



## Helene Pouwels: Body Worth Being



Empower yourself to transform your life and manifest your desires effortlessly through mastery of the mind, body, and spirit connection. Helene Pouwels has created the 6 steps to Manifest and Transform Your Life in order to save the planet and love yourself. Helene is a holistic leadership coach and healer working at the intersection of mind, body, and spirit. She is on a mission to help women reach their highest potential.

**TOP EMBODIMENT TIP:** Engage in daily breathwork, dance, and yoga and utilize palo santo/sage/essential oils for grounding.

### How the Mind Works AND Why it is So Hard to Change: Understanding Your Mind

- Our body is the vehicle through which our soul can express itself.
- A key in taking care of your health is a highly functioning brain as well as **upgrading the mind**.
- There are differences between your Comfort Zone, Discomfort Zone (learning zone), and Panic Zone (immobilizing zone). Upgrading requires reprogramming old, unconscious beliefs to create new behaviors.
- Our Conscious mind produces only 10% of our behaviours while our Subconscious & Unconscious Mind produces the other 90%. In the **Mind-Set Loop**, beliefs lead to thoughts which lead to feelings which lead to actions that produce results.

### How Mind and Body Affect Each Other: What You Focus on EXPANDS

- Bruce Lipton said, *“Your biology adapts to your beliefs.”*
- Masaru Emoto said, *“Beautiful words create beautiful nature. Ugly words create ugly nature. This is the root of the universe.”*
- The Mind Body Soul System uses the 7 chakra system as a roadmap to raise our consciousness.

### How to Manifest What You Want: Everything is ENERGY and Your Reality Matches the Same Frequency of Your Vibration

- Create the life of your dreams with a deep level of awareness of unconscious thought.
- Discover the 6 Steps to Manifestation through Helene’s Free Training to Manifest & Transform Your Life.

### Resources

- ❖ **Courses:** [FREE Training: The 6 Steps to Manifest & Transform Your Life](#) & [BODY LOVE®\\_program](#)
- ❖ **Website:** [helenepouwels.com/](http://helenepouwels.com/)
- ❖ **Blog:** [helenepouwels.com/blog](http://helenepouwels.com/blog)
- ❖ **Instagram:** [@helenepouwels](https://www.instagram.com/helenepouwels)
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Dylan Newcomb, [UZAZU Embodied Intelligence](#)



**Dylan Newcomb:** Founder & lead trainer of UZAZU Embodied Intelligence, master embodiment-based coach for helping professionals & cultural creatives, embodiment researcher, and former professional dancer.

**UZAZU Embodied Intelligence** gives you a clear, integrative model & method for understanding how STATES work: how to identify State Imbalances and how to rapidly shift & re-pattern them, using a set of simple postures & movement patterns. As a Helping Professional, UZAZU gives you **a comprehensive, highly adaptable, embodiment-based methodology** for effectively working with clients on almost any issue—in a way that easily integrates with and amplifies the potency of your existing skill sets.

**UZAZU founder Dylan Newcomb is leading a 3-day live, online training this November 19-21**, which will teach you all about embodied states and how to access and re-balance them—both for yourself and with your clients. **UZAZU also offers a FREE Online Embodied Intelligence Self-Assessment**, which you can complete in 10-15 minutes and gives you valuable insight into your own embodied states and patterns. **Visit [Uzazu.org](#) for details!**

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