

The Abandoner



Your Creative Energy Has Been Blocked By All Seven Chakras

Disclaimer

A Note Before You Begin

This guide uses psychological concepts to help you understand your patterns - not to diagnose you, but to empower you with clarity about where your creative energy has been flowing.

I'm a transformation coach with expertise in assertiveness training and confidence development, not a therapist or mental health professional. This is coaching for creative redirection and Heart Project manifestation, informed by psychological research but not intended to replace mental health care.

If you're experiencing active mental health challenges, trauma symptoms, or psychological distress, please consult a qualified mental health professional. I'm happy to work alongside your therapeutic care as your transformation coach.

This work is about recognition, redirection, and reclamation - seeing your patterns clearly so you can choose where your magnificent creative energy flows next.

Your Self-Betrayal Constellation

Primary Archetype: The Abandoner

- Pattern: Leaving self behind, disconnection from body and needs
- Reclaimed: Staying present with yourself, embodied in truth
- Energy shift: From abandonment to embodiment
- Shadow: The Absent Tenant
- Driven by: Dissociation / Chronic Avoidance
- Becomes: The Embodied One
- Blocked Chakra: ALL SEVEN (Complete System Disconnection)

Where your creative energy has been flowing:

- Disconnecting from your body to avoid uncomfortable feelings
- Numbing out through substances, distractions, or mental absence
- Ignoring physical signals until your body forces you to stop
- Using your capacity for mental detachment as an escape mechanism
- Checking out emotionally and physically from your own life

Understanding Your Constellation

Your self-betrayal isn't one-dimensional. Many women who identify as The Abandoner also recognise patterns of:

- The Postponer (numbing out whilst life remains on hold)
- The Self-Doubter (disconnecting because you can't trust your own knowing)
- The Invisible Woman (disappearing from your own experience)

If you recognised yourself in multiple archetypes, that's completely normal. These patterns often work together, reinforcing each other and creating a system where your magnificent creative energy flows into dissociation and avoidance, whilst your authentic self remains buried and unreachable.

The good news? All of this energy can be redirected towards what truly wants to emerge through embodied presence.

Where Your Creative Energy Has Been Going

You have a **magnificent gift** - the ability to transcend difficult circumstances, mental flexibility, and a capacity for deep inner work. You're often highly intelligent, creative, and capable of profound insight when you're present. All of that powerful creative energy has been flowing into **leaving your body and avoiding your present experience**.

Your Energy Has Been Directed Towards: Physical Disconnection

- Mentally 'leaving your body' during uncomfortable situations
- Ignoring physical sensations, hunger, pain, or fatigue until a crisis hits
- Moving through life as if observing from outside yourself
- Feeling numb or detached from your physical experience

Emotional Numbing

- Using substances (alcohol, food, medication) to avoid feeling
- Scrolling, bingeing media, or other compulsive distractions to escape
- Going through motions without really being present
- Feeling nothing when you 'should' feel something

Chronic Self-Neglect

- Ignoring your body's signals about illness or injury
- Skipping meals, sleep, or basic self-care without noticing
- Delaying or avoiding medical appointments until forced
- Treating your body as an inconvenience rather than your home

Autopilot Living

- Making decisions without considering what you actually want
- Going through days in a blur, unable to remember what you did
- Staying in situations that harm you because you're too numb to leave
- Living as if you're a passenger in your own life, not the driver

How You May Be Feeling

- **Disconnected from yourself** - like you're watching your life happen rather than living it
- **Numb most of the time** - unable to access joy, pain, or desire in any meaningful way
- **Exhausted but unable to rest** - because you can't tune in to what your body actually needs
- **Shocked when your body breaks down** - illness or injury forces you to pay attention, you've been avoiding
- **Disoriented and confused** - time passes in a blur, and you can't remember making choices you've apparently made
- **Starting to realise** that the escape you found in disconnection has become a prison where you can't feel, can't want, can't live

Why This Pattern Developed

The Hidden Driver: Dissociation & Chronic Avoidance

Dissociation is a powerful trauma response where the mind disconnects from the body to survive unbearable experiences. **Dissociation** is defined as mentally 'leaving your body' to endure uncomfortable, painful, or dangerous situations. When staying present felt too threatening - whether through physical danger, emotional overwhelm, or chronic invalidation - your brilliant mind found a way to protect you: by leaving.

What is Dissociation?

What it is: A disconnection where you mentally 'check out' and leave your body behind - like being on autopilot. You're going through the motions but not really PRESENT. Your body is here, but YOU are somewhere else. It often started as a survival strategy when being fully present felt too painful.

Example: During an uncomfortable conversation, you can't remember what was said - you were 'somewhere else.' You've eaten an entire meal without tasting it. You're intimate with your partner, but mentally making a grocery list. You sit in physical pain for hours without realising because you're so disconnected.

From a coaching perspective: Understanding dissociation helps you recognise: 'I've been coping by leaving -, but I can't live fully if I'm not present.' The journey involves learning that it's safe enough to stay in your body, feel your feelings, and be HERE for your actual life. This is embodiment work - reconnecting with the home you've been away from.

What began as a survival mechanism becomes **Chronic Avoidance** - an ingrained pattern where you automatically disconnect from any uncomfortable sensation, emotion, or experience. The problem is that you can't selectively numb. When you disconnect from pain, you also lose access to joy, desire, intuition, and aliveness.

What is Chronic Avoidance?

Chronic avoidance is the pattern you developed to protect yourself from discomfort, conflict, or vulnerability. It whispers: 'If I don't look at it, feel it, or deal with it, maybe it'll go away.' This part of you became skilled at dodging hard conversations, delaying decisions, numbing emotions, and staying busy enough to never have to face what's underneath.

You feel anxious about a relationship, but instead of addressing it, you scroll your phone, clean the kitchen, or dive into work. You tell yourself, 'I'll deal with it later' - but later never comes. That's avoidance doing its job: shielding you from pain, but also keeping you stuck.

From a coaching perspective, recognising this helps you ask: 'What am I avoiding, and what would happen if I faced it?' Healing begins when you realise that discomfort won't destroy you - and that facing things, even imperfectly, is a radical act of self-respect.

This pattern creates **profound fragmentation** - a split between your emotional self and intellectual self that prevents genuine self-regulation and authentic living. Your body continues sending signals, but you've become so skilled at not receiving them that you don't notice until crisis forces awareness.

What is Profound Fragmentation?

Profound fragmentation is what happens when you've split yourself into pieces to survive. One part performs, another hides, another rebels, another pleases - and none of them feel like the whole you. It's the internal chaos of trying to be everything to everyone, while secretly feeling like you're nothing to yourself.

You're praised for being strong, but inside you feel fragile. You're seen as confident, but another part of you is terrified. You switch masks depending on who's in the room. Afterwards, you feel exhausted, disconnected, and unsure who you really are. That's fragmentation doing its job: helping you adapt, but at the cost of wholeness.

From a coaching perspective, this is about integration. Not fixing or erasing parts, but listening to them. Asking: 'What does this part need? What is it protecting me from?' Healing comes when you stop abandoning yourself and start becoming one whole, authentic person.

You weren't born disconnected from yourself. This developed as protection. From environments where being present felt dangerous or unbearable. From experiences where staying in your body during trauma would have been psychologically devastating. From relationships where your feelings were consistently dismissed or punished.

The dissociation that once saved you has become the pattern that prevents you from truly living.

That same powerful energy that's been flowing into escape? It can be redirected towards embodied presence and genuine aliveness.

Shadow Dialogue

Meet The Absent Tenant

The Absent Tenant is the part of you that's been running this pattern. She has her own voice, her own logic, her own survival strategy. You might recognise her speaking in your head:

What The Absent Tenant Says:

I can't stay here. This feeling is too much. I need to leave - not physically, but mentally. I'll just... go somewhere else.'

The Absent Tenant believes:

- Staying present in your body when things are uncomfortable is unbearable
- Feeling fully will overwhelm and destroy you
- Dissociation is the only way to survive intense experiences
- Your body is not safe - it's better to observe from outside
- Numbness is preferable to pain (and she can't see that numbness takes joy too)
- Checking out is protection - staying present is dangerous
- If you disconnect, you won't have to deal with what's actually happening

You might hear her saying:

- 'I'm fine.' (Whilst completely disconnected from how you actually feel)
- 'I don't remember.' (Because you weren't really present)
- 'It doesn't matter.' (Because you've numbed out so thoroughly, you can't feel if it does)
- 'I'll deal with it later.' (But later never comes because avoidance is the strategy)
- 'I need to scroll / drink / binge / shop / sleep.' (Any escape from being here now)
- 'Why am I so exhausted when I haven't really done anything?' (Dissociation is exhausting)
- 'I just need to get through this.' (By leaving, not by being present)

The Absent Tenant's logic is brutally efficient within her framework: If I'm not present, I can't be hurt. If I don't feel it, it's not happening. If I disconnect, I maintain control. She learnt that leaving your body was safer than staying in it.

She's not wrong about the threat she originally perceived - she's wrong about the cost of perpetual absence.

Shadow Reframe

Understanding The Absent Tenant

Here's what's important to understand: The Absent Tenant saved your life. I mean that literally. Dissociation is a brilliant trauma response. When staying fully present in your body during unbearable experiences would have been psychologically or physically devastating, your mind found a way out. You left. Mentally, emotionally, you went somewhere else whilst your body handled what needed handling. This was survival genius. She developed this strategy because somewhere in your history - perhaps once, perhaps repeatedly - staying present felt impossible. You experienced trauma where being fully present would have been unbearable.

- Your feelings were consistently dismissed, denied, or punished
- You learnt that emotional expression led to danger or abandonment
- You lived in an environment where disconnection was the only way to cope

- Physical pain, illness, or violation taught you to 'leave' your body
- You absorbed the message that your body was shameful, wrong, or unsafe

Maybe you:

- Experienced abuse or trauma where dissociation protected you
- Had chronic illness or pain where disconnection was a coping mechanism
- Grew up in chaotic or emotionally dangerous environments
- Learnt that showing vulnerability led to attack or mockery
- Absorbed cultural shame about bodies, particularly women's bodies
- Discovered that numbing was praised as 'strength' or 'not being dramatic'

So The Absent Tenant emerged.

And she was brilliant at her job. She learnt that:

- If you left your body, you didn't have to feel the unbearable
- If you numbed out, you could get through anything
- If you avoided, you didn't have to confront what was too painful
- If you dissociated, you maintained some sense of control in uncontrollable situations

This was survival intelligence. The Absent Tenant kept you functioning when staying present would have shattered you. But here's what happened: The emergency response became your default setting.

The Cost You've Been Paying

What The Absent Tenant couldn't see - what she still can't see - is that whilst she was protecting you from pain, she was also stealing your life.

- The numbness you feel? That's not just blocking pain - it's blocking joy, desire, passion, aliveness.
- The disconnection? That's not just protecting you from difficult feelings - it's severing you from your intuition, your body wisdom, your authentic knowing.
- The exhaustion? That's from the immense energy it takes to constantly flee your own experience.
- The autopilot living? That's what happens when you're not actually home in your body to make conscious choices.
- The physical breakdowns? Those happen because your body has been sending signals you've learnt to ignore, so it has to SCREAM to get your attention.

All that magnificent creative energy - that mental flexibility, that capacity for transcendence, that survival intelligence - has been flowing into escape. Into leaving. Into absence.

And YOUR Heart Project? The creative work that requires you to be FULLY present, embodied, alive? It's been waiting for the energy you've been using to flee your own experience.

Blocked Chakras and the Systemic Fracture

The Complete System Disconnection: All Seven Chakras

For **The Abandoner**, the energetic blockage is not confined to a single area. Your creative energy has been blocked by all seven chakras, leading to a complete system disconnection. While your root chakra serves as the foundation of your connection to your body, the pattern of the **Absent Tenant** has essentially pulled the plug on the entire grid.

You aren't merely ungrounded; you are operating as a floating awareness, observing your life from the rafters rather than living it from the floorboards.

How the System-Wide Blockage Manifests

Because the disconnection is total, you likely feel like a guest—and perhaps an unwanted one—in your own skin. This profound fragmentation creates a split between your intellectual self and your physical form.

The blockage across your energy centres manifests as:

- **Physical Numbness:** A literal absence of sensation where pain, hunger, or fatigue should be, meaning you only notice your body when a crisis forces your attention.
- **The Autopilot Blur:** Moving through days, meals, or intimate moments as if you are somewhere else entirely, leaving you with little memory of your actual experiences.
- **Living 'Above' the Body:** Feeling as though you are observing your life from the outside, unable to inhabit your physical form or feel safe within it.
- **Energetic Exhaustion:** Feeling utterly drained despite a lack of physical exertion, caused by the immense energy required to constantly flee your own presence.

The Chakra Wound: Systemic Unsafety

The root of this total shutdown is the core wound: "My body is not safe. Being present in my physical form is dangerous. I must leave to survive".

This is survival genius. Somewhere in your history, staying present in your body felt unbearable - perhaps due to trauma, chronic invalidation, or an environment where your needs were punished. You learned that leaving was the only way to remain intact. By disconnecting all seven chakras, you ensured nothing could hurt you, but you also ensured your magnificent creative energy could not flow out to fuel your **Heart Project**.

Reconnecting the Circuitry: Calling Yourself Home

Reclaiming your energy is not about 'fixing' a broken machine; it is a gentle process of convincing your nervous system that the war is over and it is safe to return to the barracks.

The Practice of Embodied Presence:

- **Acknowledge the Support:** Find a genuinely safe space and notice the surface beneath you - the chair, the floor, the earth. Let it hold you.
- **The Heart-Root Anchor:** Place one hand on your lower belly (root) and one on your heart. This creates a secure connection that signals to your system you are present and safe.
- **Titrated Sensation:** Start with your feet or knees rather than going straight to the core of the body. Take gentle breaths and simply notice: "I have a body".
- **The Gentle Inquiry:** Without forcing an answer, ask your body: *"What would help you feel safer with me present?"*

- **Grounding through Movement:** Wiggle your toes or roll your shoulders. These small movements help your nervous system remember that you are here, embodied, and present.

From The Abandoner to The Embodied One

As the energy begins to move again, you move from being a passenger to being the driver of your own life. Your Heart Project finally receives the embodied attention and somatic wisdom it requires. You become **The Embodied One**, trusting your body's signals and creating from a place of grounded, integrated wholeness.

Your Reclaimed Identity: The Embodied One

When you redirect your creative energy, you don't become overwhelmed or trapped. You become **The Embodied One** - someone who:

Lives From Body Wisdom

- Stays present with physical sensations and emotional truth
- Trusts her body's signals about safety, desire, and need
- Creates from grounded, embodied knowing
- Feels fully without being consumed by feeling

Channels Mental Flexibility Wisely

- Uses her capacity for perspective to integrate, not escape
- Directs her transcendent gifts towards embodied creation
- Transforms dissociation skills into present-moment awareness
- Creates from wholeness, not fragmentation

Lives From Integrated Wholeness

- Connects mind, body, heart, and spirit
- Makes decisions from full-body wisdom, not autopilot avoidance
- Stays present through discomfort without needing to flee
- Trusts that she's safe enough to feel

Inspires Others Through Presence

- Her embodied living gives others permission to come home to themselves
- Her presence shows what's possible when you stop running
- Her Heart Project demonstrates the power of body wisdom
- Her journey teaches that feeling fully is the path to genuine aliveness

Understanding Your Pattern

Who You Are at Your Best

When you're present and connected to your body:

- **Deeply intuitive** - your body knows things your mind hasn't figured out yet
- **Creatively brilliant** - when you're grounded, inspiration flows naturally
- **Emotionally profound** - capable of feeling and processing deeply when safe
- **Physically resilient** - your body is wise and strong when you listen to it
- **Present and magnetic** - when you're embodied, your presence is powerful

Who You Are Beneath the Pattern

Before you learnt that leaving your body was safer than staying:

- **Naturally embodied** - you lived fully in your physical experience
- **Attuned to sensation** - you trusted your body's signals without question
- **Present in the moment** - you experienced life directly, not through observation
- **Emotionally expressive** - you felt and showed feelings without needing to escape
- **Connected to desire** - you knew what you wanted and moved towards it

- **Safe in your body** - being present felt natural, not threatening

This authentic self is still within you, waiting to be reclaimed.

What Motivates You (The Healthy Need)

Beneath the disconnection is a beautiful, legitimate need:

- **To feel safe** in your own body and experience
- **To protect yourself** from overwhelm and unbearable pain
- **To have control** over what you feel and when
- **To transcend** difficult circumstances when necessary
- To preserve your mental and emotional capacity during a crisis
- **To survive** when staying present feels impossible

These needs are valid. The problem isn't the need - it's that disconnection, which once protected you, has become chronic and now prevents you from the very aliveness and safety you're seeking.

The Redirection That's Possible

You don't need to destroy The Absent Tenant. You need to redirect her gifts. That same mental flexibility, that capacity to shift perspective, that ability to transcend? The Embodied One uses those gifts - but for integration, not fragmentation. For presence, not absence.

- Instead of using your transcendent capacity to leave, you learn to use it to **STAY** - to hold multiple truths, to be with complexity, to remain present even when it's uncomfortable.
- Instead of numbing to avoid pain, you learn that you're strong enough to feel - and that feeling fully is how you access genuine aliveness.
- Instead of your creative energy flowing into dissociation, it flows into your Heart Project - work that requires your full embodied presence, not your absence.

The Absent Tenant thought she was keeping you safe by helping you leave. The Embodied One knows: the safety you seek is found in coming home to yourself, not in running away.

What Becomes Possible

When you redirect your creative energy from dissociation to your Heart Project:

- **Your aliveness returns** - you feel joy, desire, and passion again
- **Your body heals** - when you listen, it can finally guide you to what it needs
- **Your Heart Project thrives** - it gets embodied attention and somatic wisdom
- **Your intuition strengthens** - body knowing becomes your most trusted guide
- **Your presence deepens** - you experience life directly, not from observation
- **Your impact amplifies** - embodied creation has authentic power

You don't become overwhelmed. You become integrated, whole, and genuinely alive.

Heart's Desire And Heart Projects

Any advice where you are told to heal first, fix yourself, become whole, *then* pursue your dreams is off. Your heart's desires are not rewards you earn after years of therapy and self-improvement. That's backwards. **Your Heart Project doesn't wait for you to be 'ready'. It calls you forward into becoming.**

What Is a Heart's Desire?

Heart's desires are the raw material of your heart and soul's longing. They're not the polished, presentable wishes you share at dinner parties. They're the secret ones, the impractical ones, the ones you've learned to dismiss and learned to hush. They don't knock politely at the door with a neat agenda, a completed to-do list, all of your SMART goals laid out and a five-year plan. They slip in sideways, through the ache of envy, the pang of longing, and the dream that won't let go.

Somewhere along the line, you've forgotten that you even had them. They are buried deep underneath the conditioning, roles and everyday self-betrayal. But always, there's something just beyond you that calls for you in unexpected and fleeting moments. So fleeting, it's easy to let them go and get on with the mundane tasks of living this life. But it isn't your beautiful life. And you are probably asking *Is this it?*

A Heart's Desire is that persistent whisper beneath all the noise. It's the creative work you think about when you're supposed to be doing something else. The business idea that won't leave you alone. The book you're 'not ready' to write. The course you're 'not qualified' to teach. The art you're 'not good enough' to share.

It's been there all along, waiting patiently whilst your creative energy poured into self-betrayal patterns instead. Your Heart's Desire has been starved of the energy it needs - because that energy has been flowing elsewhere:

- Into people-pleasing performances instead of authentic creation
- Into perfectionist paralysis instead of sovereign expression
- Into hiding and shrinking instead of visible leadership
- Into compulsive over-giving instead of boundaried service
- Into constant questioning instead of trusting your vision
- Into endless preparation instead of present action
- Into disconnection and numbness instead of embodied presence

Your Heart's Desire isn't new. It's been there all along. It's just been waiting for its energy back.

From Heart's Desires to Heart Projects

Heart's desires tug at you quietly, often inconveniently. At first, they may feel like background noise, something you can dismiss or postpone. But when you listen, when you bring them into consciousness, they start to take shape.

And this is where the distinction matters. Some desires grow into passion projects - strategic, intentional, exciting. They build your legacy, your business, your impact. They make sense to others. They have outcomes you can measure. Passion projects say: "This would be amazing."

But some desires refuse to stay neat and tidy packages. They deepen, insist, and won't let you go. These are the ones that become heart projects. They are soul-directed, inevitable, and often terrifying. They don't need to justify themselves. They may not make business sense. They emerge from depths you didn't consciously choose. Heart projects say: "I have to do this, or I'll regret it forever."

The crucial difference is this: a passion project is something you *want* to do. A heart project is something you *must* do. Passion projects build your external legacy; heart projects keep you internally alive. Passion projects are explainable; heart projects are undeniable.

Heart's desires are the raw material. Heart projects are what happen when those desires refuse to be ignored. A Heart Project is what happens when you redirect your creative energy from self-betrayal patterns toward your desires. It's not a hobby. It's not a 'someday' fantasy. It's the creative work that *requires* your transformation to exist. **The transformation doesn't happen first. The Heart Project IS the transformation.**

Think about it:

- You don't become The Magnetic Heart by healing your people-pleasing, *then* start creating authentic work. You become The Magnetic Heart *by creating* work that requires authenticity.
- You don't overcome perfectionism, *then* become The Sovereign Creator. You become The Sovereign Creator *by creating* work that demands you release impossible standards.
- You don't heal your invisibility, *then* become The Visible Leader. You become The Visible Leader *by doing* work that requires you to be fully seen.

Your Heart Project doesn't demand that you arrive whole. It invites you to become whole through creating it.

The Qualities Every Heart Project Shares

Regardless of specific form - whether it's a book, a business, a course, a movement, art, leadership, or something else entirely - every Heart Project shares these essential qualities:

Requires Your Authentic Self: Your Heart Project cannot be created by the version of you that's been betraying herself. It demands the real you - the one beneath the patterns, conditioning, and protective masks. This is why it's both terrifying and magnetic. It requires you to show up as yourself.

Serves From Overflow, Not Depletion: Unlike the compulsive giving, achieving, or performing you've been doing, your Heart Project fills you *while* serving others. It's not another thing draining your energy - it's where your redirected energy *wants* to flow. You'll feel tired after working on it, but it's the good tired of creation, not the bad tired of self-abandonment.

Reflects YOUR Values and Vision: Your Heart Project isn't about what others expect or what you think you 'should' do. It emerges from your actual values, your unique perspective, your specific experiences. It couldn't exist without you being exactly who you are. It's unapologetically, wildly, beautifully *yours*.

Uses Your Gifts in Aligned Ways: Remember those gifts you've been using compulsively? Your intuition, your care, your drive, your sensitivity, your strategic mind, your perceptive awareness, your capacity for depth? Your Heart Project channels those same gifts - but in service of your vision, not your patterns.

Fills You Whilst Serving Others: This is the magic: when you create from your authentic self, serving others doesn't deplete you. Your Heart Project allows you to give your gifts *and* receive fulfilment. It creates reciprocity. It proves that you don't have to choose between yourself and your impact - they're the same thing.

Creates the Impact You're Here to Make: Your Heart Project isn't random. It's connected to your purpose, your journey and your transformation. The very struggles you've navigated through your self-betrayal patterns? They're not obstacles to your Heart Project - they're *preparation* for it. Your work helps others because you've walked the path.

Your Creative Energy Needs Somewhere To Go

When it has no aligned outlet, it flows back into old patterns - people-pleasing, perfectionism, hiding, over-giving, doubting, postponing, disconnecting. Your Heart Project gives your redirected energy somewhere to land.

- It's not that you create your Heart Project *after* you've transformed.
- It's not that you create your Heart Project *despite* not being transformed yet.
- **You create your Heart Project *as the vehicle of* your transformation.**

Every time you:

- Say yes to your Heart Project when you want to say yes to everyone else - you become The Magnetic Heart
- Share work that's 'good enough' instead of perfect - you become The Sovereign Creator
- Make yourself visible through your work - you become The Visible Leader
- Protect your energy to serve your project - you become The Empowered Nurturer
- Trust your vision without endless validation - you become The Trusting Visionary
- Take action today instead of waiting - you become The Present Manifestor
- Stay present in your body whilst creating - you become The Embodied One

The project doesn't demand you arrive transformed. The project transforms you as you create it.

Your Heart's Desire Is Calling

It's been waiting patiently all this time. Not because you weren't ready. Not because you weren't good enough. But because your creative energy was flowing elsewhere - into patterns that kept you safe but small. Now that you understand where your energy has been going, you have a choice. You can continue pouring your magnificent creative power into self-betrayal patterns. Or you can redirect that same energy toward your Heart Project.

Your Heart Project is waiting for you to redirect your energy toward it. Not someday. Not when you're ready. Not after you've healed. *Now*. Exactly as you are. With all your mess, your patterns and your imperfections.

Your Wild Heart Is Calling

She's the part of you that knows:

- Your body is safe enough to inhabit
- Feeling fully is the path to genuine aliveness
- Your physical wisdom is more trustworthy than mental escape
- Your Heart Project needs your embodied presence
- Coming home to yourself is the greatest reclamation

She's been waiting patiently in your body, sending signals you've learnt to ignore, desperate for you to understand that the safety you seek is found in presence, not escape.

The Question That Changes Everything

'What if I redirected all the energy I spend escaping my body towards creating from embodied wholeness?'

Your Heart Project is waiting. Your body's wisdom is ready. Your creative energy wants to flow through integration.

Are you ready to redirect your power and become The Embodied One?

The journey begins with one moment of staying present. One breath fully felt. One day where your Heart Project gets embodied attention instead of disconnected avoidance.

Your wild heart isn't running anymore.

She's ready to stay.

Transform from The Abandoner to The Embodied One. Redirect your creative energy from dissociation to Heart Project manifestation. Become the Sovereign Author of your transformation.

Remember This Truth

You have **magnificent creative energy** that's been flowing into escape and disconnection. That same energy - your mental flexibility, your capacity for transcendence, your survival intelligence - can be redirected towards your Heart Project through embodied presence.

You're not becoming trapped in your body. You're becoming free through integration.

Your Next Steps

Ready to Fully Redirect Your Energy?

This guide has shown you where your creative energy has been flowing and introduced you to your blocked Solar Plexus. But understanding the pattern is just the beginning.

Visit www.daledarley.com to explore:

- **RECLAIM YOUR WILD** – Work through all 7 energy centres and all 7 RECLAIM stages to manifest your Heart Project
- **The Alchemy Of Becoming Community** - Think of this as your monthly retreat that never asks you to leave home. There's daily wisdom, lunar and chakra wisdom, Write From The Wild, Meditations and much, much more.

Your Heart Project is waiting. Your creative energy wants to flow toward YOUR vision.

Meet Dale



Hi, it's great to meet you. I'm Dale Darley. I've always believed words have power – not just to communicate, but to transform. What I didn't expect was how much my own life would prove that theory, again and again.

Life, of course, decided to play with me (how dare it). Health challenges taught me that health comes before wealth. If I want cake, I have to bloody well make it myself.

Writing saved me. Not polished professional writing, but raw, honest writing that helped me make sense of who I was becoming. Journaling has always been my lifeline. Words are my way home to myself. I have written till I bled on more than one occasion... and cried a lot.

I guide midlife women through the messy middle – that uncomfortable, transformational space where you've outgrown who you were but haven't fully stepped into who you're becoming.

I help them recognise where their creative energy has been leaking (people-pleasing, perfectionism, playing small, constantly putting themselves last) and redirect that same powerful energy toward what truly matters: their Heart Project.

A Heart Project is the creative work that wants to be born through you at this stage of life. It might be a book. It might be a course, a business, a movement, or an art form. What matters is that it's yours – unapologetically, wildly, beautifully yours.

I encourage my clients to tap into their wild hearts to discover not just the person beneath the layers of conditioning, but also the project that's been lying dormant, waiting for permission to emerge.

My Own Heart Project

My heart project? To write the novel I couldn't write because of negativity and conditioning from others. Everything changes when we reclaim our wild. That's what this work is about: betrayal to becoming. Using all of my experiences – the health challenges, the self-betrayal patterns I've navigated, the years of writing and coaching – to support other women through this transformation.

The Daily Bits

I live in the hills of Almería, Spain, with three elderly rescue dogs – Marley Moo, Angel, and Tommy – who ensure I walk, breathe, and keep perspective.

As a 3/6 emotional projector and INFJ, I see patterns others miss. I sense when someone is ready for transformation, when they're hiding from their truth, and when they're finally prepared to claim their voice. My journey taught me that our stories, especially the messy middle parts, are often our greatest gifts. Not because they're dramatic or unique, but because they're deeply human. They connect us. They heal us. They give others permission to stop betraying themselves, too.

<https://daledarley.com/reclaim-your-wild/>