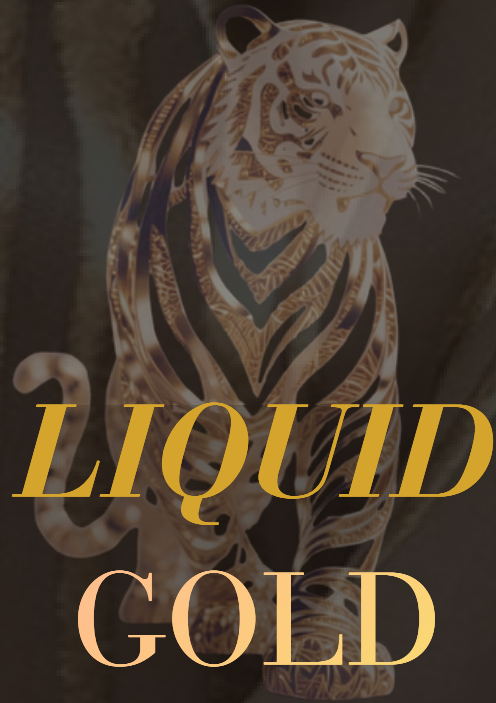


THE PLAYBOOK

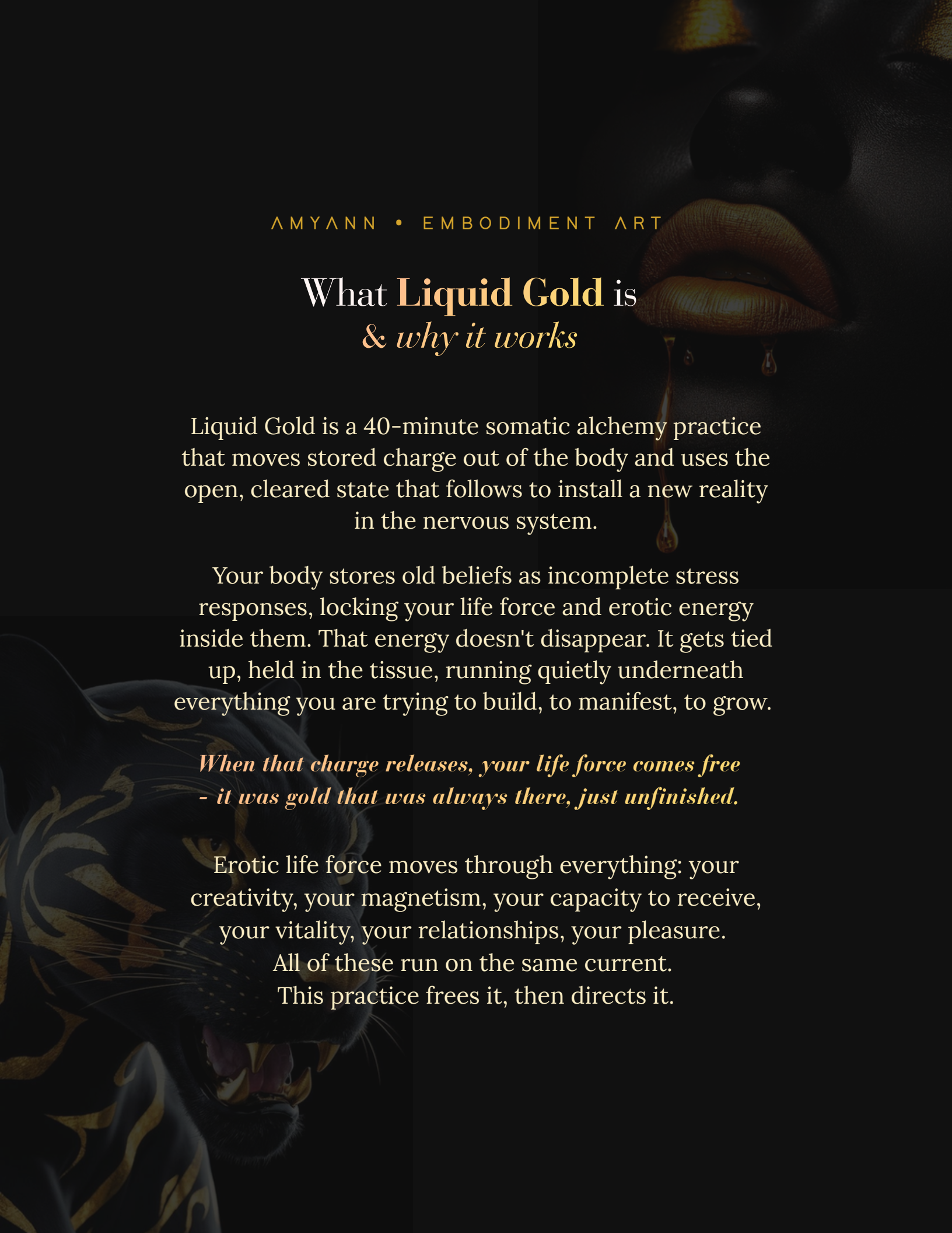


# *LIQUID* GOLD

A 40 Minute Somatic Alchemy  
& Embodied Manifestation Practice

— *A Practice for Women* —

AMYANN · EMBODIMENT ARTS



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## What **Liquid Gold** is & *why it works*

Liquid Gold is a 40-minute somatic alchemy practice that moves stored charge out of the body and uses the open, cleared state that follows to install a new reality in the nervous system.

Your body stores old beliefs as incomplete stress responses, locking your life force and erotic energy inside them. That energy doesn't disappear. It gets tied up, held in the tissue, running quietly underneath everything you are trying to build, to manifest, to grow.

*When that charge releases, your life force comes free  
- it was gold that was always there, just unfinished.*

Erotic life force moves through everything: your creativity, your magnetism, your capacity to receive, your vitality, your relationships, your pleasure.

All of these run on the same current.

This practice frees it, then directs it.

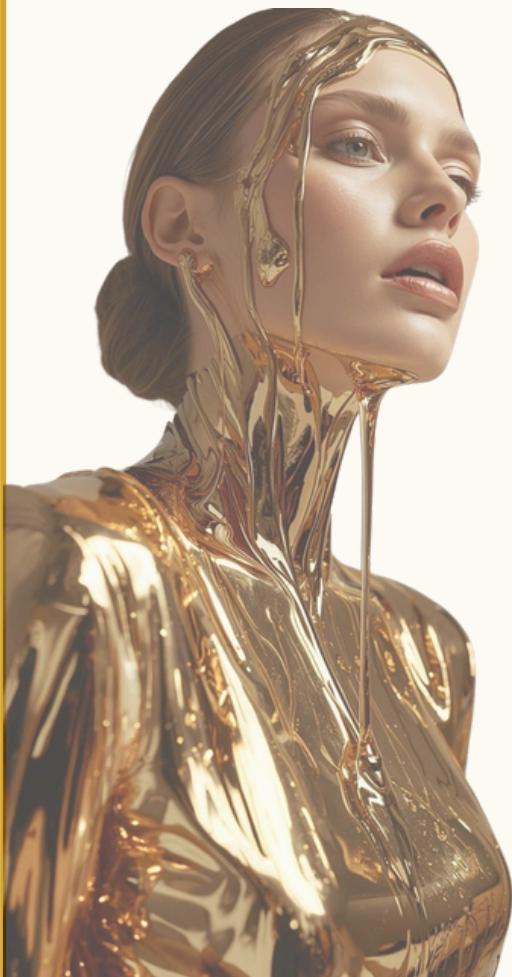
## BEFORE YOU BEGIN

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Choose one area of your life to work with. Feel which of these is most alive, most charged, closest to the surface right now.

- ◆ *Pleasure and orgasm*
- ◆ *Money and business*
- ◆ *Love and relationships*
- ◆ *Creative power and expression*
- ◆ *Health and vitality*
- ◆ *Confidence and embodied presence*

**Don't overthink it; your body already knows.  
Hold it, we're going in.**



# THE FIVE PHASES

The practice moves through five phases in sequence. The order is the method, so don't skip ahead!

1

PHASE 1

## ANCHOR

*Build the container & enter from coherence.*

We never enter stored charge from collapse. Instead, we enter from coherence. The Anchor phase builds the container that makes everything that follows safe and effective.

First, coherent breathing: five counts in, five counts out, breathing directly into your heart center. This brings your heart into coherence and your nervous system follows it. From there, the Mother Wave Breath deepens the opening: two-part inhale into belly then heart, long slow exhale. Then we add a connection with your Future Self, the version of you who has already done this work. She is not inflated or unreachable. She is regulated, expanded, clear.

Now we bring in the twins: Unconditional Love and Grace, the two pillars that must be in place before anything else moves.

Unconditional Love is the warmth that flows without needing a reason. Bring to mind something or someone you love easily and let that warmth come back into your chest. Then turn even ten percent of it toward yourself.

Grace is what opens you to receiving it. Grace says you don't have to fix yourself before you are worthy of being met. You don't have to earn your way into your own life, your pleasure, or your worthiness. You are already enough to begin, exactly as you are, right now.

Future Self steady, Love alive and warm in your chest, Grace all around you, holding all of it unconditionally. That is the ground you are standing on.



## ■ WHY THIS WORKS

Coherent breathing at a five-count rhythm synchronizes the heart's electrical field and activates the vagus nerve, shifting the nervous system out of threat response. HeartMath Institute research shows this increases heart rate variability, the measure of the nervous system's flexibility and resilience, in minutes. The Mother Wave Breath deepens this further: the two-part inhale into belly and heart extends the breath cycle and draws attention fully into the body, activating the parasympathetic response and quieting the analytical mind.

The Future Self visualization is neurological priming. Neuroscientist Tali Sharot's research on mental simulation shows the brain activates the same neural pathways for a vividly imagined experience as for a real one. Hal Hershfield's research at UCLA shows that when the gap between present self and future self closes in vivid embodied detail, nervous system regulation shifts toward that version measurably and immediately.

Stephen Porges' Polyvagal Theory explains what genuine loving warmth does to the body: it activates the ventral vagal complex, the most evolved branch of the vagus nerve, shifting the nervous system into the state of safety and receptivity required for everything that follows. Shame and self-judgment, the opposite of Grace, activate the dorsal vagal shutdown response, which directly suppresses pelvic sensitivity and blocks the body's capacity to open. Grace is the neurological interruption of that pattern.



## 2

## PHASE 2

**REVEAL***Surface what the body is holding.*

Once anchored, you feel into the area you chose and let the body surface what is stored there. Usually it arrives as a belief, a sentence the nervous system has been running so long it sounds like reality. Negatively phrased, often beginning with *I am*.

*I am not enough.*

*I am too much.*

*I am not allowed to have this.*

*I am unworthy of receiving.*

*I am unsafe.*

*I am broken.*

You don't need to reach for it with your mind; rather, let your body show you. Then you let your body take the full shape of that belief, consciously and completely. If it collapses your chest, let it collapse. If it makes you want to make yourself smaller, let yourself get smaller, curl into a ball, fetal position, cover your head, whatever is true. Then you exaggerate it, letting the body show you the full weight of what it has been carrying.

**What becomes conscious becomes movable. You cannot alchemize what you refuse to feel.**

**■ WHY THIS WORKS**

Somatic Experiencing research, developed by Peter Levine, shows that incomplete stress responses remain in the body as postural patterns and muscle tension until they are consciously completed. Beliefs encoded during stress are woven into the tissue, not just the mind. Giving the body permission to fully take the shape of the belief, rather than suppressing or analyzing it, is what begins the completion process. The exaggeration is not performance. It is the nervous system being given permission to finish what it started.

## 3

## PHASE 3

**MOVE**

*Complete the stress cycle from the ground up.*

This is where the alchemy happens. The body completes its stress cycles ground up, always ground up.

**Feet and root first:** stomping with short sharp exhales, giving the survival charge somewhere to go downward into the earth.

**Then the pelvis:** hip thrusts with sound, unlocking the place where old shame and survival patterns actually live in the tissue.

**Then the heart:** arms wide out to your sides or cactus arms, opening further, shoulder blades drawing down your back on every exhale, full sound with each one, giving the chest permission to complete what it has been holding. We follow all of this with a full body shake, the nervous system's natural reset, as well as tapping and dusting off your whole body.

**If tears or rage want to come, let them. All of it is the charge completing.**

#### ■ WHY THIS WORKS

Every mammal completes its stress response through movement and sound after a threat passes. Humans learned to suppress this. Shaking in particular is the nervous system's innate discharge mechanism. Research on trauma-informed movement, including the work of David Berceci on Trauma Release Exercises, confirms that involuntary trembling and intentional shaking complete the arousal cycle the body initiated under stress. The sequence ground up mirrors how the nervous system actually processes and discharges activation, from the most primitive survival circuits in the legs and pelvis (the flight and fight response) upward through the heart. The tapping and dusting of the full body clear activates the skin's pressure receptors, signaling safety to the nervous system and completing the discharge cycle all the way to the surface.



## 4

## PHASE 4

**JUMP INTO YOUR NEW BELIEF***Cross the threshold. Install the new.*

The stress cycle is complete, now comes the crossing.

Feet shoulder-width apart. Arms straight up, palms open to receive. A full smile on your face, eyes and heart to the sky.

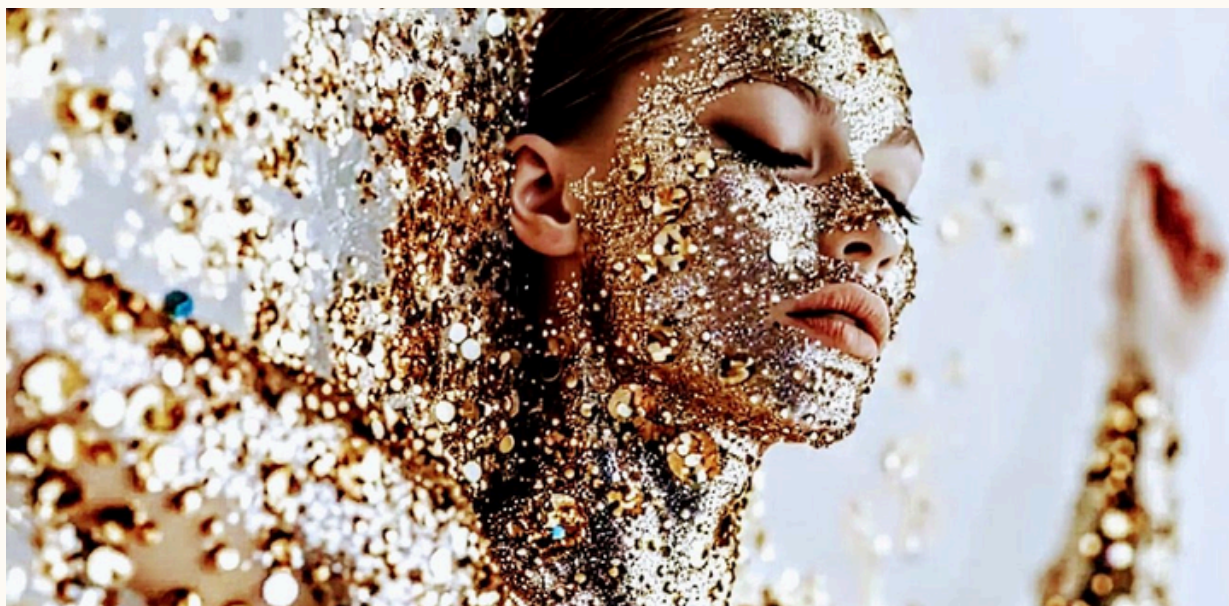
Before you jump, ask: if the old belief is no longer true, what is? Let it rise as an “I am” statement. You don't need to reach for it with your mind; let the body offer it. It comes quickly because the old one just moved.

**Say it out loud. Say it again. Say it a third time, louder.**

Now jump as her. Both feet off the floor. Jump into your new I am. You are her. There is no separation. The future is now. Let laughter come. Let your inner child's joy and glee come through, let it be undignified, blissfully ridiculous, and free!

If full jumps are not available to your body, lift your heels and drop them. Lift up, drop down. The direction is what matters: up, open, yes!

*When you come to stillness, speak the sensation aloud. That aliveness moving through you right now is the freed life force. That is the gold. It was always yours. It just needed to complete its cycle.*





### ■ WHY THIS WORKS

Acute physical movement triggers the release of endorphins, dopamine, and serotonin in the brain. Endorphins relieve pain and produce a sense of well-being. Dopamine activates the brain's reward system and reinforces the new state as something worth returning to. Serotonin stabilizes mood and contributes to the felt sense of calm aliveness that follows the discharge. Together these neurochemicals make the new belief land in a body that is chemically primed to receive it, rather than one still running the old stress chemistry.

The physical smile does real neurological work here. A large-scale study published in *Nature Human Behaviour*, the Many Smiles Collaboration, found across 3,878 participants in 19 countries that voluntarily adopting a smile can both amplify and initiate feelings of happiness. The body does not only express a state; in this case it helps generate one.

The arms-raised, palms-open posture is the universal human expression of triumph and openness. Research consistently confirms that expansive upward postures increase the felt sense of power and possibility. Combined with the jump, the smile, and the new I am spoken aloud, the body receives the new belief through multiple channels at once: movement, neurochemistry, facial expression, posture, and voice. This is doing a lot more than affirmation - it's installing your new self.

## 5

## PHASE 5

**GROUND***Bring the new self fully home in the body.*

Now you bring the new self fully home in the body.

Standing: feet hip-width, knees soft, hands in fists on your hips, chest wide open, chin slightly lifted, heart forward. She is not performing this. She inhabits her body without apology, without the old weight, because she is not carrying what you just put down. Let your spine lengthen. Let your hips carry weight and your feet carry ground. Three full breaths. Let your body take her shape all the way down to the bones.

Then come down to the floor, lying down or sitting. One hand on your heart, one hand on your lower belly. Feel the space that just opened: it's cleared. Like muddy water that has become crystal clear. Something that was taking up space has finally moved, and what remains is ground that is actually yours.

Now drop the specific version of her into that one area. Feel her life as real in your body right now. It's something you are remembering (my friend, Emily Fletcher calls it "remembering your future") more than something you are creating.

**Before you close, speak aloud:**

*I let go of expectations of how this comes to me.*

*I receive how nature wants to use me.*

Stay here as long as you want. There is no hurry. When you are ready to come back, roll to one side before you sit up. Move slowly. Drink water with a pinch of sea salt or Celtic salt for hydration.

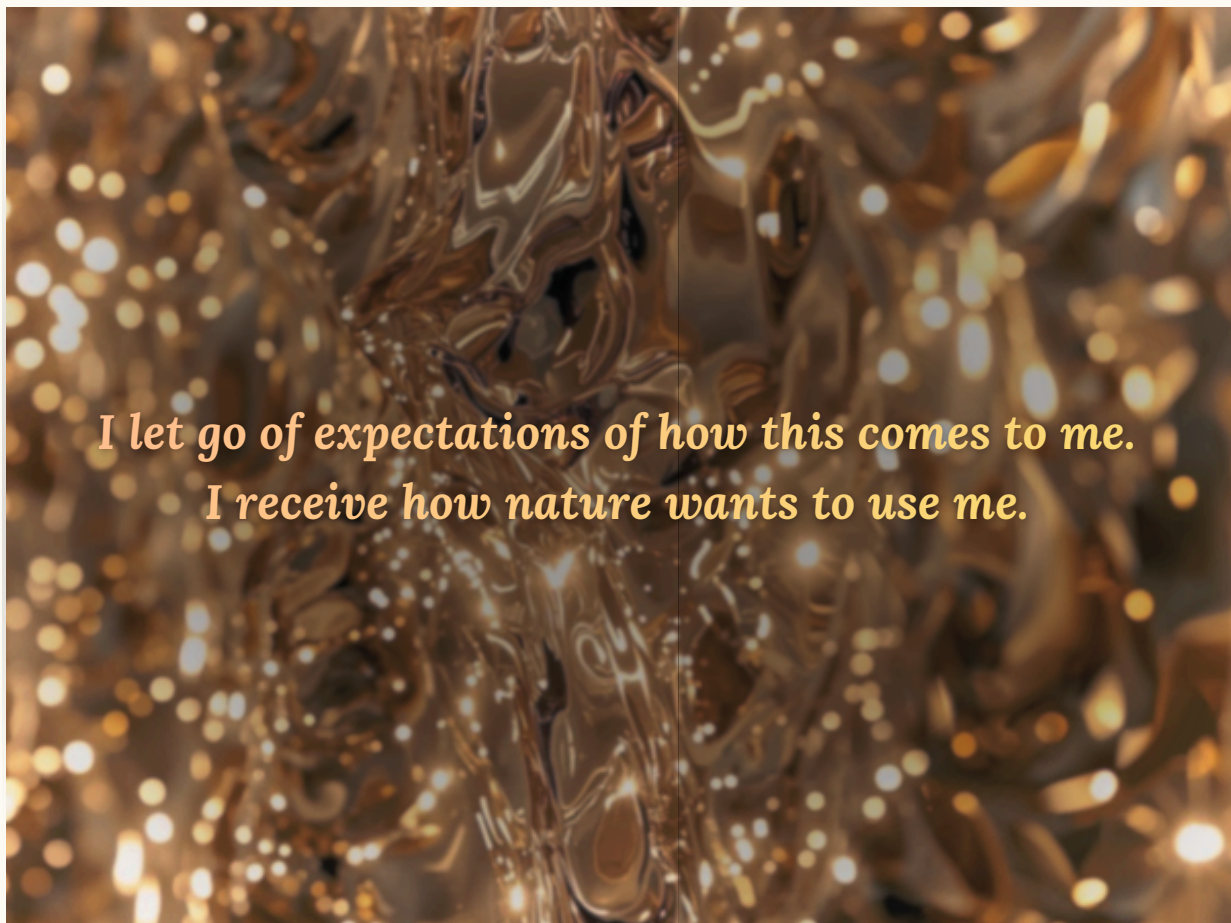
Resist the urge to reach for your phone. That impulse to disperse what you just built is real; it's your body's old habit of not letting yourself have too much. Give this to yourself instead...

If you can, go walk barefoot on the earth. Sit next to a tree. Let your nervous system complete its integration in contact with the ground. Notice if anything in your perspective has shifted. Breathe in the natural world around you.

### ■ WHY THIS WORKS

Research on embodied cognition shows that postural shifts produce measurable neurological changes. The body does not only express a state, it actually creates one. The superwoman posture combined with the Future Self already established in the Anchor gives the nervous system a somatic anchor for the new baseline, something the body can return to outside the practice.

The integration window after somatic discharge is when the nervous system recalibrates to its new baseline and old patterns are most available to be rewritten. Staying still and allowing this process to complete, rather than immediately reaching for stimulation, is what lets the new state consolidate. Research on earthing and grounding shows that direct contact with the earth's surface reduces cortisol and supports parasympathetic nervous system activity, deepening the integration.



*I let go of expectations of how this comes to me.  
I receive how nature wants to use me.*

## WHAT TO EXPECT AFTERWARD

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In the next 24 hours you may feel unusually clear, or unusually tender, or both at different times. Stored charge when it moves takes energy with it and the system needs time to recalibrate.

Emotions may arise with no clear trigger, let them move. Your completion process may continue after the practice ends.

Take a few minutes to voice note or journal what happened. Don't do it to analyze it, but to capture it while it is still alive in your body.



## INTEGRATION QUESTIONS

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Before you answer anything else, write your new **I AM** statement at the top of the page in large letters. That is the new program. Everything that follows is in service of grounding it.

Write your answers now, while the practice is still alive in your body. Read them again in thirty days.

- Q1** Which area did you choose and why did your body choose it?
- Q2** What belief surfaced in the Reveal phase? Write it down exactly as it came, not to hold onto it, but to mark what moved.
- Q3** Where in your body did you feel it most? Chest, belly, jaw, throat, pelvis?
- Q4** Was there a moment in the Move sequence when something shifted or released? Name it as specifically as you can.
- Q5** What does your body feel like right now compared to when you started?
- Q6** What becomes possible in the area you chose if this is your new foundation? Write it in the present tense, as if it is already true.
- Q7** What is the new, true belief you installed today? Let it start with I am. Say it aloud as you write it.

**BONUS:** When you are finished, write the new **I am** one more time on a separate piece of paper or card. Put it somewhere you will see it first thing in the morning and last thing at night: a mirror, a phone wallpaper, the inside of a journal cover. When you see it, say it aloud. Not as an affirmation you are trying to convince yourself of. As a reminder of what your body already knows is true.



## Ready to build *what just felt?*

You just moved something real! You felt what your nervous system is capable of when it's not defending against an old belief. You've stood in her posture, you let her existence be real in your body.

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**Liquid Gold is the clearing.  
The Bliss Code is what you build on it.**

**The Bliss Code: 6-Days to Full Body Os & Erotic Sovereignty** is a complete six-module nervous system training in sacred self pleasure. It takes everything that just opened and builds it into a deliberate, reliable practice: how to feel more, hold more, and circulate what you generate through your whole body so that what was survival charge becomes vitality, presence, and sovereign power.

Six beautifully shot video lessons with guided audio for every stage, including the complete Fountain Pathway of orgasmic energy from your pelvis through your whole spine and nervous system. The Bliss Code is for women who are done fragmenting their pleasure and ready to circulate it, and feel it ALL.

What you experienced today is the beginning.  
***The Bliss Code is where your bliss body becomes your baseline.***

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