



RETURNING

*with Rebecca Campbell*

A PODCAST TO RETURN  
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## WHAT EVEN IS EMBODIMENT?

WITH ELIZABETH DIALTO

### *Episode 7 Transcript*

Hey, it's Rebecca. Welcome to returning a podcast to return to yourself and the wisdom within. I'm so glad you're here. Thanks for attending. Today I'm speaking with the amazing Elizabeth DiAlto. On the topic of embodiment, especially in the context of spirituality and integration. Embodiment has become such a buzz word lately, and so I'm really, really looking forward to sharing this topic with you in this conversation and I couldn't think of a better person than Elizabeth DiAlto to have this conversation. Elizabeth is really a true mystic, and she's a friend of mine. She has really dedicated her work to sacred embodiment. I love how deep she goes, but also she keeps it real and she's got such an infectious sense of humor and an amazing laugh that you will come to know if you don't know it already. In this episode she has a really great capacity to go deep fast while also keeping it real. There is some adult language in this episode, so if you got little ones around or you're not into it just a little warning. And so I just want to tell you a little bit about Elizabeth, known for her raw, honest and nuanced approach to spirituality and the healing arts. Elizabeth DiAlto is an embodiment specialist, a mystic and host of the Embodied podcast. She's a native New Yorker of Puerto Rican and mixed European descent. Elizabeth started her professional life in sales and then moved into health and fitness in 2013. Life finally called her to do her soul's work, and she founded what has now evolved into the School of Sacred Embodiment. To support us in integrating today's episode, as always, you'll find the soul inquiry for this episode at the end of the episode. But first, let's take a moment to step into sacred space together. So taking a deep breath in now, perhaps putting your hand on your heart and in the center of your heart, imagine a beautiful flower. And invite this flower to open petal by petal, revealing a light in the middle. This is your wise, intuitive self, your soul, the part of you that is always whispering and guiding you and available for you to return to it every moment of every day. Taking a deep breath in now with me and really inviting it to step forward and together, taking a moment to acknowledge the keepers and custodians of the land where you are, where I am. Known and unknown. Beautiful. Let's begin.

Rebecca: So welcome, Elizabeth.

Elizabeth: I'm so excited.

Rebecca: So good. We refrained from doing normal catch up because we would have done the whole podcast by now. So. Hi. So good to see you. Oh, my gosh. So in preparing for this conversation, I think there's so many things we can talk about and the topic is embodiment. But the other two, three, four, five, six topics that I felt like, Oh my gosh, I think we could talk about is like flowers, roses, Mother Mary being a mystic. And so we'll see how they're woven in, because I'm sure that they are a big part of maybe our embodiment

Elizabeth: Yeah. Yeah.

Rebecca: So first up, the question I wanted to just start with and it's a big question. What even is embodiment? Because I think it's such a buzz word these days, but like, what the heck is it, particularly in the context of, you know, people who are on a spiritual path?

Elizabeth: Yeah. So I actually pulled up my training manual for my embodiment specialist training because I had a feeling you would ask me that. For so many years, you know, I say what I say, but I put it in writing for the training and I'm like, I have this formal definition now that we use, so I'll read it to you. Embodiment is simply having a felt sense of connection to your body. And in our world, this includes its wisdom, signals, and communication. When you're embodied, you can notice and name your sensations, emotions and feelings states. And then, on a deeper level, you can perceive your intuition and the presence of spiritual guidance and support. So if you look at just the root of the word like embody meant, it really just means being in your body, which by the way, you know, technically we're all embodied, right? Or we wouldn't be alive. But what we're talking about when we talk about embodiment is like really getting out of your head and into your body. And for some people that I would imagine, especially people listening to your podcast, getting out of like the spiritual realms or like the astral realms or wherever they go. And really coming into your earth body, temple, vessel experience and like really being here. So embodiment work is really just the practice of being in the present with and connecting to your body. It sounds simple, but it's so challenging for people for so many reasons.

Rebecca: It's really interesting because. I'm reflecting on, say, my spiritual path, Like I grew up in a I would say like a non spiritual family, but I was called to the mystic way. Like, I have no idea why. I think I assume it's a soul thing, right? But I grew up very in my body. My family's very in their body, very grounded, very sporty, very physical. And then it was like an upward awakening. And then recently, I think I've gone into whether it was through like I know it happened before I became a mum, but more of a descent. But I think we've all been going through that, like coming into the

trauma body and all of that. So I'm interested because I have many friends who are not spiritual, who you may be like, Oh, they're really embodied, like they're in their body. But with that definition and this is the big question I've been living into, is that really in their body? Because it's not so much in connection with I think you said the felt sense is like intuition and wisdom within you.

Elizabeth: Totally.

Rebecca: So what's the difference?

Elizabeth: Here's the difference. And I'm glad you asked this. I also grew up real sporty, playing sports, everything. And even in my twenties I was a personal trainer and a group exercise instructor. And once I started really studying energy work, I realized the difference between paying attention to your body and like using your body and being a very physical person and actually being embodied because the energetic and emotional components, the awareness and the consciousness that you bring to your felt lived experience, how you sense and perceive and engage with the environment around you and really everything around you, right? It's like. So one thing I teach people is how to speak your body's unique language of the senses, right? I call this the embody language because everyone's body is different. There might be some similarities, right? Like, I know I'm not the only person who gets tears of truth. I know I'm not the only person who gets goosebumps when something is happening or something is trying to contact me. But, you know, that's different for everybody. Some people will say, listen to your gut, but not everybody is going to receive intuitive information in their gut. These are your physical sensations and senses, you're feeling states. But then also we have our extrasensory, right? Like all of the claires, depending on how people engage in their intuition. And anyone can develop any of the Claire's, you can hear, see, sense, feel, just know things. But still people's senses, like physical senses, might engage with them differently to let them know when something is intuitive information or not. And that can also change over time. And depending on the environment and where you are, it can also be different depending on who the people are that you're engaging and interacting with, because then the energies merge. So a roundabout answer, because I just wanted to give some examples. The difference is when you have energetic and spiritual and psychic awareness, that's going to bring embodiment to a completely different. This is why we call it the sacred embodiment. Because embodiment on its own is somatic nervous system stuff, things like that, which are super important to understand and like that's the foundation. But for those of us who are wanting to have this be a big part of our spiritual journey and healing and growth and transformation, those other components make a big difference.

Rebecca: I love that you have mentioned claires, for example, because I remember having this kind of breakthrough moment and it's like the most obvious thing when you actually realize it. When I was like, Oh my God, no, the body is intuitive. Like it's through the body's senses that we receive

our intuition. And whether it's like intuition is an intelligent pulse of life or soul or whatever it is, but it literally is through our body that we are intuitive.

Elizabeth: Yeah. And again, yes end right because some of us like I'm claire cause I just know shit. But still, that's a sense because I'm hearing it. It's like, occurring to me, like a stream of my own thoughts.

Rebecca: Hmm. And, like, the thought is also brain, right?

Elizabeth : Yeah, Like, if you didn't.

Rebecca : You didn't have a brain. Well, maybe you would have a thought. I don't know. Now we're going to go deep into the cave. What is thought?

Elizabeth: But who is the I in I am?

Rebecca I love it.

Elizabeth: Please don't. Please don't go there.

Rebecca: All right, all right, all right, all right. Let me think of a very clear question. I've got one. What role does nature and the land have with embodiment?

Elizabeth: So for me personally, as a person who one of the biggest things I've had to heal and tend to in an ongoing way is a mother wound. It's everything. Because it's being held, being held infinitely and vastly in ways my human mother couldn't. I have people in my life who mother me. But to me, that's just like the ever present, always reliable way to go, let your mama hold you. And in embodiment. My goodness, we need to feel safe. And if we're going to heal and transmute anything, and if we're going to expand, receive intuitive information and stuff like that and make it useful, we need to feel safe. And so nature two things in a very practical, like earth way, I can feel held and grounded and safe. But then in like the more spiritual way, that's also my connection to the Divine Mother. So it's very earthly and also very mystical at the same time.

Rebecca: And do you see that that is linked with severing of lineage. Severing of connection with ancestral lands. Do you see the link there?

Elizabeth: I'll tell you what's funny. I was thinking about this this morning when I was making my smoothie. In 2020. I have lived in Los Angeles for several years and I decided to move up to the Bay Area in October of 2020. It's kind of my last ditch. I knew I needed to move out of L.A. I wasn't ready to move back to the East Coast and I had some friends up in the bay and I'm like, all right,

let me go try the Bay Area. I had really liked it every time I had visited, which has been several times over the years. And when I got up there, it was the worst. Over time, I just realized it just wasn't a fit for me. I need to be near the ocean, there's just some things that didn't work for me up there, but I started doing, through a friend of mine who lived up there, some ancestral healing work. And that was the catalyst for so many things that are now back in incredible alignment or perhaps a better alignment for me than they ever had been before. And that's how I ended up in Miami, because as a mixed race, multiethnic person, I have all these lineages, right? My mom's dad was Italian and her mom was German and Irish. My dad is mostly Puerto Rican, his mom's Puerto Rican. His dad was Italian and Puerto Rican. Salsa dancing is a big part of my life. I can only live in places where I could go salsa dancing any night of the week if I wanted to. But it was also like, Where could I live that would put me immersed in at least one of my cultures, and that's Miami. It's also only a two and a half hour flight from Puerto Rico, two and a half hours from the northeast where the rest of my family is. And then the warm ocean, the tropical environment, because even like Puerto Rico, it's hotter. But Miami is basically the Caribbean. So that environment, the humidity. It's so dry in California, there were all these different elements that once they started doing that ancestral healing work, within two months, they were like, time to move to Miami. But that could be different for everyone, right? Like, for some people, it's about the environment, literally the physical. For me, the humidity, a warm ocean and getting to be on an ocean that, like my own ancestors, communed on in some way, shape or form, that was really compelling and that felt really important to me. But for some people, that might not be about the environment. It could be, again, anything that might give you access to your own culture or ancestral lineage or whatever. Maybe there's a teacher there or who knows.

Rebecca: So interesting. And okay, I want to go back to Great Mother. And so what does Mother Mary represent for you then?

Elizabeth: I love my Alana Fairchild Oracle decks, and in 2016, I was healing from a really intense breakup with an emotionally abusive person. And someone suggested the mother Mary Oracle deck for me. And it was so amazing to just have a way to engage with her. Other than like the Hail Mary, which I do love that prayer. And I do say the rosary. It's just like that ever presentness. And then because I've studied other world religions and lineages and stuff like that, she's in everything. You can see her in everything wearing a different face in all these different places. But for me, it's just that real true, unconditional love. That actual mothering. I mean, I feel I have conversations with her and I get mothered the way I need to be mothered. I get held, I get protected, I get illuminated, all the things, and it's just always there. And it's funny because at some point, because I've had it for so many years, you've probably seen my big Mother Mary statue in a picture on Instagram. When I ordered that in 2017, I thought I was ordering a regular sized statue. And then when it came, I was like, Oh, I ordered garden sized.

Rebecca :There's no going back.

Elizabeth: I know. And I was like, Oh, look at this. She's like, Let me take up more room in your life. And I was, Okay, So I bring that statue with me wherever I go. And you know, people are different. Do you need these physical things to connect? Not necessarily, but just having that symbol, that touchpoint, like a totem that always feels tactical, I'm very sensual. I need the stuff that I could sit with, be with, see, touch, read, feel, you know.

Rebecca: And then what about Mary Magdalene compared to Mother Mary?

Elizabeth: So, one feels like my mother and one feels like my sister. Mary Magdalene feels like a sister and Mother Mary is our mom.

Rebecca: She really is

Elizabeth: She's the high priestess. What it feels like to me is she is the high priestess. And we were the initiates together or something. You know? That's what it feels like to me when I commune with them.

Rebecca: It's interesting because I remember I don't know if you've met Holly Holden yet, so she said to me, she found out about the same week as me, this bit of information. And we were both like, What? When you look into the origin of the name Mary, one of the origin points is a female rabbi, female teacher. And for me that kind of like just unraveled so much because I was always just drawn to her. But I did grow up with one of my family's lineages is Christian Catholic. It wasn't hardcore, but, you know, so it was there to pray to Mother Mary. So I guess that is from my culture. But all of a sudden I just had like all of the statues as well, and it was just like, Where does this come from? You know? And then I think particularly from the European lineages, if you kind of track that back where it's just like she is the mother that we were allowed to worship, you know, And so it's like what else is actually behind all of that?

Elizabeth: Yeah.

Rebecca: She was like that one that wasn't forbidden.

Elizabeth: Right. And it is also how she was changed, right? There's all these books and channeled texts and things that, they have conflicting information. So you kind of have to gather what feels true to you, but I really do deeply connect with and believe that they were the priestesses that was the lineage. They come from the priestesses of ISIS and that's what that's what they were really up to. And then there's what Christianity, let us think those roles were and whatever. But that resonates for me, you know, and I'm not out here telling people, this is the truth. That's why I say this resonates for me. This is what I believe. This is what brings me peace, solace, connection feels real to me.

Rebecca: Yeah, and so one of the questions I wanted to ask you is. You as a kid, a girl. Like what was unique about you that would help us understand who you are today? What was the quality that was like oh, yeah. That she came in with that.

Elizabeth: The thing that pops into my mind is when I was four years old, I figured out I wanted to make my parents breakfast, and somehow I figured out how to make the coffee correctly. Like the right amount of water, like, I made a perfect pot of coffee when I was four years old. But then what I also did was I put the bagels in the toaster in the bag and almost set the kitchen on fire. So I think what's so funny about that story is, I nailed the more complex thing

Rebecca: Well, coffee is a sacred liquid, I think, for me.

Elizabeth: For real. So there's that. And there's one other thing, I had my favorite toy. It was probably this big green chalkboard. And I would line up my stuffed animals, the animal kingdom, and I would teach lessons. I was a teacher before I even knew how to spell anything, I was just like drawing and I was teaching. And so that teaching was like my favorite game to play is probably one of those things. But then just the funny piece about it. I grew up on Staten Island, to anyone listening. Staten Island is one of the five boroughs of New York City. It's kind of like the least popular one. But, you know, stereotypes about New Yorkers are real sometimes. So my parents are listening to the baby monitor and I'm up, you know, teaching my lesson to the animal kingdom. And the lesson of the day is all the words you're not supposed to say.

Rebecca: No way. So you!

Elizabeth: Right? I had them all except the C word, because that wasn't really a word. I know you're Australian.

Rebecca: It wasn't really a word, was it? I didn't know it. I mean.

Elizabeth: Yeah, absolutely was.

Rebecca: It was. Okay, not in Sydney, Australia.

Elizabeth: New Yorker vernacular. It wasn't one of ours, but like other names, and they were listening to that because it was both like, this is adorable and it is hilarious. And also this is our fault.

Rebecca: That's hilarious. Oh my gosh, that so describes a piece of you that is so unique. It's like I was feeling before like, what is the quality? Because on one hand it's, and this is the way I

perceive you. What I see in you is deep, almost like a fierce confidence, but also this bolshiness. Is that like an accurate perception or is that just.

Elizabeth: bolshie. What is that?

Rebecca: Bolshy I don't know. She is like I don't know the definition, but it'd be like, hi, I'm bolshy. Kind of like I have arrived here are my amazing sunglasses. I don't care what you think.

Elizabeth: That sounds correct. I mean here's the other thing. I put that to you. The confidence thing. I was the first born grandchild in my generation and it was just me for four years. So I got everyone's love and attention. They were so excited about me. You know, I really feel like that was so formative. And it's cool because I have a four year old niece now and she's the only one and I'm seeing it in her right now. Everybody loves her and she knows it. And you do all this healing work, you know, the thousands of people that you've worked with and met and engaged with over the years, how many people's deepest rooted issues come from feeling unloved? I never felt that. I always felt super loved there and from a young age, and I appreciate this about them, even though they have trouble accepting the expression of it. They were like, this is a person who's going to just be her own person, so we might as well just go with it and not try to like.

Rebecca: That is so true about you. Yeah, that is how I see you as well is the confidence, but it's almost like a certainty, but without it being a mystical certainty, because mystic is about the unknown and whoa, the ineffable. So you're open to all of that. But also you, just one thing I admire about you is I know recently you've spoken about relationships and having kids and choosing what you actually want rather than what the world says. So that's always been innate, right?

Elizabeth: Yeah, Yeah. Big time.

Rebecca: And did you always, like, know those things or have they emerged?

Elizabeth: No, that emerged. But again this is why I am so mystically inclined and oriented because once I started waking up and learning about energy work and synchronicity and stuff like that and reading the signs, I was oh, I just became very present and aware of when things were happening, very intentionally for me in my life. So when I was a personal trainer, in my twenties, my mid to late twenties, I had a lot of clients who were moms, young moms, early, like toddlers, babies and toddlers. And they were just so real with me about motherhood and how hard it was. I feel like that's way more acceptable now since like the dawning of Mommy blog culture. Like people talk about the real. But back when we were in our twenties, back in the two thousands, that's not really stuff people were talking about. People were still kind, putting up a front like being



a mom was the be all and end all. And no one was really talking about how fucking hard it is. I'm sorry. I can curse on your show, right?

Rebecca: Yeah, you can and little Liz can as well. And she could teach us the words.

Elizabeth: Yeah Thank you. And so that started to plant seeds for me. Maybe I don't want to do this. I just assumed I would because I was still on the like, Oh, people grow up, get married and have a baby. And I'm like, Oh shit, I don't have to do that. And then, you know, I've been in like six serious relationships and I consider anything over a year long term because it's a while. Especially in modern dating culture and. Also because for the longest time I'm like, I don't want kids. I just want a husband. And I was like, I don't think I want one of those either. This past summer I was driving home from an epic night with a lot of friends and I'm on the highway and I'm laughing to myself and I'm like, I'm pretty sure I feel the same exact way about men that I feel about kids, which is I love them, but I don't want my own love being able to, drop in, spend some time and then come home to my peaceful life. I was like, This is hilarious. Men and children are not my thing.

Rebecca: Amazing. Amazing. I really resonate with the I mean, obviously I am a mom and am about to be another mom again, that came quite unexpectedly. But personally, I didn't really tell many people about it, but I wasn't sure until right before I had Sony that I wanted to be a mom. And if I'm honest, one of my biggest, I'd say fears around it was , there was whole female line stuff that was fully charged with birth and all of that. But besides that, I was so afraid of not fulfilling my soul mission. Since I was so young, I was like, I got to do this like, and I didn't know what this was, but it was my priority over family, relationship, everything. And. kind of still is if I'm being honest.

Elizabeth: Where did I see this recently? I was reading a post somewhere of a daughter to a mother. Oh, it was Alexander Franzen, I guess her mom. I don't know, she was like an artist or a performer. But she finally understood when she became an adult, why her mom prioritize her work. She had taken it personally for a really long time and she was like, I understand why you had to go do what you do. So I think that's cool. And I think that's the soul contracts, right? for whatever reason, your kids are picking a mom that has a big soul mission, right? Work will be a priority, but it won't be like a workaholic. It won't be because she has to be the breadwinner and the provider and she's stuck in the capitalism hamster wheel, you get to see someone really having a big purpose and following a mission and a vision and that being a big part of their life because it's a big part of your life. And I'm sure we'll get to find out 20 years from now why you needed to be their mom. You know, that's cool.

Rebecca: So interesting. Yeah, Interesting. I remember this is turning into you interviewing me now. So apologies. When I had Sunny, a couple friends got me his chart as a gift for having him. most would send, I don't know, booties or something. But my friend sent that, which I love and there is this echo in both the readings where they said, it was Venus in Scorpio, Cancer, Moon and

all this. And they were like, Whoa, he's come to work with the mother and he needs many faces of the mother throughout his life. And I got chills when I heard it because I've been really struggling with the whole mother piece like you touched on before, which I really resonate with and how to be the mother. But then I need the mother and all the time that's coming up and all that kind of stuff. And so I was just like, How do I do this? so that actually spurred something in me where I started talking to his soul and I said, you need to call in the many mothers, because I know that, I don't have it in me to be fully present for 8 hours a day with him. I literally don't I can't do it. I'm really good with loving presence for 20 minutes, but I can't do it longer than that. It's literally not who I am.

Elizabeth: I'm so happy to hear you just saying that and giving anyone listening permission to be me too, because that's really hard for some. Some people are not built that way. And I think so many mothers think they need to be.

Rebecca: That was what I was saying. So yeah, it is interesting. I think the mother thing is very complex and it's interesting through the lens of embodiment as well. And so, okay, so another big one or two more big ones. First of all, what role does awakening, whether it's an ascent or descent into the arms of the mother and integration play with embodiment?

Elizabeth: I'm so glad you're using my favorite friggin word, integration.

Rebecca: Which one?

Elizabeth: Integration.

Rebecca : Integration.

Elizabeth: Because. Again. I see too many people just practicing. There's a lot of just performative embodiment work out there, right? You know, flower crowns getting naked in the forest. And listen.

Rebecca: That's so true. That's why I go , what even is embodiment?

Elizabeth: Right. And listen, for some people, that's real. Yeah. Right. But for some people, it's just a photo shoot on Instagram. But here's something, many years ago, I remember I used to get really agitated by this because I'm a Virgo like you, and I'm so devout with everything that I do. And for me, mastering my craft is always so much more important to me than mastering the art of business. You know, and I don't have this resentment anymore. But for years I was like, Why do I have to be a business person? I just want to be a medicine woman, you know, like I'm a mystic. I'm not a CEO. You guys like laughing at me, like, ha ha ha ha ha.

Rebecca: You chose this time.

Elizabeth: You are alive in this time, you got to be both girlfriend. But there is a way to do things that's performative and that's not. And I used to get really irritated with the super performative people, but I'm like, Listen, if you want to be out here, call yourself a professional anything or a priestess or this or that, or using the word goddess in your work, you're going to get initiated one way or another, and that's not my business, you know, and I also don't know how the great mystery is wanting to use you. So that might not be my way. So I used to kind of rag on that shit a little bit. Now I just acknowledge that it's a thing and it exists and I don't know what their path is or I don't know why certain people are attracted to that or whatever. But for me it's about being that conduit, being the bridge between heaven and earth, you know. I've been wanting to get the Pisces Tattoo for so many years, because it's just that symbol of the masculine feminine, like the chalice. well. All of that, everything, the heaven on earth, what comes through that portal and the overlap, that's what I'm here for. And that's the integration for me. It's if we're going to go into the ether and get anything, it's only to bring it back down here on Earth to create a better experience for anyone we might be able to touch, and of course, including ourselves. And if we are doing this deep work, of course we owe something back to the land that nourishes and feeds us. the land in general, not like I'm looking out my window and there's a pool and there's Biscayne Bay. Like, that's not necessarily feeding, growing my vegetables, but you know what I mean?

Rebecca: I do. So then what role does trauma play in embodiment. Is it inevitable that it will come up? I can see it as the sacred embodiment, I love that it's those two words together because it's not just being in a body and being physical. It's bringing the soul more fully here into the body. But then when that happens, often its ancestral stuff comes up, the social stuff can come up, the pre-verbal stuff can come up. Can you talk on that a bit, that tiny topic.

Elizabeth: This is why people love the flower Crown priestess stuff. That's fun and pretty to play with. But when you're actually getting up in the meat of things. Yeah, of course the trauma is going to come up. And here is what's really cool. I'm a big experimenter. I'm like, here's a theory. I'm going to practice it. I must suggest some other people. Let's see if it works. Some people worry, Well, how do I know if that's my trauma or my intuition? And my answer is it actually doesn't matter, because as long as your trauma is blended in with your intuition, whatever information is coming is information that you need, right? If there's trauma in the system, if there's conditioning programming in the system, working that stuff out of the system is the work of a lifetime. Right? And we all know the healing happens in a spiral. It's layers over time. We have all of our different ways of saying it, peeling back the onion, all the different metaphors that we have for how healing works and. Both things could be happening at once. You describe this exactly how I talk about it in sacred embodiment. This is about letting our soul take up more space in our lives. And so what's cool is it's a very simultaneous process. If I'm inviting my soul and the soul has to crowd out the trauma, because the trauma is a human experience, that's not what happened to my soul. Some

people will want to talk about past life trauma and stuff like that. And my thing is, please resolve what's happening in this lifetime before you go dig in. If you need to resolve past life trauma, it will come. It will be clear. All the time I spent doing Akashic Records readings, that's what I realized. There is kind of a spiritual order of operations. You know, it's like, Well, you're here on Earth right now, you got to handle the immediate stuff and anything like wider, deep or vast or whatever. If it needs your attention, it'll come in like a very obvious, unable to ignore away..

Rebecca: All the reading that you did. Did you see echoes of like, say, a past life thing around sharing the voice or being taken off land. And then in the ancestral that echoes as the soul chose it. Did you see parallels between the two?

Elizabeth: It's been a while since I've done Akashic Records readings. What I appreciated in the readings I did was the guidance that came was always we would work with the Masters teachers and loved ones, but I'm still the vessel that is coming through. And so it was always just so practical and so this is what's important to focus on. And there wasn't a lot of like, okay, let's get into the details that could really distract people. Like, where did I live? What year was it? Is my mother, my sister from another lifetime? if it wasn't relevant to the healing or the transformation that was upon the person in the moment, they just did not give extraneous detail like that. So yeah, there were of course, common things. Everyone wants to know their purpose if they have a purpose and spoiler alert, everyone has the same purpose

Rebecca: And what is it?

Elizabeth: Embody your friggin soul. For the most part

Rebecca: Embody yourself soul

Elizabeth: Be the most you, could possibly be right

Elizabeth: Be the most you that you could possibly be. Be the most loving, generous, compassionate version of yourself. And connect with as much of yourself as you can express and use as much of it as you can. That was literally the answer for everyone who asked, What's my purpose? Right? People want to know, should I be an accountant? Not. The answer is really.

Rebecca: Embody Your soul.

Elizabeth: Embody, your damn soul. Find the courage.

Rebecca: And that is to bring your soul into your body.

Elizabeth: Yeah, right. the number of people who it was like, Listen, you're not built to run a business, get your paycheck, and then live your life. And then the number of people that it was like, Nope, you are on this path and you are going to do it. It is not easy, but, you know. Everyone is different, you know?

Rebecca Big time. Awesome. All right. I'm going to end and I've got three questions for you. The first one is, who is your favorite mystic of all time or right now, at least.

Elizabeth The name that comes to my head is Caroline Myss

Rebecca Oh, yeah. Amazing. I've got three more questions. One, what's your favorite flower?

Elizabeth Rose.

Rebecca: Elizabeth's got an amazing Oracle deck, which is basically rose porn and a tattoo of a rose on her wrist. I don't think I've ever said rose porn before. Was that on the words that you're not meant to say?

Elizabeth: No, no, no.

Rebecca: Okay, good. What's the most courageous thing you've ever done?

Elizabeth: Good Lord. Courage is the number one thing when I do prayers of gratitude, which is every day. I thank you for my courage because honestly, every day, just being willing to be myself in a world that really doesn't want women like me running around having a platform, guiding other people to be themselves and rebel against all these systems and all this bullshit. Like, that's it. I just do not relent on my mission and putting my work out there. And it's hard.

Rebecca: It is.

Elizabeth People think it's easy for her now. Like it's not easy for any of us, we are just so inclined and passionate and can't not do it. We're not going anywhere. But it is very scary.

Rebecca: I personally think is like sometimes the only thing harder than answering the call is not answering it.

Elizabeth: Yeah, I've seen the consequences. If I don't.

Rebecca: Yeah, my soul will not be in my body. It's going to go. Oh my gosh. Okay. And then finally, what brings you back to the wisdom within?

Elizabeth: Oh, God. For me, it's movement. You know, a lot of my embodiment work is rooted in gentle, sensual, feminine, healing movement practices. And that's what it is like anytime I could either sit down with no music and just connect to the sensations of my breath and just start to move my body, or I could pop on some kind of slow, sultry song. It'll really get me just dropped in feeling like I am melting into the earth and I am an animal and that's what does it.

Rebecca: And do you have a favorite song to do that at the moment?

Elizabeth: I always have so many songs. I'm like a cosmic deejay in that way. But there's a song by Hozier that's a couple of years old. It's called Movement and that one always gets me

Rebecca: Amazing We'll include that link to that in the show notes. And then can you also share like where to find you Instagram, website

Elizabeth: My website is untamed yourself.com and everything. Everything I'm up to or do will always be on the home page or in the little navigation on the site. And then my Instagram is my name at Elizabeth DiAlto. And also every day whatever's going on is there.

Rebecca: Awesome. Well, thanks so much, Elizabeth. It's been amazing to chat with you and I've loved learning even more about you. I feel like I'm more in love with you, imagining the little you on the baby monitor telling people what words not to say.

Elizabeth: Bitch bastard asshole

Rebecca: The list goes on and will also include them in the show notes.

Elizabeth: Amazing that you so much.

Soul Inquiry is a practice where we enter into direct dialog with our inner self. I like to journal my answers or write my answers down with a pen and paper as I find that I receive more deeply that way. So you might like to grab a pen and paper if you want to join me in that way. But if that's not feasible, just feel free to do what works for you may be speaking it out loud or just tuning into the inner wise voice within. So today's sole inquiry is what is my body yearning for right now? What is my body yearning for right now? What is my body yearning for right now? And today I have an extra second special soul inquiry. And that one is how can I invite my soul to be more fully here in my body? How can I invite my soul to be more fully here in my body? How can I invite my soul to be more fully here in my body? Okay, now it's time to decide on and commit to a grounded action. So I want you to write down what is one little baby step you can take today to integrate this into your life. What is a baby step you can take today? Something you can do. Take your 5 minutes. Probably. Maybe even less. Something you can do to act on the wisdom within that's come

through today. I loved today's episode. What a great conversation. Thank you for returning with me and listening with Elizabeth DiAlto too. If you'd like to keep returning to yourself and returning here with me, then please hit subscribe. If you'd like any of the show notes from today's episode or to sign up to receive each new episode directly to your inbox, just head over to [Rebecca Campbell.me](https://RebeccaCampbell.me) forward slash podcast.