

EMBRACE YOUR VIBRANCE

Practices For Vibrancy Activation



Martha Langer

Welcome To Your Vibrancy Activation

You are a divine being of light. Your soul is pure essence. You have a body where your soul physically actualizes. You have a psyche; the merging of your conscious and unconscious mind that creates your personality. The degree to which your soul, your body and your psyche are integrated is the amount that you feel vibrantly alive.

Your soul is radiant, peaceful and infinite. It is unshakable, yet your challenging past wounded your psyche and body. Popular practices like yoga asana, meditation, and personal growth work powerfully dismantle the wounds and help you open, so your light shines. These practices are highly effective yet they neglect your sexuality, the most sacred part of you. It is essential to incorporate sexuality with your other well-being explorations.

Sexual union created you as a human being. You were born with creative life-force energy, the power of creation and universal love, running through your body's cellular system. At birth, you were fully vibrant: your being was full of loving energy and your breath was feely flowing. This creative life-force energy resides in you now as your sexuality.

It is possible to feel these glorious currents of energy flowing through your body. I call this feeling Vibrancy Activation, which exists independent of sexual activity. When Vibrantly Activated, we feel our inner being alive and pleasantly vibrating. All body parts are receptive to full and luminous breath. We feel worthy of goodness, grateful to be alive, value all parts of ourselves and feel connected with all of life. We reside in sensual joy, love, power, kindness, abundance, and generosity. We honor ourselves and positively affect people. We respect our authentic enthusiasm as a guide to action and feel fulfilled. We leave behind the idea that beauty is external and instead prioritize and feel our inner beauty, which then causes external radiance. We value ourselves as sacred. We feel our Goddess nature.

If this is not how you experience yourself,
this book will serve you!

I.

Dance



movement

musicality

magic

connection

"There is a dance only you can do, that exists only in you, here and now, always changing, always true. Are you willing to listen with fascination? If you are, it will deliver you unto the self you have always dreamed you could be. This is a promise."

- Gabrielle Roth www.5rhythms.com

Let what's inside
move your outsides!

Release
blockages!

Choose music
your body loves!

Feel alive!

Allow your natural
self-expression!



- Lose control, drop judgment and find your body's wisdom
- Shake, convulse and wiggle intensely for at least 2 minutes
- Make sounds out of your mouth to release stuck energy and get present

N.

Breast Massage

AN ESSENTIAL PRACTICE FOR WOMEN!

Breast tissue contains immense pleasure and potential for creating full body ecstasy as well as trauma, negative self-talk, heartache and pain.

Breasts reside near your heart chakra, your energy center for unconditional love and when imbalanced, self-loathing and rejection reside.

Breast massage with conscious breath unblocks stagnation, balances hormones, encourages personal power and confidence, releases wounding, stimulates numbness, circulates lymph drainage, restores self-love and detoxifies breast tissue.

PRACTICE THIS A MINIMUM OF THREE TIMES
A WEEK FOR THE REST OF YOUR LIFE!

Kiss your hands, and then tenderly cup your breasts.

Circle your breasts downward, inward
and upward for at least two minutes.

Reverse the direction by circling them downward,
outward and upward for at least two minutes.

Cup them tenderly, and tell them you love them.

Shake and bounce them for at least one minute.

Be acutely aware of contracted areas in your breast tissue
including your ribs and muscles, and notice how the
massage affects and imprints other areas of your body.

Feel what's present.

Rest and relax.

www.laylamartin.com

F.



Shadow Practice

We are comprised of light and dark energies.

To be radiant, we must accept, love and embrace our shadows.

In deep reverence for yourself, cover your head and declare:

MAY ALL OF THE SHADOW PARTS OF ME,
CONSCIOUS AND UNCONSCIOUS,
INTEGRATE INTO THE LOVE AND LIGHT THAT I AM.
breathe in. breathe out.

List the conscious shadow parts that are present such as entitlement, impatience, anger, rage, resentment, jealousy, victimization, self-loathing, judgment, blaming, comparison, shame, rudeness, greed, fear and projection.

REPEAT:

MAY ALL OF THE SHADOW PARTS OF ME,
CONSCIOUS AND UNCONSCIOUS,
INTEGRATE INTO THE LOVE AND LIGHT THAT I AM.
breathe in. breathe out.

Embrace Your Vibrance: Practices for Vibrancy Activation offers the ABCs of living a sacred and embodied life — an education in *being* that isn't taught in schools. Like recipes that create a delicious feast, it offers 26 practices that create aliveness, meaning and fulfillment.

As mainstream consciousness is expanding into realms of mindfulness and unity consciousness, it is timely to open to a deeper level of sacred embodiment by normalizing sexuality and incorporating sexual practice with other well-being routines. This book is a compilation of diverse practices that will attune your whole body and mind with your soul, the part of you who is infinite, peaceful and holy. When body, mind and soul truly integrate, a profound experience of inner vibrancy results.

"I am to the brim excited for the reader who picks up this feast for healing and vitality. Martha Langer is without a doubt a devoted student first (the best kind of teacher) who has the heart of a warrior, and this is who we all want on our side."

Anahita Joon, Divine Feminine Leadership and Embodiment Coach

"Such a gorgeous presentation that drips with sensuality!"

Catherine Rowan, Feminine Wisdom Mentor and Coach

"Absolutely beautiful and heart-opening!"

Keely Shay, Writer and Energy Healing Guide

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For twenty years, Martha Langer has been passionately guiding students toward health and vitality through yoga, meditation, healing and counseling. Through her fierce commitment to dedicated studies and practice, she formed a body of work called Vibrancy Activation, the experience of complete body aliveness.

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