



Discover Your Inner Superhero



**EMBODIMENT PRACTICES &
RITUALS TO EMBODY
YOUR SUPERHERO**

by Nadine Hinds

5 PRACTICES & RITUALS FOR YOU AND YOUR BODY



A gentle note before you begin 🙏

These practices are here to support you, not to overwhelm you.

- You don't need to do all of them.
- You don't need to do them perfectly.
- And you definitely don't need to "get it right."

Pick what resonates. Try what feels good. Leave what doesn't (for now).

Your body already knows what it needs — these practices are simply an invitation to start listening again.

Some days, one practice will be enough. Some days, just *reading* through them is enough. Feel free to ask your body: *'Body, what would feel good for you today?'*

This is not about doing more. **It's about reconnecting with your body and yourself.** Again and again... gently.

Because your power doesn't live in your head alone. It lives in your body.

And learning to feel it, trust it, and move with it – that's where everything starts to shift. 🧡

With so much love,

Nadine xxx



WALK LIKE HER*



Confidence through movement

HOW TO DO IT



- Put on a playlist that feels empowering
- Walk slowly and consciously, imagining you are her.
- Feel how she carries herself: Weight in the hips? Shoulders back? Chin lifted? Bouncing? Grounded?

Start by standing up and tuning into your body. Take a moment to feel your feet on the ground, the floor supporting you, and to breathe — slowly, deeply.

Now... put on music that makes you feel unstoppable. Begin walking, slowly and intentionally. Imagine your Inner Superhero is leading the way.

Feel how she moves, how she owns her space without apology, how she carries herself. And step into that energy.

Lengthen your stride. Roll your shoulders. Let your arms swing freely. Whatever feels good, let your body take the lead.

Repeat in your mind as you walk: *'This is how I move through the world. This is who I am.'*

You can do this for 2 minutes or 20 — anytime you want to shift into her energy.

*for simplicity's sake, I'll use the pronouns "she/her". Don't let yourself get distracted by that and use whatever pronouns feel right for you!



POWER POSTURE RITUAL



Instant confidence and presence



HOW TO DO IT

- Stand tall with feet hip-width apart.
- Roll your shoulders back and down.
- Place hands on hips or extend arms wide
- (Wonder Woman pose or victory arms).

Find a quiet space and stand tall: Feet planted firmly on the ground, hip-width apart. Roll your shoulders back and down. Take a moment to arrive in your body, feel the floor underneath your feet and take a few conscious breaths.

Lift your chin gently — not too high, just enough to feel your strength. Now place your hands on your hips or raise your arms overhead in a victory pose.

Feel your chest gently open, your spine long, your body saying: I am here. Breathe in deeply and exhale slowly. Hold this posture for the next minute or two, whatever feels comfortable.

! *In case you struggle with taking up space, this pose can be uncomfortable. Uncomfortable is not bad, you might want to lean into it for a bit, without letting yourself get triggered too much. Listen to your body and keep feeling your feet on the floor. Stop, if it's too much!*

With each breath, imagine golden light filling your body from head to toe. Let it expand your presence and remind you who you are.



Repeat silently or loudly: *'I am strong. I am steady. I am ready.'*

You can return to this pose anytime you need to remember your power.

BREATH OF POWER



Clear fear and doubt and activate courage



HOW TO DO IT

- Sit or stand with an upright spine.
- Inhale through your nose for a count of 4.
- Hold for 4.
- Exhale through your mouth with a strong “haaa” sound for 6.
- Imagine you're exhaling fear, self-doubt, or “not enoughness.”
- Use this practice before doing something brave or when self-doubt creeps in.

Sit or stand in a strong, relaxed posture. Feel your feet on the ground, your spine gently stretches towards the sky.

Place one hand on your heart, one on your belly. Let your gaze soften.

Inhale through your nose for a count of 4... Hold for 4... Exhale strongly through your mouth for 6, like a sigh: *haaaah!* Make sure you're somewhere where you feel safe enough to make a sound.

Again — Inhale for 4... Hold... Exhale for 6 with a *haaaah!* sound.

As you breathe, imagine you're releasing doubt, stress, fear. Let each exhale clear space for courage.



Repeat silently or loudly: *'I breathe out fear. I breathe in power.'*

Do this for 2–3 minutes, or until your body feels steady and alive again.



GESTURE ANCHOR



A signature gesture that anchors her energy into your body.

HOW TO DO IT



- Choose a physical gesture that feels strong:
 - A fist to the heart
 - Hand on the solar plexus/belly
 - Palm facing out like a shield
 - ... whatever a “strong gesture” looks and feels like for you
- Practice doing it with intention while repeating your superhero’s power motto (step 5 of your workbook).

Pick a quiet place where you feel safe, stand comfortably, feel the floor beneath your feet, unclench your jaw, relax your belly.

Close your eyes and take a few deep breaths.

Bring your Inner Superhero to mind — her strength, her energy, her presence. Now choose a gesture that feels like her:

- Maybe it’s a hand on your heart.
- A closed fist held strong.
- A hand to the solar plexus.
- Or palms open and lifted.

Do the gesture now. As you hold it, gently breathe into it. Feel the power flowing into your body with every inhale.



Say to yourself: *‘This is who I am. I carry this with me.’*

Repeat this gesture anytime you need to remember your power. Over time, the gesture becomes a positive body trigger for stepping into confidence.



GROUND-AND-GROW VISUALISATION



A short practice to feel rooted and radiant.

HOW TO DO IT



- Stand with feet firmly planted.
- Imagine roots growing down into the earth.
- On the inhale, pull up strength from the ground.
- On the exhale, imagine your energy expanding like light around you.

Stand with your feet hip-width apart, soft knees, feel the floor and the earth underneath your feet. Relax your jaw, your shoulders, your belly and slowly breathe in and out. There is no need to control your breath, just let it flow naturally.

Close your eyes and imagine roots growing from the soles of your feet deep into the earth. Feel the ground holding you, supporting you. Spread your roots wide & deep right into the centre of the earth, connecting you even more with the earth.

Now inhale and imagine strength rising up through those roots, up through your legs, pelvis, spine, chest, arms, all the way to the crown of your head. Fill every cell of your body with strength. If it helps you, imagine this strength as a bright light in any colour that works for you.

Exhale and imagine your energy expanding outward — like light radiating from your body.

Repeat silently or loudly: *'I am grounded. I am growing. I am ready.'*

Do this for a few minutes whenever you feel overwhelmed or need to reconnect with the earth.