



Unearthed Goddess
BY TAYLOR GARDNER

3
DAYS

16
HOURS

20
MINUTES

31
SECONDS

Calling in all hard-working but **unfulfilled** women living life on autopilot but who **KNOW** they have **more** to offer and a **flame to ignite!**

Which reality is calling you?

Letting each uneventful day pass **quietly**, the same as the last...

Or embodying the goddess you are & freely **dancing** through each new day *oozing* your essence in all aspects—relationships, business, and **full-body YES** life

Let's unravel the answer, love...

APPLY NOW

No amount of manifestation books, soulful podcasts, or self-love quotes can bring you the results that come with achieving **fully embodied alignment.**

How many books with beautiful highlights, post-its, and notes in the margins have you got?

I see you 😊 I see you because I was you.

To the woman who...

- ✓ Wakes up each morning to spend her new day the same as the last...
- ✓ Who is missing the **juiciness** of a full-body yes life...
- ✓ Who often can't find her voice, unable to speak her desires and ask for what she wants...
- ✓ Who has been deeply living in her masculine and is therefore, disconnected from her *wild self*...
- ✓ Who can't seem to break through the mental blocks and unleash her creativity...
- ✓ Who lacks clarity on who she truly is and where she's going...
- ✓ Who waits and waits for her relationship(s) to work themselves out...
- ✓ Who cringes or can't help but let out an awkward smile when anyone mentions pleasure and climaxing...
- ✓ Who starts to feel queasy when even considering allowing herself to open up or process emotions...
- ✓ Who can feel in her **core** that she has something extraordinary to share with the world...but lacks the confidence to explore it...

To the woman who has yet to integrate and embody the message behind all those books you read, the podcasts you listen to, and the posts you skim through on social media...

And to the woman who has yet to **find and embrace** herself on a *deep*, cellular level...



I see you. I hear you. And I'm with you.

Right here. Right now.

The best is yet to come. Because—despite what your self doubt may be saying...

Your desires are divine, and they get to be fulfilled.



The truth is, it's *our* responsibility to build the body and mind that can hold, nurture, and actualize our vision.

We get to release all stories that hold us back—for us, for our future generations, and for our ancestors.

This, goddess, is where the work lies.

The question is...

How do you want to experience this process?

Through *pain...* or through *love*?

You choose.

WE CHOOSE.

You have the power. Each and every one of us do.

Are you ready to ignite your fire?

Let's take the next step—book a zero pressure, zero commitment call with me!

HELL YES, NANA! I'M READY

“I got you.”

- Your fully embodied self

4 Reasons you haven't yet been able to fully own how you want to lead your life.

#1: You have the hunger and the tools, but you lack integration.

What all your podcasts and books don't mention is that the “aha” moments we all strive for disappear just as fast as they come if you don't actually integrate them.

If you're reading this, you likely already deeply feel that there is more to life—something you're missing.

You might have even tried already to unearth it but with no sustainable success.

The truth is, the “tools” you keep receiving can become a way to escape a situation or look for answers outside of yourself, setting yourself even further back from the deeper truth...

You need...

A safe space to be supported and held while **also being called on your B.S. and challenged.**

#2: You haven't yet had the right guidance to deeply understand, accept, and love yourself.

Take it off. Take it all off!

Of course, I'm talking about the immense pressure you've placed yourself under to do it all and look like you're doing it well.

The level of judgement and expectations you've buried your radiance under is SO big that it's impossible to achieve.

You need...

To tap into your essence, embody your full expression, and realize that the approval and worth you've been looking...**is all inside!**

#3: You're disconnected from earth and nature.

Without connecting to earth and nature, it can be all too easy to get swayed by the world's B.S. (social pressure, social norms that don't align with you, other's projection of their own fears and doubts onto you).

When you connect to nature, you connect with your own nature and the truth that resides within you. You become more grounded in yourself, and therefore are more resilient to what happens around you!

You need...

To re-establish and **strengthen** your connection with the force you came from.

#4: You haven't fully healed.

If it feels like you need to wear a mask in your relationships and in business to feel safe and feel strong...you have healing work to be done.

The inability to be with your emotions leads to anxiety, depression, ruined relationships, etc.

Often, not being able to manage your emotions ends up looking like: eating, shopping, gym obsession, drinking, etc. to feel good—anything to let you forget that emotion.

Because when you can't honor or feel your emotions, you become a slave to them

You need...

To go back, deprogram, and redesign the patterns you subconsciously adopted in childhood to feel safe into patterns that are here to **align with you.**



“I have done many years of therapy throughout my lifetime, and I’ll say, none has been more **effective** than the time I’ve had with Nana.

I’m listening to my voice, which I haven’t heard for many years.”

- Georgia C.

I’m calling you out.

We’ve **all** done it. It’s easy.

We connect with a message (whether it’s on email, social media, tv, etc.) for a split second...

Just to return to our “same old ways” moments later. But if you’ve read this far, that means something has resonated with you...

And you already know that unlocking and embodying your true essence is the **ONLY** way to truly transform into your greatest self (and that you can’t do it alone).

So I invite you, goddess, to take the next 3ish minutes to embrace whatever senses, urges, and emotions intuitively flow your way as you explore this page...

Keeping in mind that, whether this is the answer for you or not, without full integration, the life you dream of is just another archived email.

Integrating my 4-Step Unearthed Goddess Method, you’ll have the power, confidence, and answers to...



- ✔ **Dance through each day *oozing* your essence with such a level of confidence and clarity that nothing else will ever be able to define how you feel again.**
- ✔ **Embrace powerful boundaries and standards:** A fully embodied woman knows how to share her energy, who to share it with, and is a master at establishing strong-ass boundaries.
- ✔ **Turn your everyday routines and have to’s into *“Yumm, this is my life!”***
- ✔ **Restore relationships with both yourself and others:** We can do mantras and abundance affirmations all day long, but until we learn to process our emotions and dissolve the imprints we inherited growing up, we will always have distorted relationships.
- ✔ **Connect with earth and spirit:** When you can really open that gateway, the energy and clarity lighting your path will be much MUCH stronger. And from that space, nothing can stop you.
- ✔ **Live an unimaginably JUICY life:** Own your essence and find the joy, playfulness, and pleasure you never even knew existed!!



Yes! No matter who you are or how far from this reality you think you may be... Each and every one of the above are in reach!

It all centers back to the four core principles of the Unearthed Goddess Method.

Is the work easy? **Hell no.**
But the guide to your goddess is already written.
And I’m incredibly excited to introduce you two!!



The game-changing liberation for women who are exhausted from living by someone else's rules.

A 10-week awakening and embodiment experience carefully held within the love, radiance, and support of a handful of sister goddesses...

All committed to unearthing their deepest essence, and reflecting their fullest expression in relationship, business, and life.

Ready to dance through a full-body YES life?

Simply book an introductory call with me below to ensure you're a perfect fit for the program and to get started on your next steps!

(Don't worry, this call will be zero pressure—we're just getting to know each other. *No commitment is required.*)

[YES! I'M READY TO AWAKEN MY GODDESS](#)



Starting February 01th,
2022

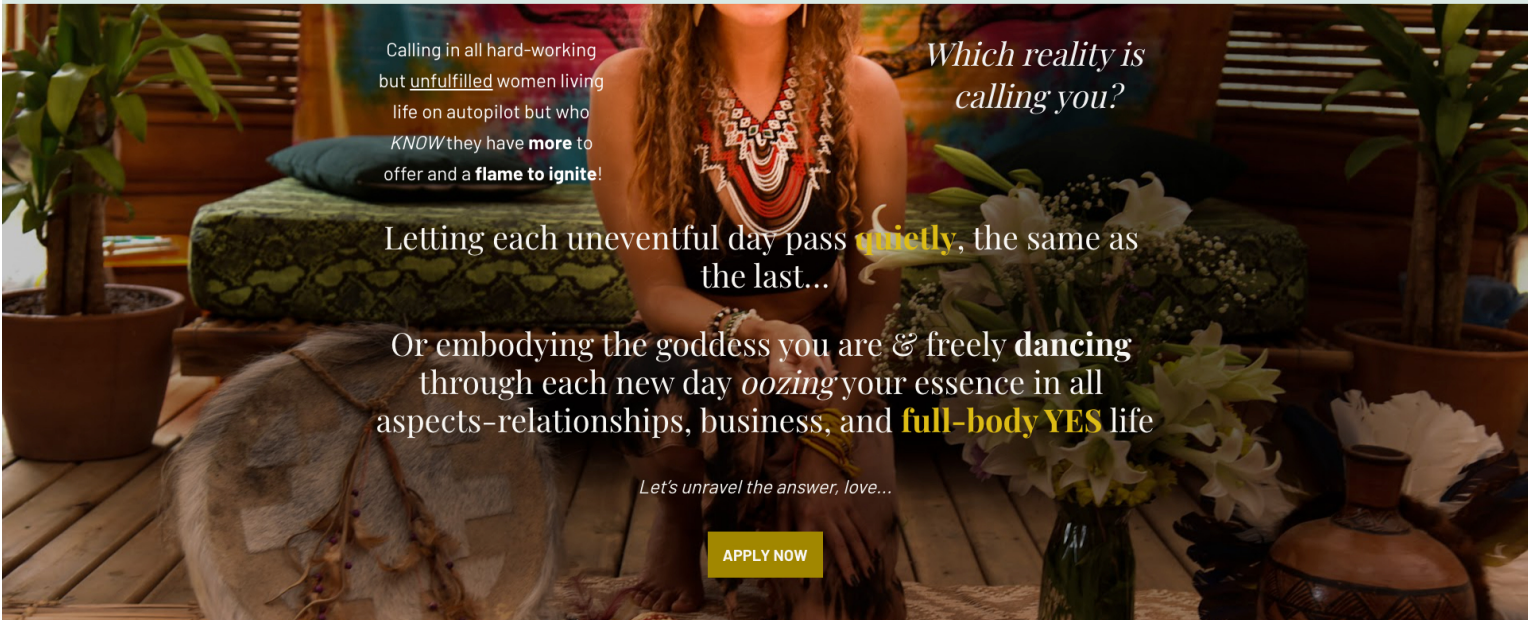


Claim your two extra 1:1 coaching sessions with me!

EARLY BIRD BONUS

Sign up before Sept 1 and gain immediate access to book two BONUS 1:1 calls with me.

(This will give us time to dive deep before the program even kicks off!)



Calling in all hard-working but unfulfilled women living life on autopilot but who *KNOW* they have **more** to offer and a **flame to ignite!**

Which reality is calling you?

Letting each uneventful day pass **quietly**, the same as the last...

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Let's unravel the answer, love...

[APPLY NOW](#)

your essence, embody your feminine expression, amplify your connection to nature and to yourself, and even further expand upon your progress from inside the program.

Feel what it was like during Unearthed I...



Your divine time is now, mama.

A full-body YES life is your birthright... And it's here for the taking.



[Learn More](#)

Don't worry—booking a call is not a commitment, and no payment will be required on the spot.



“If you **feel** the pull in your **heart** to be here, answer it, **jump, take the leap**. I felt this calling and I also felt such a great resistance towards coming. And as soon as **I said yes**, so much **magic unfolded**. And since being here, I just have been thanking myself over and over for saying yes.”

– Alex Kemp

Inside Unearthed Goddess



Weekly 90-Minute Group Goddess Calls (via Zoom)

We all have limiting beliefs, we all have conditioning, and we all have “imperfect” childhoods that led us to unhealthy patterns that keep us captive today.

We are *all* on this journey—the process never stops. (Even for me)

You and I will meet weekly with your group of sacred sisters to peel back the layers.

And together, we will connect with our purpose, embrace our sexual selves, and align our heads and our hearts with a life we so deeply desire.



Guest Guidance from the Experts

Elevate Your Pleasure

Welcome more pleasure into your life! Give yourself permission to receive more.

By the end of this masterclass, you'll have all the tools you need to lead a life with *more joy, more happiness, more ease, more flow, and—my favorite—more orgasms :)*



Own Your Confidence

Show up as your most radiant self.

Embodying your inner goddess starts with being unapologetically YOU and claiming what you want.



Explore Your Soul Purpose

Commit to your soul mission...and *nothing* can stand in your way.

Join us as we are guided through what it takes to live in devotion to our soul purpose.

10 Self-Paced Liberation & Embodiment Modules



Master your emotions, elevate your relationships, own your power, and so much more.

Each Unearthed Goddess module comes with an actionable video lesson and an implementation workbook.

[Module Overview](#)

Week

01 Unearth your current paradigm
(Awareness and clarity on what's keeping you from fully claiming your throne)

02 Honor your teachers
(Turning pain into power)

03 Elevate your context
(Taking ownership of the world you choose to create)

04 Remember who you are
(Unearthing the strength that lives within you)

05 Trust your inner knowing
(Activation of your divine guiding system- DGS)

06 Master your emotions
(Moving from suppressing your emotions to having them as your allies)

07 Elevate your relationships
(Bringing a whole new level of depth, intimacy, commitment and truth to your relationships)

08 Own your power - or someone else will
(or someone else will)

09 Become a magnet of your desires
(No more chasing! be the garden your desires find home in)

10 Living in devotion
(Self, sisterhood and spirit)

Weekly Activation Assignments

Activate your essence and unearth your full expression with Weekly Activation Assignments.

Some assignments will be deep, others crazy, and all fun, initiating new ways to challenge yourself and stretch your limits.

I promise to keep you on your toes ;)

Unlimited 1:1 Support via Private App

As your embodiment coach, I'm wholeheartedly dedicated to serving and showing up for you.

That's why you'll have **unlimited direct access to me** via the free Marco Polo app Monday through Friday.

Don't hold back—every emotion is welcome.

Your Own Sacred Sisterhood Group on Slack and Facebook

Be seen, heard, and held by a handful of other conscious, gifted goddesses exploring their own embodiment in the private Facebook group and Slack channel.

Stop chasing, start trusting.

The highest levels of joy and pleasure are already yours.

I'M READY TO AWAKEN MY GODDESS

THE UNEARTHED GODDESS APPROACH

My Signature 4-Part Process to Embrace Your Essence & Embody Your Goddess

1. Deep, transformational healing.

We'll start by peeling back the layers to reveal and conquer old fears and ways of being.

This is how we connect with our emotions in a healthy way.

Beyond the mind-level, we'll also tap into feeling somatic releases of deep transformation for total restorative healing.

2. Reconnecting with earth and nature.

Let nature show you her medicine.

Reviving your connection with Earth/Nature/Gaia/Pachamama allows you to reconnect with your *own* nature. During this journey, you'll develop a deep level of trust in yourself.

3. Manifesting your divine expression.

Your divine expression is how you BE in the world.

It's your birthright to embody it to its fullest so your soul can anchor the highest vibrational level it's able to here on Earth.

This is how you tap into the deepest levels of joy, pleasure, and flow.

Your heart feels expansive, you're connected to possibilities, you feel safe, trusting, aligned, and full of free flowing creativity!

4. Embodying that goddess of yours!

Full goddess embodiment lets you *finally* see all parts of yourself with kindness, love, and patience because **you know you are worthy.**

Embody your goddess, and level up in every aspect of life—relationships, career, self, etc.



“Working with Nana is a **life-changing** journey. I am feeling more whole, more aligned, more in peace, **more in love** with myself.”

- Taisa

What's possible

Allow yourself this life-changing opportunity, and leave with...

- More love, intimacy, and safety in your current and future relationships.
- A pure feeling of freedom in your body, love for your body, and a deeper connection to your body.
- The deepest level of truth and connection, empowering you in all aspects of life (work, friendships, family, relationships, self).
- Newly opened floodgates to more pleasure throughout your life.
- Promotions, career/business offerings, unlikely investors, and unexpected opportunities. Money flowing in with ease (because you're open to receive more of it).
- Self-love—everything you would've felt guilty to choose before, you'll now allow yourself to receive because you honor YOU. (Go ahead, buy yourself those flowers! Take that mini-vacation! Spoil yourself, mama 😊)



A Few Real-Life Goddess Wins

- ☆ Laura and Danielle landed massive investments for their respective businesses (with the help of the last three modules, particularly).



- ☆ Carolyn replaced the pressure of life with trust in herself and the universal force that's holding her.
- ☆ Anne is owning and living her emotions and is able to bring herself back to alignment when things start to get out of whack.
- ☆ Sam stays in her centre, upholds her boundaries, and speaks her desires in her new relationship.
- ☆ Teresa is more open, more courageous, and takes empowering risks she wouldn't have before.
- ☆ Liz passed a difficult certification exam after having failed twice. (she went in with confidence, trust that all was well, and she had everything she needed!)
- ☆ All are operating life from their heart, using their mind as a powerful tool, and dancing through a **FULL-BODY YES LIFE!**



“I truly do feel that I have had a transformation in mindset and in purpose.

Working with Nana was exactly what I needed in my life.”

- Lana

Meet Your Mentor

Renata De Melo (aka Nana) – Embodiment Coach, Modern-Day Medicine Woman, and Empowered Goddess

First, I want to express this simple truth—no BS story passes through me without being examined, unpacked, and challenged. That truth goes for myself as well.

So, nothing you ever hear from me or read of mine will be anything other than **raw and real**.

While today, I'm embracing a nomadic lifestyle (the kind where I have several addresses, but none of them permanent), my story starts in Brazil.

Born and raised in Rio de Janeiro, Brazil, I grew up in a family of medicine women where my grandma was the head of a temple.

Spirituality and plant medicine were always a part of my life. (I did Reiki 1 and 2 when I was 11 years old...lol).

When I turned 15, I left Brazil to move to Canada alone.

For many years, I lived as you are—the high-achiever who built a life on striving to meet and surpass others' expectations while obediently complying to all of society's standards.

Eventually, I fell into a deep depression and refused to take any medications. I knew it was an inside job.

That's when my healing journey began.

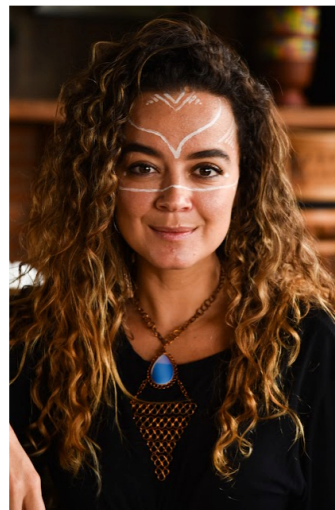
In 2017, I had a dream that brought me to my first Ayahuasca ceremony. There, I received the message "**Let joy be the compass.**"

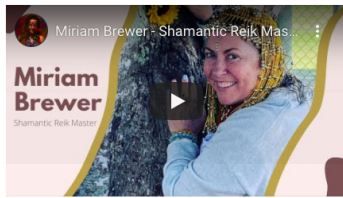
This changed my life!

And though I continued in the corporate world for 3 more years of Medical Training sales where I was a top performer in North America, I started following the breadcrumbs of the message I received in ceremony.

It led me here, to where I am today—coaching high-performing women who feel disconnected from their lives radically free themselves, amplify their radiance, and lead a **full-body YES life**.

Get ready for a combination of laser intuition, nurturing holding and fierce courage guidance to help you embody your fullest expression, with ease, flow, grace, joy and an immense amount of pleasure.





"If I was to think of a word for Renata (Nana), it would be **sacred, vivacious, open, willing**. This woman is of the heart. She will unearth you, she will take you to spaces in places that are revealed or not seen. As what it is that you're truly looking for, if you're looking to hire her, I would say, go right ahead."

She is one of the most integral, honest she's walking the talk and she's doing the work. **And what I love about her is she is willing to go to the spaces and places of taking you to the next level.** This is Miriam Brewer rainbow Alchemist. Here for a very long time, to spruik this work. If you're thinking about hiring Renata, Nana, as I call her dearly, she's the woman for you."

- Miriam Brewer



"Blessings and blessings. Preston Smiles, author of *love louder* 33 ways to amplify your life. Founder of Kaboom coaching, co-founder of Elementum Institute of coaches and I have had the beautiful, distinct pleasure of working with side-by-side with the amazing powerhouse that is Renata (aka Nana). **This woman is the perfect combination of spirituality meets toughness.**

She will hold you to the fire. While also tapping in and she has this smooth, loving tone while also being able to see where you are hiding and call you forward and forth in a way in which, not many coaches can, if you're thinking about working with her, the answer is yes, and yes, for a thousand years, like do it right now.

Jump get off the fence. This woman is the real deal."

- Preston Smiles



"The Embodied Goddess is program has **changed my life** in so many different ways.

I was comparing myself to others and this **amazing transformational journey** that Nana taken me through has shown me so many different things, has opened so many different doors and the entire mindset has shifted."

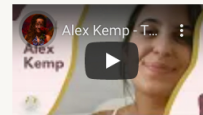
- Yuliya



"Working with Nana was **the best decision** that I made this year.

It was deep. It was **big**, it was **transformational**. It was **spirited**. It was kind, it was artistic. It was beautiful. And I'm so **grateful** for the time and the space that I had working with Nana."

- Lana



"Nana is living it and she held up such a powerful mirror for me to see the ways that I wasn't living it.

Empowered feminine way. This woman is so devoted to love and so devoted to the people she serves in her coaching container."

- Alex Kemp

Goddess Stories



"Working with Nana has been so transformational.

This woman is so devoted to love and so devoted to the people she serves in her coaching container and I am genuinely moved by the way that she showed up for me and **continues to show up for me.**

The work that I have done in my coaching experience with Nana has absolutely changed the game for me.

It's changed the way I express myself. It's changed the way I carry myself—even the way that I dress. Because **I know that I have permission to be the woman that I've always dreamed of being.**

Nana helped reveal the desire for what was already inside of me.

Instead of it just being an idea, it's now something that I experience



"Prior to working with Nana, I was filled with anxiety, self-doubt, and negativity.

I was trapped in my own negative self-talk and easily affected by the world around me. I didn't have much self-love or boundaries.

I am changing old thought patterns and creating new sustainable ones.

I am no longer confined by my own thoughts, and I am open to exploring the life I want to live.

Nana has an intuitive approach where she is able to give guidance and share insights that allow me to do the self-exploration.

She has been a catalyst for my growth.

I'm just so grateful."



"Working with Nana is a **life-changing journey.**

I have been amazed by her kindness, open-hearted, presence, and **healing wisdom.**

Nana holds space with compassion and vulnerability and helped me get clarity about very important aspects of my life.

Prior to working with Nana, I was having a hard time making some decisions about priorities and what actions I should take, and I didn't know to connect with my emotions in a healthy way.

I now see other parts of myself with **kindness, love and patience.** I also feel that I am embracing myself and letting go of excessive judgement.

I am feeling **more whole, more aligned, more in peace, more in love with myself.**

every single day because of the work that I did with her."

- Alex Kemp

- Georgia C.

"I feel proud of myself for doing this inner work, I feel that I'm so worthy of love and happiness."

- Taisa S.



"You are so much more than a coach."

You **truly connected with my energy** during our session, and I gained tremendous clarity.

You help people see, feel and learn about their own powers.

I can't believe what an impact one session had and I am so excited about working more with you."

- Brianna



"I've done some coaching before, but **this is very different.**"

It's as if I would enter a bubble, and I would all of a sudden have access to all these things within myself.

It so helped me to understand myself better, and make a decision that felt like it was truly coming from myself."

- Marlon



"**Words cannot express how grateful I am for this experience.**"

You took me as I was and welcomed me. You showed me that it's not about being perfect or mastering meditation but accepting the process as it comes.

Your generosity and kindness are powerful. You've helped me understand that taking care of my spirit is as important as physical health. You can't separate the two if you want to be aligned."

- Martine D.

What other goddesses asked before finding tapping into their essence inside Unearthed Goddess

1) How many hours every week will I need to invest in the program to get the results/transformation I'm looking for?

You'll likely spend at the very least 30 minutes to an hour every other day investing in yourself. (So, probably 2-3 hours a week.)

Remember, we're building a body that can receive a whole new level of joy and abundance by establishing new neural pathways and habits.

By the end you'll be sad that it's over and excited about your future :)

3) What's the difference between this group program and your 1:1 coaching? Will I get the same results?

Sisterhood is powerful. It amplifies our ability to show-up for ourselves and for others.

Yes, if 1:1 coaching feels best for you, it's an option! But experiencing this juicy journey and learning within a close group provides a more dynamic experience.

While the final results are similar, the difference between Embodied Goddess and 1:1 is that EG will allow you to not only deeply connect with **yourself** but *also* with **other like-minded women driven by the same goal.**

5) What will the program demand of me?

We go deep!

This program requires each goddess to take **full ownership of their commitment** and be willing to **go places they have never been** so they can call in the untapped levels of joy, pleasure, and alignment like never before.

The transformation you achieve is a *direct result* of how much of yourself you're willing to invest. Basically, you get out of the program what you put into it.

If you go all in, your life will change drastically for the better!

7) Do I have a limited amount of time to access this program?

While your access to the platform where the program is hosted will eventually expire, you can save the workbooks into your own Google drive for forever unlimited access.

You'll still have access to the Facebook group and Slack channel after the program wraps up, so you'll be able to welcome the new goddesses!

2) Everything I've tried in the past (courses, programs, DIY) has only gotten me so far...Why is this program worth another investment?

The truth is, you can only **receive** as deeply as you have met **yourself.**

If you haven't yet achieved the results you're looking for...you likely haven't reached the level of depth it takes to dismantle the patterns that have been holding you back.

In Embodied Goddess, we go deeeeeeeeep.

I didn't develop this program to scratch the surface. Together, we will do the work, and you will be called forward to **be seen** and to **claim what it is you desire.**

4) I really want to dive in, but the thought of opening up to a group of women I don't know makes me want to puke...

I know you may feel like projectile vomiting when sharing, but vulnerability is **badass!!!**

Don't worry—together, we'll ease into opening up and start sharing as slowly as you need.

Everything is on your own time.

Working in a close group will allow you to practice and strengthen your ability to be **seen** in your desires and in your truth.

Once you master this inside the container, you'll be able to do the same outside as well!

6) I'm pretty new to the world of embodiment/healing/spirituality. Will this still work for me?

Yes! You may be new to *"the work,"* but your soul has known itself forever.

The Embodied Goddess program is all about bringing yourself back to *"Self."*

Regardless of how "new" or as experienced as you may be, you will be met and held powerfully wherever you are inside this container.

8) What's included in these 10 weeks again?

Inside the **Unearthed Goddess**, you'll gain...

✦ Instant access to 10 core liberation and embodiment modules unearthing your deepest essence so you can embody your fullest expression in relationship, business and life.

✦ Three guest expert lessons from the masters of pleasure, confidence, and purpose.

become the new goddess.

commitment, and purpose.

- ✦ Weekly 90-minute group coaching calls.
- ✦ Weekly activation assignments.
- ✦ Unlimited 1:1 direct messaging support.
- ✦ A sacred sisterhood of other conscious goddesses.

Plus, two bonus 1:1 coaching sessions if you sign up before September!

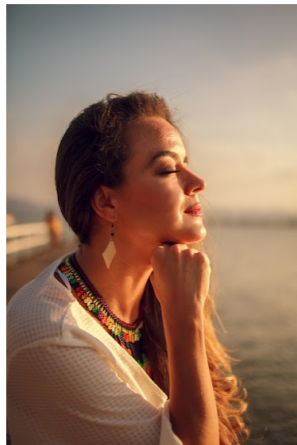


"For me, this work changed **everything**. Instead of 10 years from now, waking up to these truths, Nana helped me do it in **10 weeks**. This container saved me so much time. So much time I would have wasted living for other people.

Nana helped me really live for myself.

If you're on the fence, thinking about taking the leap, I could not recommend working with her more."

- Alex Kemp



If you're thinking "this sounds like it was made for me but I'm still not 1000% sure I should actually take the plunge..."

Take a moment to sit with this one question...

What would your life look like (how will you feel waking up in the morning, spending your day, and going to rest your head at night) if you allowed yourself to take the opportunity to achieve total liberation, explore every level of awakening, and finally take your seat atop the throne of your delicious queendom?

You, goddess, are the only one who gets to make that decision.

If you made it this far with me, chances are this is the divine time for you!

Remember, whatever fears may be coming up, YOU get to choose if you will feed into your old self...

Or expand into the new, elevated, and radiant goddess you've been searching for.

The reality is...

You chose **YOURSELF** 🌸

You chose **YOUR HEART** 💕

You chose **YOUR QUEENDOM** 👑

That is true empowerment.

If you're feeling the pull to actualize a life you love with a fully open heart and confidence that, no matter what, *you choose YOU*...

I encourage you to book a call!

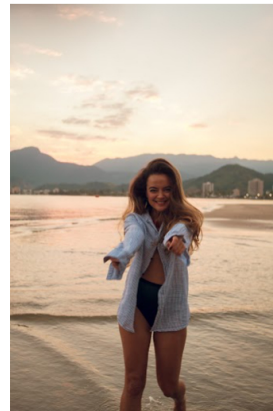
No pressure, no commitment.

Just you and I exploring your unlimited possibilities.

Aho

Assè

So much love



Nana de Melo

Let's go there!

Book an introductory call with me below to ensure you're a perfect fit for the program and to take your next steps!

YES! I'M READY TO AWAKEN MY GODDESS

Don't worry—booking a call is not a commitment, and no payment will be required on the spot.



“Over the past few months I’ve worked with Nana, I’ve been blown away by how much I’ve learnt, and developed, and grounded myself in ways I didn’t even know were possible.”

- Shani

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