

GRACE.Y  
THE POWER WITHIN

# I AM WOMAN

ELITE & INTIMATE PROGRAM FOR WOMEN  
TO TRANSFORM & CHANGE YOUR LIFE

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**ELITE & INTIMATE PROGRAM FOR WOMEN  
TO TRANSFORM & CHANGE YOUR LIFE**

Together, one woman at a time, we  
rise in bliss to **inspire our own lives**  
first & then the lives of others

**A VERY WARM WELCOME!**

ALL MY LOVE,  
**GRACE.Y**

# I AM WOMAN Elite Program

**This program is not for the faint hearted. It's for the woman that is ready to JUMP.**

**Although you may be in 'hiding', unable to draw and access the power you already have within your PERFECT soul, to be on this program means you have decided to finally say a HUGE YES! To yourself.**

YES, I am ready to shine!

YES, I am ready to truly access my own power!

YES, I am ready to radically change!

YES, I am ready to take this life with both hands and live my dreams!

YES, I am ready to FEEL every muscle in my body come alive!

YES, I am ready to take on the world just as I want to!

YES, I am ready to sour above all my fears into the life I know I deserve!

YES, I am ready to take risks and go beyond my limitations!

YES, I am ready to show my true essence of the beauty within to the world!

YES, I am ready to be guided into a journey that will CHANGE my life!

YES, YES, YES, YES, YES, YES!

Is this YOU? A woman that knows deep within her heart that ENOUGH! Enough living NOT in line with my own destiny and YES! I want to know how to truly learn to live in line with who I TRULY AM. Then this is most CERTAINLY for you.

**It's a once in a lifetime investment. It's a time when you invest in what matters the most in this precious life. YOUR OWN LIFE.**

We think that once we chance everything around us, then we will feel complete inside. Flip that thought around and KNOW that the change happens first from within and once the FIRE and the POWER of what you already are inside begins to burn and transform, watch the magic work when your world around you also matches that transformation. It's truly BLISSFUL.

**LET ME SHOW YOU HOW!**

# This Elite Program

is transformative and deeply healing. This means that we need to allow space and opportunity for this to occur in its MOST natural state. Therefore, the order in which the weeks will occur will depend on the dynamic of the 5 women on the program and the overall transformation. Please be aware while reading the program document that it may not be in the below stated order. Every element mentioned below will be included profoundly, beautifully & organically as it needs to with the group.

**If you feel that you are one of the 5 “I am woman” participants and are TRULY ready to transform your life, please contact us to book a 15-20 minute call to connect with your energy and for you to connect with Grace.Y.**

Further info: [www.grace-y.com/i-am-woman](http://www.grace-y.com/i-am-woman)

# Soul Empowerment

01



# 1. Fiera

**Fierce. Fearless. Bold. Wild. Fire.**

**This week we DIVE DEEP into these powerful energies.**

With BOLD force, only your true inner self can be revealed.

With FIERCE conviction, nothing but REALITY can shine through-  
SURE< REAL<AUTHENTIC SELF.

Fearlessly you can master ANYTHING that is holding you back.

With the Fire we have already ignited in you, ACTION becomes inevitable.

Wild adds the essence of FREEDOM and once you feel freedom in your soul, this is when you can truly FLY.

**Put the 5 elements together. Get ready to EXPLODE!**

# 2. Feminine Fire

**I am woman therefore I AM!**

**I am BEAUTIFUL**

**I am STRONG**

**I am POWERFUL**

**I am INDEPENDENT**

**I am WORTHY**

**I am FREE**

**I am UNIQUE**

By accessing the SACRED element of being a woman, these words will resonate so TRUE, so WHOLE, so PURE and so POWERFUL in your PSYCHE that only transformation is possible.

This week these words will FILL YOUR SOUL and their resonance will initiate a FIRE that will burn through your limitations of mind, body and spirit and morph you into your PURE & PERFECT reality.

## 3. Sacred Sex

**Our sex is Sacred, our body is Sacred, our femininity is Sacred.**

This week we HONOUR and ADORE our sexuality as being women. We delve deep into the SACRED element of our sex, our womanhood. We cultivate the organic, true, and natural feelings towards our sexuality & expose our true authentic sexual selves.

Ridding our Psyche of shame, guilt, neglect, dishonour, abuse, we DEEPLY learn to harness our feminine sexual selves in all its GLORY.

We fully and wholeheartedly EMBRACE and HONOUR our selves. This powerful sacred transformation ignites a pride and deep love for our womanhood, the reverberation of it transcending the limitations of the human mind.

**It's DELICIOUS!**



## 4. She 555 (Changes)

**The initiation of CHANGE can occur instantaneously given the right environment.**

This week holds the space for CHANGE. We rid our minds of the false concept that time is on our side and WAKE up to the reality that in this conscious life we are in right NOW, time is fleeting, fast and does not wait for anyone. Time is multidimensional and for the few lucky human individuals BLESSED with the GREATEST GIFT of consciousness in this life, this week we learn at the SPEED OF LIGHT, to grasp your life with ALL you have and make it exactly as you want it NOW!

We spark the initiation for CHANGE in every element of your life and you can magically watch how quickly and easily things CAN transform, faster than the human mind can comprehend.

**We JUMP, we LEAP, we PROPEL, we ROCKET!**

**ARE YOU READY?**



Change



## 5. Blossom Bitch

**Not taken in its proverbial meaning, the word BITCH here is only used to spark the inner wild woman in YOU!!!**

We all have it, we all miss it, we all want to feel it any day, any age. We have all cultivated the tools to shut our WILD SELVES right down.

And I'm here to tell you that finding that WILD WOMAN and bringing her out every day is transformational. The WILD WOMAN does not have to show it in how she presents herself, it's more of a FEELING. YES! An explosive feeling of wildness and freedom inside your soul that you can translate into ANYTHING YOU DO!

Embodying the wild woman in you is exhilarating a permanent feeling that will transform even the way you take your steps.

**This week we allow her to BLOSSOM, wow! YES! She has the space, the freedom, the love, and support to head right back out and begin to PLAY!**

## 6. Silk & Stilettos

**Who is SHE? Who is SHE really? In truth, in essence, at the core of her being?**

What does her SOUL sing, what is the language of her HUGE expansive heart? Oh YES! Hello YOU. This week is all about un layering. With grace, we unveil, layer by layer to really and truly reveal what your heart sings.

Be it silks or stilettos, or a jumpsuit, girl we are going to OWN IT. The mental tug of war between heart and mind is put to rest as we allow your SOUL to speak for itself. We have been conditioned to listen to our minds and I'm here to tell you that it is your heart and soul that your truth lies. We ALL know this. We have just forgotten.

Allow me to take you on the journey into the depths of your soul, let's get to know HER, in truth.

**Ready, set, GO!**



# 7. Femme Divine

**We are DIVINE, we are made to perfection, we are already WHOLE and complete, just in the way we were meant to be.**

Our minds, the greatest tool, and our master destroyer, fills our PURE minds with doubts, fears, untruth about ourselves which reflects onto our world.

Now add the FEMALE ENERGY with the DIVINE and can I just tell you, truth be told that when GOD made a woman, wow did he do so with such grace, perfection, honour, beauty, and love.

This week we deeply explore the divinity in our femininity. And in this energy, the one which transcends the physical and connects to the universal, is where we can use our birds eye view into our REALITY to HONOUR what we love, and part with what does not serves us.

Bliss is not an illusion. Bliss is a REAL, TRUE and GENUINE feeling that YES! Can be felt in this lifetime on a permanent basis. This week we begin the journey into discovering our TRUE bliss.

**WOW! Can you already taste its sweetness?**

# 8. Honeylicious

**Sweet, smooth, deliciously divine, this week we discover our own personal ritual to HONOUR, ADORE & LOVE our bodies.**

We take the transformative energy from previous weeks and wrap them wholly into a special, spiritual, and grounding ritual for our bodies every day. Showing and feeling love for ourselves in the mind is one thing, but once this love is truly felt in the body, wow, we reach a whole new DIMENSION.

This ecstatic and electrifying real and full body experience when felt daily begins to infiltrate our whole lives and all our experienced.

Ritual needs to be practiced and honoured daily and this week is where we set a personalized ritual for you to take you into the journey of loving yourself deeply and truly EVERY SINGLE DAY. Watch how that magic is transferred in your life, it is simply BEAUTIFUL.

**Are you READY?**

## 9. Sensual Honour

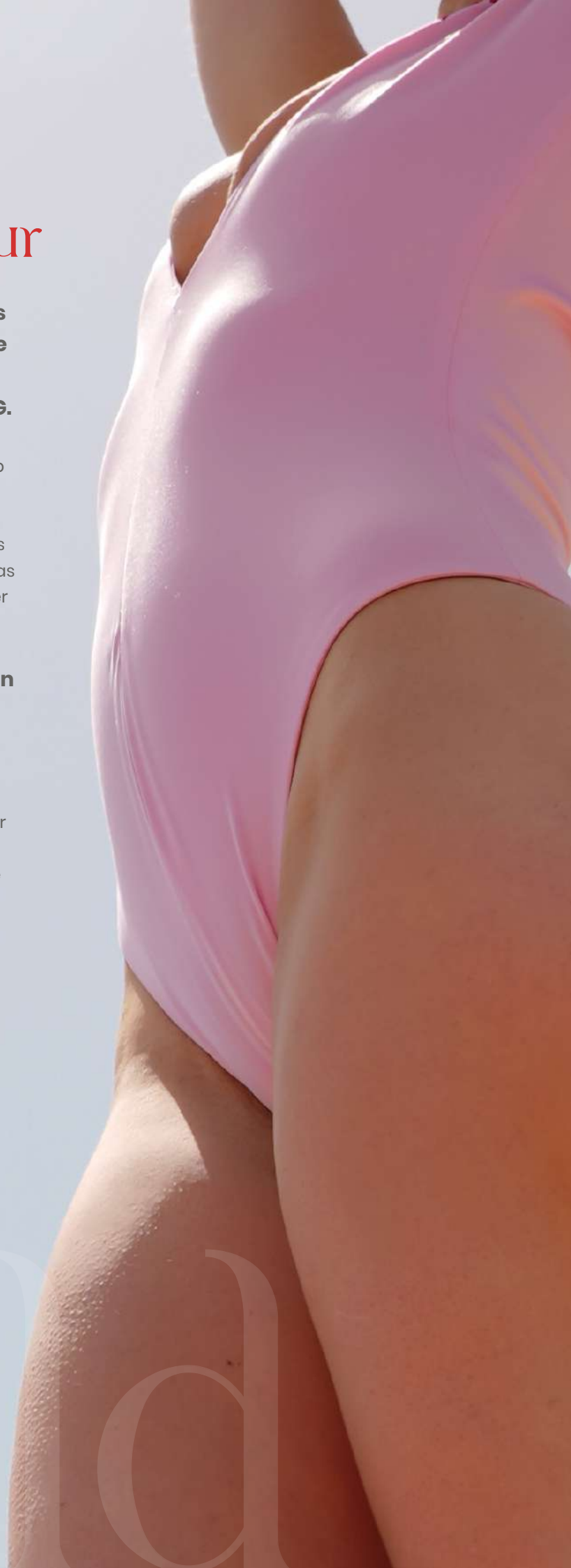
**Our life is our GREATEST GIFT. OUR senses our other. Apart from consciousness, we have been given all these GLORIOUS senses to enjoy it with. WHAT A BLESSING.**

This week we reconnect with these GIFTS in a deep and meaningful way to RE-IGNITE our PASSION for our lives. A life without meaning is empty and as much as we strive to feel COMPLETE, we lose things along the way. The great news is there is NO RULE as to when you can RE-IGNITE the passion and hunger for your life. All you need is to say YES!

**This week we STEER you into the direction of your DREAMS. STRAIGHT IN!**

YOU are solely responsible for the termination or the re-ignition of your DREAMS. This week you truly see how important YOU are in the equation of your life. Without looking back, we learn to take ONLY STEPS forward, allowing ourselves to delve into the luscious elements of the senses - to reconnect to your dearest desires! YUM!

Wid



## 10. Fairy Dust



**The magic in the fairy tales we saw only terminated because our lives happened.**

We BELIEVE then a tragedy falls, and we close our SHOP sometimes for GOOD. I'm not here to tell you that with your FAIRY DUST, a tragedy will never befall on you again. The duality of the pull of life is that the two opposite sides are always at play. I am here to tell you though that your MAGIC FAIRY DUST can add a whole hell of a lot more joy, excitement, happiness, perspective, unity, and bliss in the areas of your life that LOST it and YES! To help with Trauma. Trust me I know!

Like magical fairies, yes stay with me on this one, we cultivate our own precious wand and learn how to sprinkle magic fairy dust on our lives. Once even SOME of the areas of your life begin to sparkle and shine again, you just watch what happens to the rest.

ANY change YOU want needs to be initiated inside your soul.

**Let's believe in magic once again YES! BELIEVE we will. And let's begin to see what happens.**



## 11. Power Vault

**The seed of POWER to activate the life of your dreams exists in the core of your SOUL. I'm here to tell you that it ALREADY exists in you. YES, it DOES!**

This week we ACCESS the seed in you and enable it to EXPLODE!

Without FEAR, PRECONCEPTIONS, DOUBTS or OLD BELIEFS, we RISE UP and DELVE right into the centre of where your magic happens, and we AWAKEN IT.

The power vault of your life exists in YOU. Once you learn how to activate it and keep it flowing, then low and behold, move out of your way, for HERE YOU COME in full glory, in full potential, in full love and passion for your life.

**This energy you IGNITE transfers into your whole life and once again, watch the miracles unfold. Its breath-taking!**

## 12. Ecstatic Now

### **IF not NOW, then WHEN?**

NOW is when we change.

NOW is when we achieve our dreams.

NOW is when we live a life of happiness.

NOW is when we let go of what does not serve us.

NOW is when we transform.

NOW is when we grab hold of our lives with both hands and fight for what we believe.

NOW NOW NOW NOW NOW!

As tomorrow, may never come.

Live like you are dying in its actual sense is what we learn this week. We learn to access what we want NOW not in years to come. This powerful tool is transformative in the movement starting from the small things to the more complicated aspects of your life.

**This power of NOW is really the key to EVERYTHING and this week we learn HOW!**

## 13. Butterfly

### **Fly Butterfly Fly.**

Once we morph we change.

Once we change, we transform into something new.

Once we become something new that we desire and love.

There is only one thing left to do...

### **TO FLY.**

This week we cultivate the tools to RISE ABOVE our fears, doubts, and a limiting belief to begin to FLY. We learn how to feel safe in flying, and this feeling enables us to RISE HIGHER and HIGHER into your own personal ecstasy of a life you feel in your heart. It is not an illusion; you CAN have it you know.

**And most beautifully, this week we learn to leave SHAME behind permanently so you can take FLIGHT with ease and grace for good!**



## 14. Orgasmic Soul

**In the very sense of the word, to live with an orgasmic soul means that you live in full glory and bliss of who you truly are.**

Most importantly is that through the weeks you have learnt to fully encompass it and OWN your own true steps so this week we CELEBRATE!

**YES, I AM WHO I AM.**

YES, I AM FREE FROM LIMITATIONS.

YES, I WALK THE STEPS OF WHO I AM .

YES, I CHANGE INTO THE DIRECTION OF MY DREAMS.

YES, I SPRINKLE MY LIFE WITH MAGIC.

YES, I BELIEVE.

YES, I SHARE MYSELF WITH THE WORLD.

YES, I ADORE AND LOVE WHO I TRULY AM.

**WOW, in the essence of a true and real orgasm, such becomes your WHOLE life! Can you imagine that? Believe!!!**

## 15. Daring Dreamer

**You have to dare to dream!**

Women of the world do not be afraid and once you truly see your own magnificent reflection of your own perfect soul, you will do nothing but become the DARING DREAMER.

There is no dream too small or too insignificant. There is no mountain you can't climb, for when you can truly SEE yourself, then you truly see your POWER. With that Power, believe me, you BELIEVE!!!! And once you believe you can move ANY mountain. ANY mountain that your heart desires.

**This week you learn to Dare to Dream. Come on that journey with me!**

## 16. Blissful Warrior

**To be a warrior does not always demand you to use FORCE in the way that we envisage when using that word.**

Their sword can be their integrity, their drive, their passion, their love or even their peace and their stillness. A warrior is one who wakes up and, in each moment, chooses to live by what they believe in their heart. It's not easy, by far it is not.

But once you are able to find your own peace and your own bliss inside the core and essence of who you are, then the warrior in you becomes a BLISSFUL warrior. Each day is a step closer to your dreams, a step closer to being the person you want to be, experiencing the life you desire. In a state of bliss and peace you can achieve ANYTHING.

**This week we learn the ways of the Blissful Warrior and then watch how she goes out into the world and makes HER mark.**





# 17. Electric Dance

**This week we DANCE! YES!**

**We dance, we move, we shake, we invigorate our bodies, we eliminate old cells, we make our body energetically feel ANEW!**

You don't have to have rhythm; you don't need to know even a single element of how to dance. All you need to do is close your eyes, allow your body to FEEL ALIVE and let rhythm take you on a journey to where YOU need to go.

It's like ecstasy if you let it, and I will show you how!

**Shall we DANCE!?**





## 18. Vanity Pure

### **To be or not to be Vain.**

So many negative connotations to the word but I like to use it in combination with the word PURE to symbolize that there is NOTHING DETRIMENTALLY WRONG with the urge and desire to take care of yourself or not to very much.

The unveiling of the soul may lead you to up your game in self-care or to downsize it. No one way is the right way. Only respect and love for yourself to find your own balance in your own VANITY PURE.

**This week we create a space where we discover our self-balance in our self-care. Accept it. Honour it. Make the changes unto the balance that is YOU.**

## 19. Gold Temple

### **This week we sit in our Temple of Gold. Yes!**

We sit on the throne of the life we want to create the person we chose to be, the unveiling of the soul, the ridding of the unwanted and unneeded and **we SIT CONFIDENTLY, COURAGEOUSLY, CONNECTED, CONSCIOUSLY!**

On the perfect throne of the life of our DREAMS. We collect all the revelations from all the previous weeks, and we celebrate and honour them. We collect all of the elements that do not serve us, and with kindness & with grace, pack them into a beautifully created envelope and send them off to neverland! This week we take our life and our DREAMS with every cell that we have got and we become it. We truly and fully become that life. It is s precious time for you as you really witness and feel your transformation deep deep down in the depths of your being.

**As your mentor and guide, this week I am filled with gratitude and peace in seeing 5 beautiful souls take flight into the person they truly are to the life of their own bliss.**

# Physical Training

02



# Physical Training

**Nurturing, loving & strengthening our magnificent body.**

**This elite and intimate program comes with a Physical Training Program specifically and specially tailored to the needs of the “I Am Woman” participants.**

With 20 years of professional dance experience & 15 years as a physical personal trainer, Gracey knows each muscle to its core. Her passion for having a lean, strong, and incredibly fit body has a depth and experience that will help you bring your body ALIVE!

Her style is passionate, dynamic, rhythmic, and healing making you fall in love with wanting to be the best version of yourself also PHYSICALLY.

Our beautiful vessels, the ones that carry us through our lives to our dreams need honour, love, support, and strength. So be prepared to be taken on a journey into a sacred yet physical journey where we do JUST THAT!

With Nutritional support alongside an intensively detailed and tailored physical program as well as the deep soul and cellular work we get to do over the 4 months together, be prepared to connect and adore your PHYSICAL BODY and get excited about what it can become!

**LET'S DO THIS!**



I AM  
WOMAN

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Elite  
Program

03



# I AM WOMAN

## Elite Program Schedule

The I AM WOMAN Elite Program is delivered 100% **ONLINE**.

**Biweekly meetings**

**Days and Timings**  
(To Be Confirmed)

**4 one-to-one private sessions with Grace.y**

Contact us for start dates happening soon !

100 hours to TRANSFORM. A precious & momentous experience.

This program will have a special online TEMPLE where we share constantly our energy and transformations.

**ARE YOU IN?**

**If you have decided to become one of the I AM WOMAN participants, please email us directly.**

ARE YOU IN?



# GRACE Y

THE POWER WITHIN

Due to the intimate nature of the program , prices are disclosed upon request . Please email us on contact us for more details on [info@grace-y.com](mailto:info@grace-y.com)

We are happy to discuss a way forward also by a private free consultation.