

Brilliant &  
Barefoot



# Summer 2025 Edition

A Soul-to-sole adventure  
for babies, children & their families

Created by Alison Elsberry

Dear Beautiful Nurturer,

Summer is the perfect time to expand into more joy, ease and peace with yourself and your child. Or whatever your heart is desiring to create more of with your family.

Summertime is the heart-fire element and it can spark beautiful healing, deeper connection, more Love and even laughter.

That's why this special edition was created to harness the Light of this season, so you have more fun with your child and nourish your relationship in new loving ways.

Through a magical learning adventure with your feet, you'll learn how to support your baby/child in being aware of and connected to their body.

So they're more at ease with who they are, what they feel and how they make sense of their place in the world, especially during these wild and chaotic times on Earth.

You'll enjoy more fun-loving moments together and create a season to remember, rather than one that you dread, regret or constantly feel frustrated about.

And along the way, you'll also deepen your connection to nature - and the Divine

Because more than ever, children need opportunities to be in their bodies, where their limbs can connect with the land and their feet with the Earth's energies.

If you're ready to Light this path underfoot, keep reading to learn more about how *Brilliant & Barefoot* can assist you and your children - right now - and for years to come.

In Love & Radiant Grace,

*Alison*

# Here's What You'll Discover

This special edition of *Brilliant & Barefoot* is for families with babies and children up through 8 years (even up to 11 years), where they'll discover and explore how to:

- ❖ Connect with their feet and their footprint of Light
- ❖ Strengthen their overall sense of body awareness
- ❖ Welcome and include sensations and feelings
- ❖ Create a healthy relationship with the Earth
- ❖ Express their innate creativity
- ❖ Recognize their own gifts and abilities
- ❖ Love and trust who they truly are
- ❖ Anchor their Light through their body, on this Earth
- ❖ Feel more comfortable in their skin, with greater confidence
- ❖ And more!



This is a ready-to-enjoy, easy-to-follow, magical learning adventure of connection with the body, that brings you and your child closer to nature and each other.

It focuses on the relationship your baby/child has between their feet and the Earth to support the developmental growth and freedom of their body and Soul.

Through their magical feet, your baby/child learns how to naturally connect with the Earth, making friends with their bodily form, including the sensations they feel.

Your child's feet play a big role in their development with the formation of their body's midline, spinal column and core – not just physically, but also emotionally & spiritually.

Their feet are a link to life here and support their Soul's daily experiences and the expression of their human emotions, so they have solid footing to walk their true path.

Your baby/child gets to have fun anchoring in new experiences to support their body's health and well-being, as they nurture their knowing, self-expression and creativity.

And, you get to have FUN and enjoy yourself too.

## As a Parent and Nurturer, You'll...

- Receive amazing insight about your child's physical body and spiritual growth so you feel more peace and confidence meeting their ever-evolving needs.
- Learn specific ways to support your child with being in their body, while receiving beautiful support that assists you in connecting with yours.
- Deepen the relationship with yourself and your child (and your own inner child), enjoying more peace, fun and ease with one another.
- Discover new language and communication skills that help you connect more easily with yourself and your child - and with others.
- Become more fluent in the subtle messages and non-verbal ways that your child's body and Soul communicate so you know how to honor their experiences.
- Learn how to recognize and honor your child's boundaries and unspoken requests, respecting their body as Sacred.
- See yourself and your children through new eyes, with more compassion and Love than ever before.
- Have space around your emotions and experiences, so you feel heard and seen and honor what's arising inside of you.
- Become a more empowered, attuned parent, as you learn to honor your creative impulses and deeply trust your own intuition and knowing.
- Nourish new pathways of awareness around sensations and subtle energies you and your child often feel, but may not have words for or know how to describe.

There are no lists you have to keep track of, no checkboxes, or any rules or standards to ensure your child's "success" and most importantly, there is no rush or efforting.

There's only loving partnership with nature and the Divine, so your child gets to know and feel their own brilliance IN their body, during this magical adventure.

# Here's How Your Adventure Flows

This special edition of *Brilliant & Barefoot* is offered as a 4-week, ready-to-enjoy experience

Everything is presented in a step-by-step flow that you can easily follow on your own time, at a weekly pace (or whatever rhythm is best for you) that's nourishing and fun.

Each week explores a theme/topic that builds upon the next:

- ❖ **Week 1: Connecting with Your Feet** – you and your child will ease into a deeper awareness of your feet so you open new pathways and set a tone for what's next. You'll receive a beautiful message from Mother Mary, where she shares amazing wisdom about your feet and gravity, plus she walks you through a series of Q's that help you discover your unique vibrational footprint and more!
- ❖ **Week 2: Discovering the Magic of Your Feet** - spark the inherent magic that's already a natural part of your everyday life, as you and your child deepen the connection to all of nature. You'll learn important developmental wisdom about your child's feet and why/how they're destined to connect with their Soul's path.
- ❖ **Week 3: Your Footprint of Light – Part 1** – get in step with your and your child's innate gifts and abilities and amplify your physical health and well-being, as you both become more aware of your body. You'll get to know the brilliance in form that you and your child are and how your feet help you be here on Earth.
- ❖ **Week 4: Your Footprint of Light – Part 2** - bring your and your child's Spirit to life in new and meaningful ways through creativity and art, that give you a solid reflection of who you are. Enjoy discovering just how miraculous your and your child's feet truly are, as your/their knowing and self-expression shines.



Each week has an activity to explore, with an opportunity to spark more connection and joy, as you and your child dip into the wisdom of your body and the magic of nature.

You'll create more coherence in your nervous systems, allowing you and your child to feel safe, more grounded and present in your bodies, which makes connecting with yourselves and each other easier, with more peace and Love.

You can enjoy this experience anywhere, anytime, even if you're traveling, or visiting new places, because your feet are always with you. You just need access to nature and what's right under your feet... and of course, an open mind and heart.

# Here's What You'll Receive:

A downloadable pdf guidebook\* that includes everything you and your child need to enjoy your adventure:

- Tips and recommendations for creating an easeful and enjoyable experience.
- A welcome video for you and your children to begin your adventure.
- *Creative Ways to Navigate Your Child's No* audio, that shares helpful tips on how to introduce activities to your baby/child and navigate their responses.
- 1 channeled message from Mother Mary – *The Sacred Imprint of Your Feet* – that shares incredible insight about your feet, gravity, how you walk and more.
- *The Magic of Your Child's Feet* audio, that shares developmental wisdom about your child's feet that you won't find in any parenting or baby books or on apps!
- *Your Magical Feet* special story time (an excerpt from my upcoming book) shared via video and audio to enjoy with your children.
- *Exploring Your Footprint of Light* audio, that shares insight into your child's unique Soul/sole signature and how to bring this to life through creativity and art.
- Easy-to-follow, fun weekly activities for babies, toddlers and children 3 and up, plus simple ones for you to deepen the connection to your own feet and body.
- BONUS: audio on *Finding and Loving Your Feet* – a guided interactive experience for you, the parent, to connect with and nurture your feet.
- BONUS: recommended books to nurture your child's body-Soul connection.
- **Plus, these BRAND-NEW additions:** an 11-song playlist for you and your child to enjoy, barefoot shoe recommendations that have been tested/reviewed, plus a superfood nourishment guide with recommendations, resources and recipes!
- **AND**, 2-60 min recorded Q&A calls (optional) with dates TBA, for Q's, sharing and to experience a few additional gentle simple body-connection practices.

*\*All content is in downloadable audios & videos, and short, easy-to-read materials. Audios are easy-listening (range from 3 min to 30 min) & videos are less than 10 min.*

## Brilliant & Barefoot is For You if...

- ❖ You're looking for fun and unique things to do with your children, that also keep you grounded and connected vs burned out and overwhelmed.
- ❖ You want to nurture the relationship between you and your child.
- ❖ You want to create an easy experience that you can do at home, and in nature, where you can flow at your own pace.
- ❖ You want an adventure that includes the *whole* family, not just your child/children, so you grow in Love together.
- ❖ You'd love to help your baby, toddler or child feel more at home in their body, staying connected to their Soul.
- ❖ You're looking for easy ways to nurture your and your child's nervous system, not overwhelm it.
- ❖ You want to deepen your family's connection to the Earth and to the Divine, restoring your own naturalness.
- ❖ You work with children and are looking for new and magical things to weave into your seasonal programs and camps.
- ❖ You're open to discovering new and different ways of recognizing and empowering your child's authentic expression, helping them feel safe and seen.
- ❖ You know in your heart your child is here for a special purpose, but you aren't exactly sure what their gifts are or where/how to begin nurturing them.
- ❖ You have a strong desire to connect more deeply with your own body and meet the children in your life heart to heart, Soul to Soul, in deeply nourishing ways.



This special edition of *Brilliant & Barefoot* is a simplified version of the full curriculum, where you can flow at a pace that feels easy, fun and nourishing for you and your children, as you enjoy loving yourselves, each other and the Earth with your feet.

## What Families Say About Their Experience...

***“Brilliant & Barefoot was a beautiful shift in perspective for me, which allowed me to relate to myself, nature, spirit and especially my daughter in such a deep and meaningful way. Through the beautiful and nourishing teachings, it felt like being re-introduced to things that I haven’t learned, yet remembered to be true. And through the activities we found joy, centering, and connection with ourselves and each other. It’s hard to explain how meaningful and different this course is from anything that I’ve experienced, and I truly believe it should be the foundation for all education. It has allowed me to understand my daughter, her needs, her emotions, and what is actually happening for her (and within me) at a new level, which has provided so much relief and grounding for our family. It is truly nourishing in all ways.”***

Anna Demouchet – [www.annademouchet.com](http://www.annademouchet.com)

***“What you’re offering with Brilliant & Barefoot is so inspiring, exciting and uplifting! It has been truly amazing to explore the wisdom you are bringing through from your own experience, as well as your remarkable connection to Mother Mary. It feels wonderful to have this level of support for conscious parenting of the children who are choosing to come onto Mother Earth right now. I love how much of the curriculum is created for us as parents, as it is so often we who need the healing transformations and guidance more than our children. They’re just fine once we can heal our own wounds and thus start letting them be who they truly are! The focus on embodiment is extraordinary and very much in alignment with the healing work that I do. Having continued support for going deeper into communion with my body in ways I’ve never explored before is awesome! Specifically, your lesson about gravity is fascinating and beautiful. Also, I found what you shared about children’s feet touching the placenta in the womb very moving. I am so grateful for the gifts you are sharing in the world. I’m excited to explore the bounty of what you have shared in this experience and to see what is yet to come!”***

Victoria Branson – Mother, shamanic and advanced energy healer, writer  
[www.earthtemplespirit.com](http://www.earthtemplespirit.com)

***“I now understand just how brilliant my child’s body truly is! I didn’t really appreciate how our Soul is designed to connect with the Earth through our feet until B&B. I am truly amazed at the simplicity and depth of how my son and daughter so easily took to the activities. Watching their gifts and abilities bloom and come online even more has been such an unexpected outcome of this experience. The connection I feel to my own body and feet has been a real bonus to my parenting and how I respond to my kids’ needs and emotions. Alison has such a way with words and the structure of this experience allowed me to relax and flow with the content smoothly. My favorite part was/is Mother Mary’s message about our feet and the Soul art we made with our footprint of Light. This experience is something to treasure for a lifetime and some of the activities have naturally become a part of our daily routine.”***

Jasmine C. – Mama to 2 courageous Souls

***“Connecting with my feet brought so much healing to my inner child, a spark of joy again! Sharing these activities with my daughter has brought us so much closer in ways I didn’t even expect. I loved this special edition of the curriculum, it was easy to follow and we could find our own pace. The activities have become part of our daily life and rhythm, which has been so helpful for grounding in our Light when things feel chaotic and wild. This experience is a real gem and I don’t know how Alison came up with such a magical adventure for all ages!”***

Alana M. – Mother, wife and healer of the Light

***“This is the most fun I’ve had being connected to nature, in years. As a family, we looked forward to each activity/adventure. I loved that there were activities for me, the parent, and ones for my children. We had a blast exploring them and it opened up so much conversation and connection! We hung our footprints of Light in our living room, so we can enjoy them all year round and we look forward to standing in the grass each morning, saying hello to our feet and the Earth. It’s become our fav morning ritual! Thank you for creating such an easy, loving experience to connect with all of life. It’s been a gateway to joy and peace with my own body and with my beautiful girls.”***

Miriam H. – an awakening Mom of 2 girls

# Receive the Summer 2025 Edition With Bonuses & New Upgrades

for \$222 USD (per family)  
available through Aug 11

*(\*note: after Aug 11, this edition will no longer be offered)*



Here's how to receive this edition of *Brilliant & Barefoot*:

- ❖ Send your sacred exchange of \$222 USD via PayPal family & friends to: [alison@embodied-brilliance.com](mailto:alison@embodied-brilliance.com). In the memo, put B&B.

Then, please be sure to email me so I know where to send your copy.

*Once your gift-in is received, you'll receive an email within 24 hours with everything you need to begin your adventure.*

- ❖ **Need a different way to send your gift/sacred exchange? [Click here](#)**

## A personal note from Alison



This special edition of *Brilliant & Barefoot* is a magically nourishing way to support your child's Soul and their journey of being in physical form.

It's a gentle, joyful way to settle into their body and be more at ease with who they are and what they feel.

Especially right now, with a radically active Sun & lots of Light streaming onto the planet, which can feel intense.

The weekly adventures ease you and your children into being more connected with your body, through bringing your loving attention and awareness to your feet.

This is where your child gets to know themselves and their true brilliance, through the awareness of their physical body, learning to grow their Spirit on Earth.

This awareness is so foundational to their daily life, that it actually *precedes* their social-emotional learning, emotional intelligence, mindfulness and more.

Knowing how to nurture this sense of body awareness helps your child stay connected to their true self, which is essential to their health and way of being in the world.

The relationship they have with their body - and their Light – is the partnership of a lifetime and this Sacred connection is their foundation to flourish in every stage of life.

This is why *Brilliant & Barefoot* was originally created, to support children in feeling at home in their body, because it's the bridge for everything they do/be/create as a Soul.

And supporting this foundation is vital right now - because your children have new and brilliant solutions that create a beautiful new world and they need the space to bring those Light frequencies in – which happens through being in their body.

*Brilliant & Barefoot* is a unique creation born from my experiences as a former pediatric occupational therapist and craniosacral therapist supporting children and families.

And from my own childhood and adult experiences, as a highly attuned being curious about how to be in my body and make sense of my gifts and abilities.

Part of my Legacy of Light, as a nurturer of children, is to create new ways that support our future generations in feeling at home in their body as a Divine being.

All so they flourish with their gifts, free to express who they truly are.

And I'm delighted for this special edition to land in your heart and hands.

If you're feeling an urge to soothe, nurture and uplift your Spirit and/or want to refuel the relationship with yourself and your child, then this Soul-to-sole adventure is for you.

May it be a pathway of Light for your children to have every freedom for the exploration, expression and embodiment of their pure, authentic essence – in physical form.

If you have any Q's, please email me at: [alison@embodied-brilliance.com](mailto:alison@embodied-brilliance.com)

