

# Her Return

*6 Pillar Reclamation Path*

A Feminine Framework  
for Identity, Embodiment,  
and Aliveness

*Abigail Eaton-Masters*



# WELCOME

There was a time in my life where I searched deeply for love, healing, belonging, and understanding through relationships, spiritual exploration, emotional transformation, and the continual desire to return more fully to myself.

Over time, I began recognising that beneath every identity I had inhabited, there existed a deeper awareness quietly waiting for me to remember who I truly was. This work emerged through that return and through my fascination with the way identity shapes the body, intimacy, femininity, pleasure, self-worth, and the experience of being fully alive.

Everything shared within these pages exists as an invitation back into your own presence, your own embodiment, and your own deeply connected relationship with life itself.

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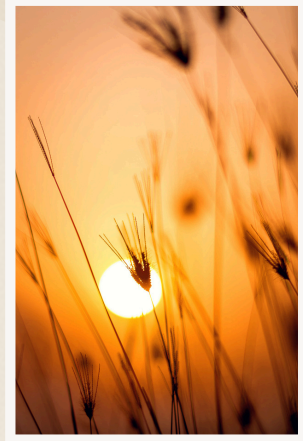
# The woman you desire to become, already exists within you now.

There are seasons in a woman's life where something within her begins asking for a more truthful way of being. From the outside, her life may appear full and functioning, and yet beneath the movement of everyday life she senses herself standing at the threshold of a deeper relationship with her own existence. A deeper relationship with her body. A deeper relationship with love, intimacy, beauty, creativity, sensuality, emotional truth, and the experience of being fully alive within herself.

Often this awakening arrives through exhaustion with old ways of being, through the desire for greater authenticity, through the longing for deeper connection, or through the recognition that the woman she has known herself to be no longer fully reflects the woman she feels herself becoming.



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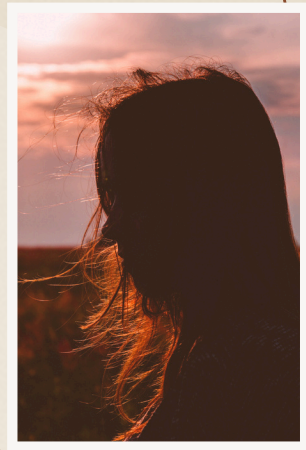


Many women move through life carrying identities shaped through years of emotional adaptation and relational conditioning until those identities begin feeling inseparable from the self itself. Over time, a woman can begin experiencing herself through the lens of survival, performance, vigilance, and emotional accommodation. Or even overgiving, self-protection, striving, and invisibility whilst something deeper within her continues waiting patiently beneath it all.

The identities held within awareness influence the relationships she enters, the intimacy she allows, the pleasure she receives, the visibility she inhabits, the abundance she experiences, and the way she moves through the world emotionally, creatively, spiritually, relationally, and physically.

Within these pages, the phrase "I AM" speaks to the aware presence that exists beneath every changing thought, every emotional state, every memory, every role, and every life experience. I AM speaks to the conscious self that remains present throughout every transition, every expansion, every transformation, and every becoming. It speaks to the living awareness through which a woman experiences herself and her reality.

# The woman you desire to become, already exists within you now.



The six pillars within this framework guide a woman into a deeper relationship with that awareness through embodiment, conscious identity, feminine expression, eros, emotional openness, pleasure, intimacy, and self-authorship. Rather than moving through force, pressure, performance, or continual striving, this journey invites a softer and more intimate relationship with self where transformation unfolds through deeper recognition, deeper embodiment, and deeper permission to exist fully as the woman she already senses herself to be.

As awareness shifts, life begins responding differently. The body begins responding differently. Relationships begin responding differently. A woman begins experiencing greater congruence between the self she experiences internally and the life she experiences externally.

Through this process, many women rediscover a sense of aliveness, beauty, emotional spaciousness, sensuality, creativity, peace, and feminine depth that has quietly existed within them all along.

This framework therefore serves as an invitation into a more conscious, embodied, loving, and fully inhabited relationship with yourself, your body, your eros, your emotional world, your feminine expression, and the life you desire to experience as your own.

# 01 Remembering

Every woman moves through experiences that shape the way she relates to herself, her body, intimacy, love, visibility, pleasure, connection, and life itself. Over time, these experiences can become deeply woven into the emotional and physical architecture of a woman's inner world, influencing the way she speaks, moves, relates, protects herself, opens her heart, receives love, expresses desire, and experiences safety within her own body.

Many women become extraordinarily skilled at adaptation. They learn how to attune to the emotional environments around them with immense sensitivity and intelligence. They learn how to hold space for others whilst carrying vast emotional landscapes within themselves. They cultivate awareness, intuition, resilience, beauty, emotional depth, competence, sensuality, independence, and care.

They develop ways of moving through life that support belonging, connection, relational harmony, emotional safety, and survival. Over time, these ways of being can become so familiar that they begin feeling inseparable from identity itself.

As emotional and relational patterns deepen through lived experience, a woman may begin experiencing certain thoughts, bodily sensations, emotional responses, relational dynamics, or internal narratives as though they represent the entirety of who she is. The body develops recognisable ways of holding experience. Emotional responses become embodied through repetition. Ways of relating become woven into identity.



Awareness itself can become so deeply immersed within emotional history, relational longing, self-protection, hyper-vigilance, striving, pleasing, perfectionism, or emotional adaptation that a woman gradually begins experiencing herself through those patterns rather than through the deeper presence existing beneath them.

Within this first pillar, a woman begins gently bringing awareness to the distinction between the experiences she has lived and the deeper awareness through which all experiences are perceived. She begins recognising the identities she has inhabited throughout her life and noticing the ways she has shaped herself around emotional pain, relational dynamics, protection, longing, performance, self-preservation, or the continual search for love, certainty, safety, approval, or belonging.

Rather than creating shame, this recognition often opens profound compassion because she begins understanding the intelligence and devotion that existed within every adaptation her body, heart, and nervous system developed throughout her life.

As this awareness deepens, identity begins softening around the edges. Thoughts continue moving through awareness. Feelings continue moving through the body. Memories continue arising naturally within consciousness. Emotional waves continue passing through the nervous system, and yet a woman begins sensing a deeper steadiness underneath every changing experience.

# 01 Remembering

She starts recognising herself as the awareness within which experiences arise rather than as the experiences themselves. She begins sensing that awareness itself has remained present throughout every season of life with remarkable continuity, openness, sensitivity, and aliveness.

This shift creates profound spaciousness within the body and psyche because a woman begins relating to herself through tenderness, reverence, compassion, understanding, and presence. She recognises the sensitivity within the ways her heart learned to protect itself.

She recognises the intelligence within the ways her body learned to respond to life. She experiences reverence for the woman she became whilst moving through the realities of her lived experience, and through that reverence, something softer begins emerging naturally within awareness.

Through this pillar, a woman begins reconnecting with the deeper self that has remained present beneath every experience she has ever lived. A softer self. A more connected self. A more embodied self. A woman capable of intimacy, pleasure, creativity, openness, beauty, abundance, visibility, eros, devotion, and deeply inhabited love.

She begins experiencing herself through presence rather than through survival alone, and within that shift, life itself begins reorganising around a deeper truth already waiting within her.

# 01 Remembering

## 02 Presence

As a woman begins recognising herself beyond the emotional and relational patterns that once shaped the centre of her inner world, a deeper awareness naturally starts emerging within her experience.

Beneath every role she has inhabited throughout life, beneath every relationship, every transformation, every season of becoming, and every emotional landscape she has travelled through, there exists a steady presence that has remained with her throughout it all.

A presence that experiences life directly. A presence that observes thoughts moving, emotions rising, sensations shifting, identities evolving, relationships unfolding, and reality continually changing through the movement of life itself.

Across many spiritual traditions, this deeper awareness of being has often been expressed through the words "I AM." These words point toward the living awareness of existence itself. The conscious presence within a woman that remains aware throughout every changing condition.

The awareness through which life is experienced. The awareness through which love is experienced. The awareness through which intimacy, beauty, grief, pleasure, longing, creativity, sensuality, connection, and embodiment are all perceived and lived.

Within this pillar, a woman begins developing a more conscious relationship with that awareness within herself.



Rather than experiencing herself primarily through emotional reactions, relational dynamics, memories, external circumstances, or changing states of mind, she begins sensing the deeper ground of presence through which all experiences arise.

She starts noticing the difference between awareness itself and the experiences moving within awareness. Thoughts continue moving. Feelings continue moving. The body continues responding to life with sensitivity and intelligence. Relationships continue evolving. Desires continue unfolding naturally within the heart. Yet beneath every movement, awareness itself remains present.

As this relationship with presence deepens, many women begin experiencing profound spaciousness within themselves. The body often begins softening naturally. Emotional experiences begin moving with greater openness and fluidity.

A woman becomes more present with herself physically, emotionally, relationally, creatively, and spiritually. She becomes more available for intimacy. More available for pleasure. More available for beauty, eros, creativity, connection, expression, and love. Presence itself begins nourishing the nervous system through the experience of greater internal safety, deeper self-connection, and increased emotional spaciousness within the body.

Through this process, identity gradually begins reorganising around awareness rather than around inherited conditioning, emotional history, relational adaptation, or familiar patterns of self-perception.

## 02 Presence

A woman begins experiencing herself as the conscious presence through which life is continually unfolding.

She starts recognising that the relationship she holds with herself profoundly shapes the way she experiences reality itself. The way she perceives herself influences the way she experiences intimacy, abundance, visibility, creativity, relationships, purpose, beauty, sensuality, and the emotional texture of everyday life.

As Presence deepens, many women begin experiencing a profound reconnection with themselves. They experience greater intimacy with their own inner world. Greater trust in their bodies. Greater openness within relationships. Greater receptivity toward love, support, abundance, creativity, and emotional connection.

A woman begins feeling life moving through her with greater softness, vitality, emotional truth, sensuality, and aliveness because awareness itself begins taking a more central place within her lived experience.

Through this pillar, I AM gradually transforms from a spiritual idea into a lived experience of presence. A lived experience of consciousness recognising itself through the body, through relationships, through sensuality, through creativity, through emotional openness, and through the unfolding experience of being fully alive within the reality of her own life.

## 02 Presence

## 03 Choosing

As a woman deepens her relationship with presence and awareness, she naturally begins recognising the profound influence identity has upon every aspect of lived experience. The way a woman experiences herself internally shapes the way she moves through relationships, intimacy, embodiment, creativity, abundance, visibility, emotional connection, self-expression, pleasure, purpose, and life itself. Identity quietly informs perception, behaviour, emotional responses, relational dynamics, and even the ways the body organises around experience.

Many women move through life inhabiting identities formed gradually through repetition, emotional environments, relational experiences, family dynamics, cultural conditioning, and deeply familiar ways of perceiving themselves. Over time, these identities can begin feeling deeply natural because the body and nervous system acclimate to experiencing life through them.

A woman may begin perceiving herself through identities connected to emotional caretaking, hyper-independence, self-sacrifice, emotional vigilance, perfectionism, overgiving, striving, relational anxiety, invisibility, or the continual pursuit of love, approval, safety, recognition, certainty, or belonging.

As awareness deepens, a woman gradually begins noticing the ways identity shapes her lived experience from the inside outward. She begins recognising how self-perception influences the way she carries herself physically, emotionally, relationally, creatively, energetically, and spiritually.



Identity informs posture, emotional expectation, body language, movement, boundaries, openness, receptivity, intimacy, self-expression, desire, visibility, and the emotional atmosphere carried within the nervous system and body. Through this recognition, a woman begins understanding that the relationship she holds with herself continually influences the reality she experiences around her.

Within this pillar, a woman begins consciously engaging identity as a living act of self-authorship. Rather than allowing identity to continue forming automatically through emotional repetition or inherited conditioning, she begins bringing awareness toward the woman she now desires to experience herself as being.

She begins exploring the qualities, emotional states, relational experiences, ways of moving, and ways of being that feel aligned with the deeper truth emerging within her awareness.

She begins sensing the woman who experiences love through openness, emotional safety, devotion, and receptivity. The woman who inhabits her body with softness, sensuality, confidence, beauty, and presence. The woman who experiences visibility with groundedness and self-trust. The woman who experiences abundance with ease and emotional spaciousness. The woman who experiences intimacy as nourishing, connected, emotionally alive, and deeply embodied.

Through this process, identity gradually shifts from unconscious inheritance into conscious embodiment.

OB Chasing

This pillar invites a woman into a far more intimate relationship with herself because she begins recognising that awareness itself carries the capacity to consciously choose how life is experienced internally and embodied externally.

She starts experiencing herself as an active participant within the unfolding of her life rather than as someone continually moving through familiar emotional patterns or inherited relational dynamics. Identity becomes something living, fluid, embodied, and intentionally cultivated through awareness, presence, self-perception, emotional congruence, and embodied experience.

As identity begins reorganising consciously, the body naturally starts responding to the chosen self. Emotional patterns begin softening. Relational experiences begin shifting. The nervous system begins acclimating to greater openness, pleasure, visibility, intimacy, emotional safety, creativity, softness, self-expression, and receptivity. A woman gradually begins experiencing increasing congruence between the life she inwardly desires and the woman she consciously experiences herself as being.

Through this process, conscious identity becomes a devotional relationship with self. A woman begins choosing herself deliberately, lovingly, and consistently through the way she experiences her own being. She begins recognising that the qualities she longs to experience more fully already exist within her awareness awaiting embodiment, expression, and lived experience. Through that recognition, life itself begins responding to the woman she now knows herself to be.

03 Choosing

## 04 Embodiment

As a woman consciously begins experiencing herself through a new identity, the body naturally starts reorganising around that inner shift in awareness. The body responds intimately to self-perception. Breath changes through identity.

Posture changes through identity. Emotional openness changes through identity. Relational capacity changes through identity. The way a woman inhabits space, receives attention, experiences intimacy, expresses desire, moves through the world, and allows herself to be seen all begin reflecting the woman consciousness now recognises as true.

Many women gradually experience distance from the body as emotional adaptation, relational attentiveness, survival intelligence, caregiving, performance, emotional vigilance, or continual responsiveness toward the expectations and emotional environments around them shape the nervous system and physical experience of embodiment. Over time, the body acclimates to these internal states.

Emotional contraction becomes familiar. Certain ways of holding tension become familiar. Certain relational responses become familiar. Sensuality, pleasure, eros, emotional openness, softness, creativity, and feminine expression can begin quietening within the body simply because the body organises itself around the identities repeatedly inhabited within awareness.

Within this pillar, a woman begins cultivating a far more conscious and intimate relationship with embodiment. Rather than attempting to transform herself externally through pressure, performance, or force, she begins allowing



the body to respond naturally to the truth of who she consciously experiences herself to be.

Within this pillar, a woman begins cultivating a far more conscious and intimate relationship with embodiment. Rather than attempting to transform herself externally through pressure, performance, or force, she begins allowing the body to respond naturally to the truth of who she consciously experiences herself to be.

As awareness deepens and identity softens into greater congruence, the body often begins responding with greater openness, receptivity, emotional fluidity, vitality, softness, and aliveness.

This process unfolds organically because the body exists in continual relationship with consciousness itself. The nervous system responds to perceived emotional safety. The heart responds to openness and connection. Sensuality responds to presence. Eros responds to embodiment. Pleasure responds to permission. Emotional energy responds to spaciousness.

A woman gradually begins recognising the immense intelligence held within her body and sensing the ways this intelligence continually reorganises around the emotional, relational, energetic, and psychological environment cultivated within awareness.

As embodiment deepens, many women begin experiencing profound shifts within their relationship to sensuality, pleasure, beauty, movement, touch, desire, emotional intimacy, creativity, visibility, and feminine expression.

## 04 Embodiment

Emotional energy begins moving more openly throughout the nervous system and physical body. A woman starts experiencing greater connection between her awareness, emotions, body, relational experiences, and creative life force.

Eros often begins awakening through this process as life force itself moving through the body with greater vitality, openness, warmth, creativity, sensuality, and emotional depth. Desire begins feeling more alive.

Pleasure begins expanding beyond isolated moments into a more continuous relationship with embodiment itself. Beauty starts emerging organically, expression begins unfolding through movement, voice, emotional openness, creativity, sensuality, intimacy, softness, and the increasing freedom to exist more fully within the body.

As the body reorganises around the chosen self, many women begin noticing that relationships, emotional experiences, opportunities, creativity, intimacy, visibility, abundance, and the way life responds to them all begin shifting naturally alongside their embodiment. Life starts reflecting the openness, vitality, sensuality, confidence, emotional congruence, beauty, and aliveness now carried within awareness and expressed through the body itself.

Through this pillar, embodiment becomes a living expression of conscious identity. A woman begins experiencing herself as fully alive within her own body, deeply connected with her own eros, emotionally available for intimacy and connection, and increasingly open to the richness of life moving through her.

## 04 Embodiment

## 05 Aliveness

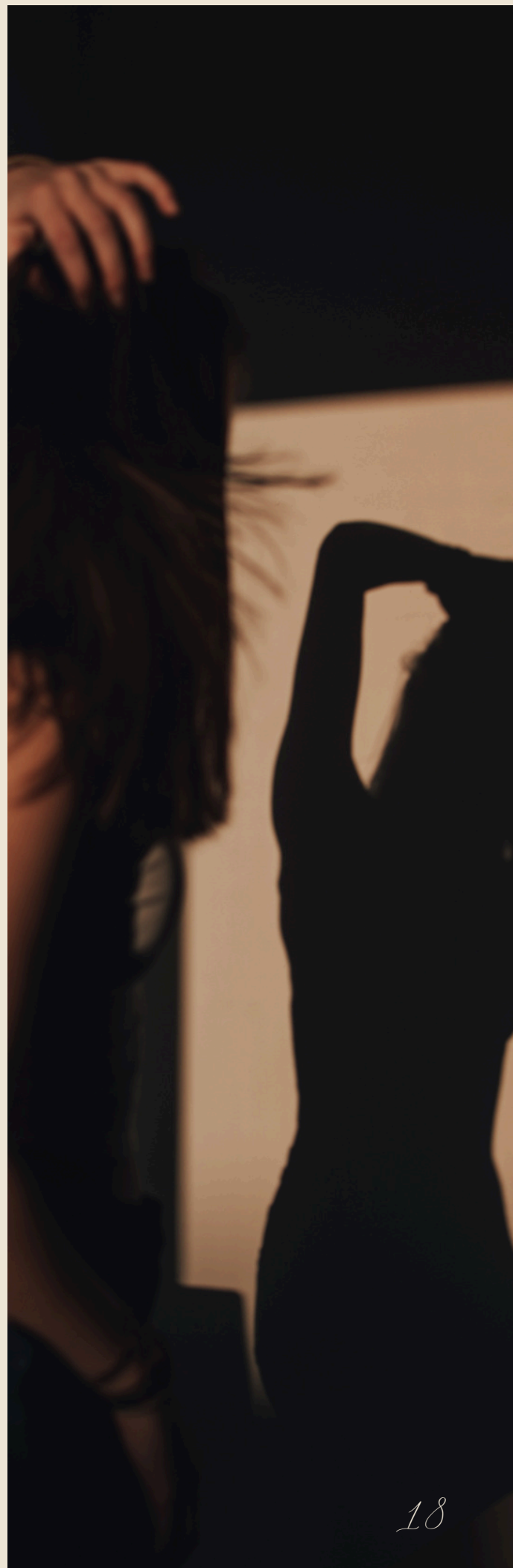
As a woman deepens into embodied presence and begins experiencing herself through a consciously chosen identity, life force naturally starts moving through her with greater openness, fluidity, softness, vitality, and emotional richness. Pleasure begins returning through the body organically because pleasure exists as a natural expression of aliveness itself.

Sensuality begins unfolding with greater ease because the body responds intimately to safety, presence, receptivity, emotional openness, and self-connection. Beauty begins radiating through embodiment because a woman starts inhabiting herself more fully, more consciously, and more intimately.

Many women carry a deep longing to feel connected to life again through their own lived experience. They long to feel connected to their bodies, connected to pleasure, connected to beauty, connected to emotional truth, connected to creativity, connected to desire, connected to feminine expression, and connected to relationships that feel emotionally nourishing, spiritually alive, and deeply reciprocal.

As a woman reconnects with herself internally, these qualities often begin emerging naturally through her presence because the body, heart, nervous system, emotions, and relational world begin responding to the identity awareness now consciously inhabits.

Within this pillar, a woman begins experiencing greater permission to exist fully within her sensuality, emotional depth, visibility, softness, creativity, beauty, eros, and relational openness. She begins recognising that feminine



expression carries profound intelligence, emotional wisdom, creative life force, and sacred aliveness within it.

Pleasure gradually becomes woven into everyday embodiment rather than existing as something distant, conditional, or occasional. Beauty becomes an experience of presence and self-connection rather than performance. Intimacy becomes a deeper capacity for emotional openness, honesty, devotion, receptivity, tenderness, and embodied relational connection.

As this process unfolds, many women begin noticing subtle yet powerful changes within the way they move through the world. The body often softens naturally. Self-expression becomes more fluid and authentic. Visibility begins feeling safer and more expansive. Emotional openness increases within relationships.

Receptivity toward support, love, abundance, intimacy, creativity, pleasure, and connection begins deepening organically. She starts experiencing greater vitality within her daily life because she begins inhabiting herself more fully and allowing life to move through her with greater openness and emotional congruence.

Eros also deepens profoundly within this pillar. Eros expands far beyond sexuality alone and begins revealing itself as life force energy moving consciously through the body, emotions, creativity, sensuality, relationships, beauty, spiritual connection, and feminine embodiment. Creative energy deepens. Emotional richness expands.

05 Aliveness

Sensitivity becomes more refined. Presence within the body intensifies. Desire becomes more conscious, embodied, and emotionally connected. A woman begins experiencing herself as intimately connected to the movement of life flowing through her awareness, body, heart, sensuality, creativity, and relational experiences.

This pillar invites a woman into a deeper relationship with the fullness of her feminine nature. She begins experiencing increasing harmony between awareness, body, emotions, sensuality, beauty, pleasure, creativity, eros, intimacy, and self-expression. Life starts feeling richer, softer, more emotionally connected, more embodied, and more deeply alive because she herself begins allowing greater openness to the experience of fully inhabiting her own existence.

As feminine aliveness expands naturally within awareness and embodiment, relationships also begin responding differently. A woman starts experiencing greater resonance with relationships, opportunities, environments, experiences, and forms of intimacy that reflect the openness, softness, emotional congruence, vitality, self-worth, beauty, visibility, and relational depth she now carries within herself. Life gradually begins mirroring the intimacy she has cultivated internally through the way she now experiences her own being.

Beauty returns as embodiment. Intimacy returns as emotional presence. Eros returns as creative life force moving consciously through the body, the heart, the nervous system, the relational world, and the unfolding experience of being a woman deeply connected to herself and fully available for the richness of life.

# 05 Aliveness

# 06 Integration

As a woman deepens into conscious identity, embodied presence, feminine aliveness, emotional openness, and self-connection, her external reality naturally begins reflecting the transformation taking place within her inner world.

Relationships begin responding differently. Opportunities begin emerging through new pathways. Creativity expands into greater visibility and expression. Financial reality begins reorganising through new forms of alignment and receptivity. The body carries itself differently. Conversations feel different. Intimacy feels different. The emotional atmosphere through which life is experienced begins shifting because consciousness itself now experiences reality through a different sense of self.

Many women spend years focusing primarily upon external conditions whilst continuing to experience themselves internally through identities shaped by emotional history, relational pain, striving, self-protection, vigilance, longing, adaptation, or survival.

Within this pillar, a woman begins recognising the profound relationship between self-perception and lived reality. She begins sensing that the relationship she holds with herself continually informs the relationship she experiences with life itself. Awareness, embodiment, emotional congruence, and identity begin moving together as part of one interconnected experience.

As awareness deepens, a woman gradually begins moving through life with greater congruence between her inner identity and outer experience.



Decisions begin arising through greater self-trust. Relationships begin unfolding through greater openness and emotional clarity.

ceptivity toward love, support, abundance, beauty, intimacy, creativity, purpose, visibility, and fulfilment begins expanding naturally. The emotional world softens because life itself begins feeling more relational, responsive, alive, interconnected, and emotionally attuned to the identity awareness now consciously inhabits.

Through this process, many women begin experiencing a profound shift in the way they relate to desire itself. Desire remains deeply alive within the heart, yet desire begins moving through grounded certainty, openness, trust, emotional congruence, and self-connection.

A woman begins sensing herself as an active participant within the unfolding of her lived experience. She recognises her capacity to consciously choose the qualities, relationships, experiences, realities, and ways of being she desires to embody and experience more fully within life.

As self-perception shifts, emotional expectation shifts naturally alongside it. As emotional expectation shifts, relational experiences begin reorganising. As relational experiences reorganise, life itself gradually begins reflecting the woman now held within awareness.

This transformation often unfolds quietly through subtle shifts in behaviour, emotional openness, embodiment, self-expression, receptivity, boundaries, visibility, creativity, intimacy, and the energetic atmosphere a woman carries within herself each day.

## 06 Integration

Over time, these shifts begin creating profound changes within the way life responds to her.

Within this pillar, many women experience a growing sense of steadiness, emotional spaciousness, trust, and peace because identity begins feeling rooted internally rather than dependent upon external confirmation. A woman begins trusting life more deeply because she experiences deeper trust within herself.

She recognises that consciousness continually participates within the shaping of lived experience through awareness, embodiment, perception, emotional congruence, and the identity she consciously inhabits within each moment of life.

Through this pillar, reality becomes a living mirror reflecting consciousness back to itself. Relationships reflect identity. Love reflects identity. Abundance reflects identity. Intimacy reflects identity. Creativity reflects identity. Visibility reflects identity. Life itself begins responding to the woman awareness now recognises as true.

This final pillar opens into a way of living where embodiment, eros, intimacy, creativity, consciousness, love, purpose, beauty, abundance, and reality all begin moving together in greater harmony. A woman begins experiencing herself as deeply connected to life itself, and life begins responding through the same depth of connection she now carries within her own being.

## 06 Integration

# IN CLOSING

As a woman begins experiencing herself differently within her own awareness, life itself begins responding through new pathways of embodiment, intimacy, emotional openness, creativity, beauty, connection, and self-expression. The relationship a woman holds with herself quietly informs the way she experiences love, the way she inhabits her body, the way she receives support, the way she expresses desire, the way she moves through intimacy, and the way reality mirrors itself back through her lived experience.

Over time, many women begin sensing that the life they long for has always existed in relationship with the woman they experience themselves to be within. As identity softens into greater presence and consciousness reconnects with wholeness, the body gradually responds with greater openness, the nervous system

begins settling into deeper safety, pleasure begins flowing more naturally, and emotional life starts carrying greater spaciousness, softness, vitality, and connection. A woman begins feeling more fully alive within herself because she begins inhabiting herself more consciously and more lovingly.

This journey therefore becomes far more than healing alone. It becomes a return into embodied relationship with life itself. A return into presence within the body. A return into eros, creativity, sensuality, emotional truth, feminine expression, intimacy, beauty, visibility, love, and conscious self-authorship.

The woman you desire to become already exists within you now as a living possibility waiting for deeper embodiment, deeper permission, deeper expression, and deeper self-recognition. Through awareness, conscious identity, embodiment, emotional openness, and feminine aliveness, life begins reorganising around the woman you now know yourself to be.

If these words resonate somewhere deeply within your experience, then this work may feel like a natural continuation of a journey already quietly unfolding within you. My spaces, teachings, conversations, coaching, and future offerings exist to support women in deepening their relationship with themselves, their bodies, their pleasure, their consciousness, their intimacy, and the lives they desire to inhabit fully.