



Shaun Nannup: Cultural Emotion Through Body, Mind, Heart and Soul:
The Universal Language of Connection through the Aboriginal Lens



Shaun Nannup is a human being, an Indigenous man, and a father. His purpose in life is to connect people through his stories. He is connected to his ancestors; he knows their stories; he knows what must be done. He is a leader of reconciliation. Join us for a taster session of his work, leading us through stories, to approach our true self and purpose.

TOP EMBODIMENT TIP: I'm in a position to absorb. I'm not here to control. I have no control over anything. I allow myself to be in the presence of teachers, even the harshest presences.

What Life Has to Teach Us: **There Was a Moment When Everyone Celebrated Your Life**

- **Our time is limited:** We often don't want to look at the possibility of having limited time, and we fool ourselves into thinking we have control over that time. So, how can we use our daily life to enrich us?
- When we were at our mother's tummies, we were first in a vast space. Then it got restricted, and then we went out and we suffered... But then we were calmed by the feeling of our mother (smell, taste, touch, hear and see).
- **You were a gift:** When you showed you were alive, at your mother's belly, you brought joy and enthusiasm.

Children are Wise:

- They can always remind us that **we all can get along** in a playground. They want to be connected, have fun and enjoy every moment. They express how they feel, and they **live in the present**.

Three Things to Do: **Acknowledge, Express, and Let Go**

- Acknowledge your greatness, and if your environment at the moment isn't pricing it in a way that respects your spirit, your being, then it comes down to you to do the work of looking up and beyond.
- *We are far beyond what others see, beyond words...* **Don't underestimate yourself.**

Some Thoughts: **Stepping Into the Wise**

- **"If calling me aboriginal separates us, then I don't want to be called that"**
- When your mind softens, then your heart does too: blood spreads in an equal way.
- Be careful not to carry too much pain inside, because your body will create an unhealthy way of holding on.
- **See the greatness in everything and everyone.** If you can't see it, change your environment. If you don't change it because you're waiting for someone to come along and change it for you, you are the one you've been waiting for.
- Somehow, our body starts to absorb teachings naturally. We naturally absorb and allow things to flow inside us. In order to do so, we must **let go** of things we know don't serve us anymore.

Resources

- ❖ **Website:** wisdominyourlife.com.au



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[Michelle Boulé](#) is a Transformational Life Coach, Healer, and world-renowned and award-winning Dance Artist and Teacher. She is the CEO of a multi 6-figure coaching+healing business, helping compassionate creatives all over the world manifest the lives they desire with more confidence, joy, impact, and alignment towards their truth. Her online group programs, private coaching, speaking, in-person retreats, and teaching draw from over 20 years of practice in somatic therapies, energy medicine, mindset psychology, spirituality, and an award-winning international career in dance. Clients and students praise Michelle for her direct, intelligent, loving, and joyful approach to guiding groups and individuals.

As a gift to all Embodiment Conference participants, please [click here](#) to download Michelle's free **5 Step Guide to Erase Doubt, Claim Your Truth, and Create the Business and Life You Desire**. If you suffer from loops of self-doubt, indecision, exhaustion, or a life that is less than fulfilled, this guide offers powerful insights and practical Action Steps you can use right away to create the life you truly desire.



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