your own life from its presence...

I want to know if you can be alone with yourself
and if you truly like the company you keep in the empty moments...

{EXCERPTS OF 'THE INVITATION' BY ORIAH MOUNTAIN DREAMER}

I want to know how human you are;
how you hold yourself whole-ly and holy through the journey of your life.

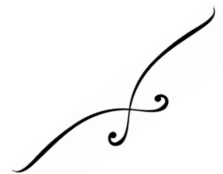
I want to meet who you are when you become enchanted by the ordinary.

I want to know what it feels like in my bones when you stand for the truth in yours.

I want to meet all the 'unenlightened' nooks in you, and know kindness still lives there.

I want to feel the exhale on your lips when you let yourself *arrive* in the dance,
the play, the wild and the mess of your precious life.

xx, Luna



THE HOW: THE METHOD TO MY EPIC MADNESS

The purpose of Quantum Essence Embodiment Method™ is not to “get to” a singular end-result, but to embody a revolutionized, rapturous *lifestyle*.

While the depth of this work is unparalleled, and we don't tiptoe around what's real, and sometimes painful... I believe we get to experience more play, pleasure, ease and love *every* day, at *every* stage of our journey.

The perspective that your healing and transformation have to be grueling, intense or painful processes simply keeps you in a state of overwhelm and fear of devoting yourself to the change you want most.

And for those of you who gauge the “success” of a healing journey on how intense it is, and constantly seek out that intensity as a way to validate you're getting somewhere... you can expect a paradigm shift that brings soul-quenching *relief* into your daily life.

Your growth is truly sustainable when it's led by the curiosity, joy and love of your essence.

Your growth becomes regenerative when you allow yourself to be nourished by the pleasure, play and magic of this life, unconditionally.

To honor our exquisite individuality, this journey is not a one-dimensional map applied the same way for every person, nor is it a linear process, or a fix-it approach...

{By now I know you're tired of that nonsense because *the changes you make from judgment and discontent don't last.*}

For example, the focus may be on Phase 3 if a client's core desires reside in their sex and relational life, yet all other phases are inextricably connected and part of the process nonetheless.

We are here to charter beyond what our minds have templates for —
into a wildly alive present, and a revolutionary future.

QUANTUM ESSENCE EMBODIMENT METHOD™ PHASES

Phase 1:

Unify Body-Mind-Essence and Become the Alchemist

During this phase, you learn embodiment techniques and tools to activate the potential within patterns of resistance, fear, doubt and discomfort. You'll become a powerful alchemist who transforms perception and energy in a curious, playful way.

We explore tantric views, life-changing rituals and implement emotional navigation tools to build an empowering connection with all that you perceive blocks your capacity to be and embody your essence {who you really are and desire to be}.

Through building a fresh relationship with yourself, your beliefs, emotions, time and reality... you restore safety and trust as the "default" experience in your body, and a true foundation for your fullest expression.

Phase 2:

Learn to Rest, Create, Work and Communicate From Essence

We dismantle perfectionism and accomplishment culture, so you are free to no longer value yourself based on inauthentic cultural constructs and expectations. You'll learn refined tools to embody your unique essence, pleasure and potential *every day*, **while** you simultaneously pursue your desires with joy.

You'll develop a comprehensive understanding of your soul's unique artistry, and reclaim your genius within the parts of your creative process that you previously judged or deemed 'wrong'.

We dive into the essential keys to create, live, relate and rest from both feminine *and* masculine blueprints. You revolutionize your experience of consistency and anxious creating; and breathe fresh life into productivity, daily habits, healthy boundaries and spiritual practice.

Phase 3:

Pleasure, Intimacy and Wealth Embodiment

In phase 3, we focus on transforming patterns around relationships, sex and money. You will expand the capacity within your nervous system to experience *more* genuine pleasure, power, intimacy and abundance.

As you dissolve the tendency to barter pain for pleasure, you'll reclaim your identity as inherently worthy, sexually and sensually liberated, and dripping with the opulence of soul.

The essence of this phase is: **to HAVE it all, BE and FEEL it all.**

You create *and fully inhabit* the life of your dreams to the degree that you *practice* living it mentally, emotionally, somatically and spiritually. This means not only exercising your ability to lean in to edges of discomfort that naturally arise, but to ease and playfulness as well.

Through embodiment and pleasure rituals, deep-dives about communication and intimacy, and quantum wealth codes... we unleash, and revel in, your orgasmic nature.

Phase 4:

Reality Architect and Legacy Leadership Integration

You'll learn what it really means to have your own back, and claim your own throne. This phase is about trusting yourself to thrive, lead from your body, *and* hold your truth at the helm when shit hits the fan...

Because your true legacy is about the wholeness you embody, the aliveness you emanate, and the sensation you inspire.

You'll learn to lead yourself in catching the ways you've unconsciously created your reality from outdated constructs... and become a conscious architect who's artistry is shaping reality itself.

In essence, this phase is about meeting all of life *not* as happening *to* you, but *designed by you, for you*. When we engage reality with this lens {rooted in quantum physics and a myriad of

spiritual traditions}, we naturally take responsibility for our experience of, and action within, any circumstance, and allow even the most mundane or challenging experiences to awaken us to valuable learning, connection and truth.

In Phase 4, you step fully into Quantum Essence Embodiment™ as a lifelong path where you discover the sacred within the human, your body as holy; experience yourself as limitless, and your desires as prophecy.

*With abundant love and reverence,
Luna Valin*

Email me to begin your journey: luna@essence.is
Your information will always be kept confidential.