A GUIDE TO SELF-DISCOVERY, RELEASING AND HEALING EMOTIONAL PAIN & TRAUMA

MASTERCLASS & WORKBOOK

UNDRESS YOUR SOUL

IN 3 STEPS



FOR ANY HUMAN BEING WHO HAS GONE THROUGH:
UNFAIR / TOXIC/ ABUSIVE SITUATIONS &
DESIRES LIBERATION IN THEIR LIFE

BY MAGGA BRACO

Welcome

I've been waiting for you!

BRAVO!!! For having the courage to want to *UNDRESS YOUR SOUL*...

You may be wondering, what does Magga mean by "Undressing The Soul"? 🤔

Well...

I would start by saying that we live in a society where:

- suppressing our emotions 💔
- to keep quiet about what we really feel🤫
- worrying about what others think😕
- and hiding our wounds...

It is "normal".

At least that's what we were taught. That's how we grew up. That's how we were educated.

And little by little, without realizing it, we cover our essence. We stop being our true selves.

We silence that inner voice, that intuition that guides us at all times. This happens so subtly and gradually, that we do not realize it.

And that is where we lose ourselves.

So **undressing the soul for me is to show yourself as you are**.

It is embracing your feelings. Your fears. Those wounds that have hurt or still hurt.

It's recognizing and validating those emotional mountains you've been through.

It is to regain your voice. Your power.

And to embrace you, with love. Without judging you.

The fact that you are here is a big step of self-love, because to validate and recognize our difficulties and painful emotions, is to recognize ourselves and our messy life.

We think that talking about it and being vulnerable has to do with weakness, when in fact it's the opposite...

To undress the soul is to be vulnerable and that is an act of courage.

So I applaud you, because you are brave. And it's time for you to recognize it, to believe it.

To undress the soul is to bring out all our emotional pain and turn it into butterflies, ready to draw a flight of liberation and transformation.

Bravo to you and your liberation! 👏

Because keeping silent, suffering and swallowing your painful situations is not good at all. **Because that silence will make you noise all your life.**

And that silence will come to light in a thousand possible ways. From illnesses to situations that could cost you your life.

And you are here to be light.✨

Remember...

"Exploring your past to wisely learn from it and heal it, is not the same as living in the past to repeat it."

The time has come to start freeing yourself!

Our Goal

UNDRESS YOUR SOUL IN 3 STEPS (Masterclass + Workbook) are designed to:

- Begin to free yourself from toxic, unjust, and traumatic situations that you have experienced or are experiencing (in childhood and adulthood).

- Recognize and connect with honesty and vulnerability to your emotional pain (emotional trauma).

- Connect your essence and see if there are any fears, triggers, habits or toxic behaviors that were born from some emotional trauma.

- Connect with your resilience and with some relevant learning from those toxic, unfair, and traumatic situations you have lived through.

Don't worry about perfectionism or that what you write is pleasant, just let your thoughts flow (without judging what you feel).

ABOUT ME

I am a human being with multiple passions, and a burning desire to make this world a better place.

I help and accompany people to heal and transform their relationship with themselves *(mind, body, and soul)* while elevating their confidence and learning to dance. I lead them to free themselves from mental blocks and emotional pain caused by toxic, unjust, and abusive situations (such as mistreatment, bullying, violence, betrayal, and harassment).

To help them achieve a life full of authenticity, confidence, and self-esteem. ✨

I hope to be able to contribute a little grain of sand to your liberation and emotional healing.

That is why I am pleased to share with you this profound Workbook.
Get ready to connect with your most vulnerable side.
The one that you and I have. Because... I am like you.
🖤



Magga Braco

Your Mission

Your mission with this is to open your heart to face the pain that you hold inside, as we manage to bring some light into certain dark spaces of our past. This way we can initiate or continue a beautiful transformation and healing process from self-compassion and validation.

We will do so with awareness, resilience, vulnerability, honesty, and personal power.

We will dive into your experiences at a level where we understand that it can be safe to accept those difficulties and recognize the fears, behaviors that limit you, and insecurities, in order to **transform those wounds into power**.

I want to tell you with compassion that we do not have to suffer in silence and that we can thrive and celebrate our greatness and resilience together.

Emotions

Our culture speaks very little about emotions and the impact that negative emotions that are kept, hidden, denied, or ignored have on our bodies. Especially those such as *anger*, *frustration*, *fear*, *disappointment*, *indignation*, *and resentment*...

Sometimes "toxic positivity" doesn't allow us to let these emotions manifest themselves or we think that being vulnerable has something to do with weakness, but in reality, vulnerability is a strength.

(In your ***Masterclass "Undress Your Soul in 3 Steps"*** *you will see it)*

Our body can pay a very high price when we hide, deny or ignore strong emotions, causing us suffering, illness, and the fracture of many relationships (personal, friendly, romantic, professional, and yours with yourself).

To recognize this we need:
BRUTAL ACCEPTANCE and VULNERABILITY

WARNING:
If you feel that this unleashes very strong emotions that you cannot handle, or if you suffer from any delicate mental health condition... DO NOT DO THIS EXERCISE ALONE.

Consult with your trusted therapist.

WHAT WILL YOU NEED? + INSTRUCTIONS + SUGGESTIONS:

1: Get a special notebook for this📓

2: Give yourself time ⏳ *in a quiet place, preferably when you wake up*☀️ *(start with 15 to 30 min per day + no interruptions + set an alarm to remind you).* ⏰

3: Light a candle, incense or both🕯️ (create a ritual)

4: Have a cup of tea or coffee ☕ (pamper yourself)

5: Follow the steps✍️

6: Pay attention to your breathing. *Be sure to breathe slowly and deeply*🌬️

*You can complete this in 1 day, 1 week, 1 month... Take as much time as you need. **"It took me months"** 😕

*Dedicate a minimum of 3 times a week. It is a commitment to you.
The only rule is: If you start it, you finish it.😉

Perhaps as the days go by, more forgotten information will come to your mind. That's OK! Take note of EVERYTHING...✏️

"Remember. You are what you do, not what you say you're going to do."

Before we begin...

LET'S LOOK AT A SUMMARY OF WHAT WE WILL BE WORKING ON:

STEP 1: My Wounds #MyDarkCorners

In this first step, we are going to navigate your past or present emotional pain. You will make a list of **each event that hurt you and marked your life**.

When we explore and process these experiences we are doing profound **healing**, not only for ourselves but also for the people around us and the collective. This way we can stop self-sabotage, toxic behaviors, cycles of abuse, and trauma.

We need to bring some **awareness** to begin our journey.

Once we find and locate the pain, we can be aware and take action to transform, free ourselves and gradually heal.

So get ready because we're going to delve into situations of💩 ;)

STEP 2: My Truth #SilenceIsNotAnOption

This is the stage where you give yourself permission to **reflect**, **draw from yourself**, **and talk or write** about every event that hurt and marked your life.

And you will do it, with every situation or circumstance mentioned in Step 1. *Hey: without embellishments or justifications to third parties.*

Your mission is to validate what you went through; your emotions, your pain... and to allow yourself to express all that you have never been able to express and identify.

Your feelings and emotions are valid, it's time to let them out...

STEP 3: My Resilience #ResilientWarrior

"*Resilience is the ability to bounce back quickly from difficulties with tenacity.*"

Psst Psst... I want you to know that you are stronger than you think... And in this stage, you will see it reflected...

Here you are going to write down **any lesson** that pushed you to another stage of your life.

For example: I went through narcissistic abuse, but that led me to:

- Understand the type of relationship I don't want in my life.
- Learn that there are very toxic and harmful people.
- Learn to love myself even more and to establish healthy boundaries with others.
- Find my purpose.

It could be that your partner, friend or significant other betrayed you, and that led you to trust your intuition more and make better choices. And if tragic circumstances occurred, how could you evolve from that pain?

Ready?
Let's begin...

STEP 1: My Wounds #MyDarkCorners

"If you want to clean a room thoroughly, you will pick up and examine everything in it. Some things you will look at with love, dust off or polish to give them new beauty. Some things you will see need refinishing or repair, and you will make a note to do that. Some things will never serve you again, and it becomes time to let those things go. There is no need to get angry in order to clean a room, and it is the same thing when we clean our mental house. ***If a thought or belief doesn't serve you, let it go!***"

- Louise Hay

- **Think** 💭
- **Reflect** 🤔
- **Write** in your notebook 📓
- **List** 📝

Any difficult, toxic or traumatic situation in your life (as a child or adult).

For example:

- Betrayals (Friendship, family, professional, romantic)
- Violence (physical, psychological, sexual, emotional)
- Abuse
- Humiliations
- Rejections
- Scams (economic and emotional)
- Toxic situations
- Abuse by family members (physical, psychological, sexual, emotional)
- Harassment at work
- Narcissistic abuse
- **Everything that hurt or hurts is simply valid....**

Continue Step 1...

Make a list of it, in any order.

You may ask yourself... Why would I want to do that? I don't want to remember that...

Sometimes some emotional pain gets stuck in our body and affects our health, confidence, self-esteem, behavior, relationships, daily decisions, and reactions, or even leaves some resentment inside us that limits our potential and transformation or makes us repeat some cycle of abuse.

However, once we are aware of all that hurt, we cannot be indifferent and ignore what we need to let go of and heal.

"Exploring your past to wisely learn from it and heal it, is not the same as living in the past to repeat it."

Love note 1: Receive all emotions that come to you without judgment (be it anger, rage, or frustration)

Love note 2: Remember to take slow, deep breaths when strong emotions come (they may come).
And it's okay to cry, scream and punch pillows ;)

Continue Step 1...

Now, looking at what you wrote, answer:

A) WHAT DID YOU DO ABOUT IT? DID YOU ASK FOR HELP? (YES/NO) WHY?

Take 30 seconds to contemplate... **how your body feels?**
Notice what your heart feels like.

Observe what kind of tension you might have in your neck and shoulders. Notice how it feels to let a deep breath land on your chest and relax what is tense.

To communicate your feelings authentically to someone, you must first know how you feel.

When you feel agitated, take a couple of deep breaths. Inhale through your nose and exhale through your mouth to continue.

Continue to ask yourself what you did about it, whether or not you asked for help, and why, in each situation you wrote down in STEP 1.

Now **continue asking yourself** for each situation you wrote down in STEP 1....

B) DID I EXPRESS OR REPRESS THE FEELINGS AND EMOTIONS THAT AROSE FROM THIS SITUATION? (YES/NO) WHY?

Continúa Etapa 1...

**C) AFTER THAT SITUATION (MONTHS OR YEARS)....
WAS ANYTHING ABOUT ME AFFECTED? MY SELF-ESTEEM, CONFIDENCE IN MYSELF OR OTHERS, MY HOPE, MY PERSONAL VALUE, ETC.?
EXPLAIN...**

For example:

- Situation 1: I felt I was no longer the same. I lost my confidence and love for things that I was passionate about and gave me joy.

- Situación 2: I stopped expressing my feelings completely, and I stopped speaking out for what is not fair to me.

- Situation 3: I lived in panic, on alert, depressed, confused and vulnerable to criticism.

- Situation 4: I invalidated how I felt (perhaps you thought: "maybe no one cares how I feel")

- Situation 5: Maybe you feel a **strong rejection towards your body or some area of your body**, after some cruel criticism.

- Situation 6: You may have blamed yourself for what happened to you, when in reality, there are unfair circumstances that no one deserves or wants to live through.

Continue...

STEP 2: My Truth #SilenceIsNotAnOption

"Living with integrity means: Not settling for less than what you know you deserve in your relationships. Asking for what you want and need from others. Speaking your truth, even though it might create conflict or tension. Behaving in ways that are in harmony with your personal values. Making choices based on what you believe, and not what others believe."
- Barbara De Angelis

At times, we were silenced during our childhood. And then we adopted that silence into our adulthood. Sure, our parents did what they could with the tools they had, but understanding that doesn't erase the suffering and damage caused. In adulthood, **that silence can be bitter and poisonous**.

Then... it's time to bring out **all those emotions that you have stored**, **denied, or ignored** for days, months, and often years, either out of fear, shame, or pride.

Answer...

A) WHAT WOULD YOU LIKE TO EXPRESS AND TO WHOM...? LET IT OUT... HOW DO YOU FEEL?

Continue Step 2...

I encourage you to:

1. **Write a letter**
2. **Record a voice note**
3. **Record a video**

You can select 1 of these 3 options to free yourself. **I recommend all 3 ;)**

Do this for every person or every situation in which you did not express your feelings, your truth. And if you must include yourself in that list to forgive yourself, GO AHEAD!

THEN YOU CAN BURN IT, DELETE IT OR DESTROY IT (DO NOT SEND IT, THIS IS ONLY FOR YOU).

Love note 1: Receive all emotions that come to you without judgment (be it anger, rage, or frustration)

Love note 2: Remember to take slow, deep breaths when strong emotions come (they may come).
And it's okay to cry, scream and punch pillows ;)

Continue...

STEP 3: My Resilience #ResilientWarrior

Remember...

In this stage, you will discover how you can **transform your wounds into power** to:

- connect with your resilience
- help others
- raise awareness
- be a better person
- prevent others from going through what you have gone through
- set boundaries for others
- reclaim your power and mainly...
- FREE YOURSELF

PHASE 1 WRITING DOWN EVERYTHING THAT COMES TO YOUR MIND, ANSWER...

- How did you overcome those circumstances, those difficulties?
- How did you get up from the fall? Or what are you willing to do to get up?
- How did you overcome or do you wish to overcome that adversity?
- How did you start over, or how do you want to start over?
- Embrace that feeling of gratitude for all that you have overcome and are willing to overcome. Hug yourself (literally) ;)

PHASE 2 REFLECT IN EVERY MOMENT OF BRAVERY, OF GALLANTRY, OF COURAGE...

Those moments when you:

- filled yourself with courage...
- said something you were afraid to say...
- overcame a fear you thought you could never overcome...
- gave a stop to someone who was hurting you...
- Any act for which you feel proud of yourself and how you overcame it... Or visualize and plan how you want to overcome it...

"WE ONLY LOSE A BATTLE WHEN WE GIVE UP"...



I AM VERY HAPPY THAT YOU ARE HERE AND HAVE DECIDED TO GIVE YOURSELF THE GIFT OF THIS ACTIVITY AND JOIN ME IN THIS TRANSFORMING, PROFOUND AND IMPORTANT JOURNEY FOR YOUR LIBERATION PROCESS.

BECAUSE THE WORLD NEEDS MORE PEOPLE WHO ARE WILLING TO ACCEPT, HEAL AND SHARE THEIR BATTLES AND DIFFICULT SITUATIONS.

Magga Braco

HOW CAN I HELP YOU?

📢 **I am looking for people who would like to participate in a video call interview with me.** 👋

Hearts that have gone through or are going through abusive, toxic and unfair situations and who wish to be accompanied in the transformation of their relationship with themselves. People who wish to use dance as a tool to regain their confidence and self-esteem, which may have been fractured at some point in their lives.

My focus is on holistic internal and external training.
I'm not teaching a simple dance class for fun.
Do you feel that aligns with your interests or goals? Yes?

Then I would love to interview you (purely for my own research) to help me build a personal transformation program I am working on.

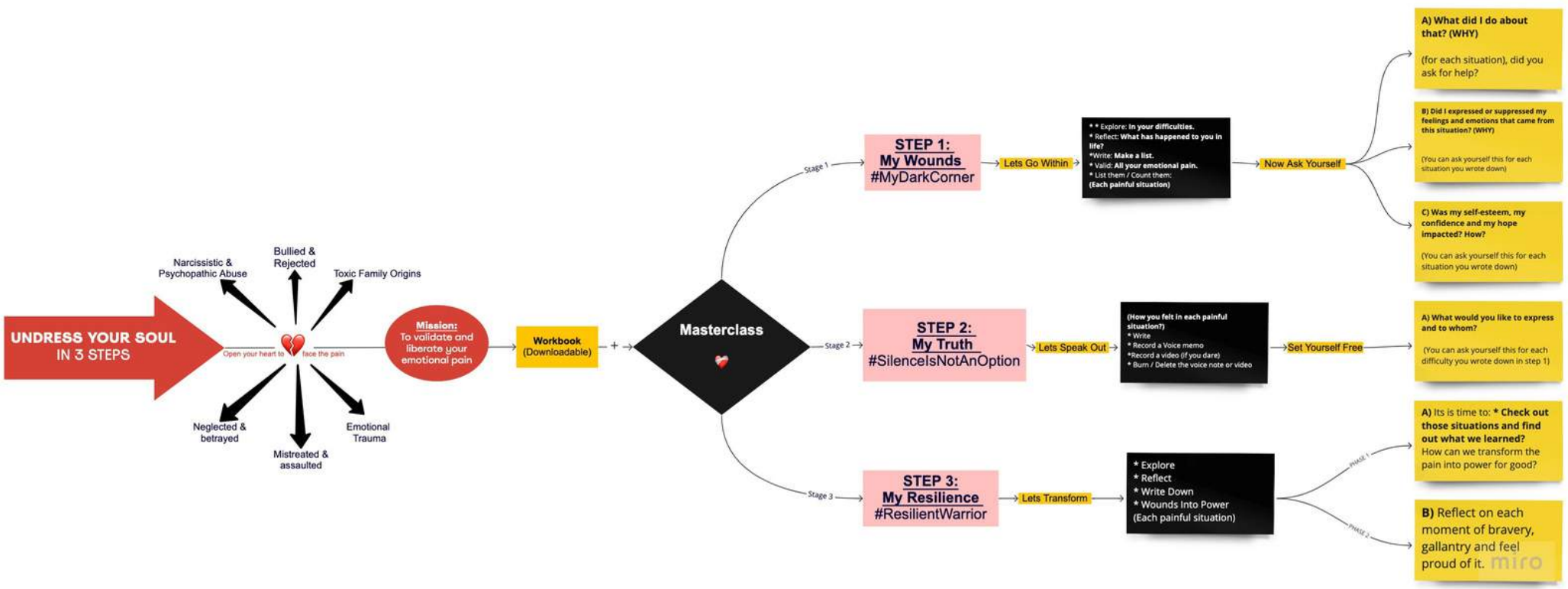
Would you like to participate?

Fill out the form that will appear after clicking on **book a call**. If you know someone else who fits this description, could you recommend me? I would be very grateful...

BOOK A CALL

"Remember... You are Wonderful" *With love Magdielle* ♥

UNDRESS YOUR SOUL IN 3 STEPS **MIND MAP**



WOULD YOU LIKE TO TELL ME YOUR STORY?

Email me at **heymaggacheckthis@gmail.com**
Your identity will be kept completely confidential.

"*There is no glory in hiding what makes you so strong. There is no glory in hiding what built your resilience, your determination and your transformation.*" - *Lisa Nichols*