

LIVE

**ENGAGED**



LIVE  
ENGAGED

How to Tap Into Your Divine Feminine  
& Unlock Your Superpower

*Erem Latif*

*Live Engaged*  
*How to Tap Into Your Divine Feminine & Unlock Your Superpower*  
by Erem Latif

Copyright © 2025 Erem Latif  
All rights reserved.

No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any means—electronic, mechanical, photocopying, recording, or otherwise—without prior written permission of the author, except by a reviewer who may quote brief passages in a review or critical article.

This is a work of creative nonfiction. Some names and identifying details have been changed to protect the privacy of individuals. Any resemblance to actual persons, living or dead, is purely coincidental unless explicitly stated.

Published by BE Health Advisory, LLC

ISBN (paperback): 979-8-218-72246-3

ISBN (ebook): 979-8-9934031-1-3

Book design and production by [www.AuthorSuccess.com](http://www.AuthorSuccess.com)

Printed in the United States of America

First Edition

To L & A~ My children and my best friends.

Thank you for reminding me of my own Superpower when I needed  
it the most. I hope to do the same for women everywhere.



# Contents

Introduction	ix
Chapter 1: Don't Fight the Power	1
Chapter 2: Riding the Wave	7
Chapter 3: Queen of Hearts	11
Chapter 4: You Are the Aurora	23
Chapter 5: A Lioness Breathes	31
Chapter 6: Down' with the Monkey Mind	45
Chapter 7: Move Your Body!	63
Chapter 8: Food... as Medicine?	75
Chapter 9: The Soundtrack of Your LIFE	89
Chapter 10: Sweet Dreams Are Made of More	99
Chapter 11: Knock, Knock. Who's There?	111
Chapter 12: Abracadabra	121
Chapter 13: Thoughts are Things and Emotions Move?!	131
Chapter 14: Bringing it all HOME—Home Is Where The Heart Is!	143
References	149



# Introduction

I think it started in high school, the moment I became fascinated by the human body. How it worked, how everything was coordinated and regulated and none of us had to ‘do anything’ to make this happen. Organ systems seamlessly coordinating all of our bodily functions, allowing us to live LIFE with no input from us. Talk about surrendering. It’s the ultimate trust exercise: handing it all over, no ‘control-alt-delete’ needed. No ‘turn it off and then turn it on again’ in case things didn’t work. No. You just need to be in tune with your body to know when you need rest, time to heal, or a new perspective on things.

Fast forward to graduate school. We were studying embryology. For non-scientists, this is the study of the development of the human fetus growing inside their mother’s womb, from a fertilized egg to an embryo, morphing into various reptilian-looking beings before eventually resembling human babies. I don’t remember the name of the textbook, but what I do remember is that it was over half-filled with pink pages. The pink pages, our professor shared, were a list of all the potential things that could go wrong during fetal growth. At various stages of development, but primarily over the first three months, there were so many potential life-ending events! And I remember thinking to myself that despite all those potential issues, all those somethings that may go wrong, SO MANY healthy babies make it into this world. These tiny souls are clamoring to make it to the ‘big time’ here on Earth.

The nervous system is, in and of itself, another magical wonderland. Tracts of nerves running up and down our body, crisscrossing here and there, one side responsible for controlling the left side; the other the right. Our BRAINS! The frontal lobe provides an almost instantaneous maturity

once it's fully formed. The reticular activating system, like our brain's own search bar, identifies whatever stimuli we provide it. The prefrontal cortex, limbic system, and hypothalamus! All those different control centers regulate various aspects—from emotions and neurotransmitter production to messaging and overall healthy human function, our very own supercomputer inside our head!

While absorbing the true magic of the human body, I also began on a separate quest to understand myself and us humans in general! I read books by all the greats: from Deepak Chopra to Eckhart Tolle, from Lao Tzu to Rumi, from Helen Schucman (of *A Course in Miracles* fame) to Maryanne Williamson, Wayne Dyer, Joe Dispenza, and Esther Hicks. You know what was interesting? There were common themes and ideas percolating through all their teachings and words. Those themes echoed across all I'd learned in graduate school and what I had experienced in the workforce, helping patients heal and overcome various conditions and diseases. My scientific and spiritual worlds were colliding!

This brings me to the heart of the matter. We have within us, dear reader, a Power so great, a magic so unparalleled, and most of us don't even realize it. We hold within us the Power to move mountains, to solve world hunger once and for all, to write the most touching music, to perform in front of hundreds of thousands of fans, to throw one picture-perfect football pass, to go from lying to sitting to rolling over to standing, and then walking! We all have within us the 'super' version of ourselves—our Superpower.

I remember my daughter watching the movie *Matilda* when she was somewhere around six or eight years old. To this day, I remember her saying, "I wish I could do that. I wish I had her superpowers."

Well, sweet girl, I have news for you: you DO! You do have those Powers and more.

The ironic (tragic? comedic?) part of this is that only a select few have discovered this Power, understand how to harness it, and use it for good. Depending on who you ask, that group may include Albert Einstein, Nikola Tesla, Sir Isaac Newton, Amadeus Mozart, Napoleon Hill, Ludwig van Beethoven, Eckhart Tolle, Descartes, Adam Watts, and Louise Hay. Or for those of you more entrenched and knowledgeable with the who's who in the entertainment industry, Oprah, Will Smith, Steve Harvey, Lady Gaga, Jim Carrey, Idris Elba, Conor McGregor, and many more.

We, dear reader, are about to embark on the ultimate odyssey—a journey so profound and rich it will leave you reeling from moment to moment. You will laugh. You will cry. You will want to dance, to sing from the rooftops, to weep with joy and beauty. And you don't even have to leave your home to enjoy this adventure. We are diving deep into the Superpower that lives within you.

But before we begin our journey, let's level set on what this book is and what it isn't. This is **NOT** a self-help book. This is not another book on learning about the benefits of fitness, nutrition, or meditation. No. This is a choose-your-own-adventure book, where every pathway, every series of decisions, every aligned thought, leads to glimmers of joy, of inspiration, of love, of heart, and, quite frankly, of inner peace. This is a how-to manual: how to enjoy the adventure we call LIFE. This book presents a new way of approaching LIFE, one that is more sustainable, one that is based in more joy and more love. This book will help you meet yourself in a way you've never considered, or maybe you have, but were too scared, overwhelmed, or worried to really get to know yourself in this way. This book will teach you how to look inside of yourself and discover the Superpower that lives within you, within each of us, actually. The **BEST PART?** There are no limits to this Superpower. But I'll let you discover that for yourself.

As we embark upon this journey, I will share my own personal story as well as how I discovered my own Superpower; how I NEEDED to discover my own Superpower. Many times over the years, I have been brought to my knees by the unpredictability of LIFE's events, just like many women. I have experienced anguish, exhaustion, fear, dark sadness, mind-numbing worry, and at times, physical terror, wanting just to be done and give up. As LIFE would throw curveballs my way, I would give myself time to wallow, and then inevitably, I would pick myself up, dust myself off, and begin to look for answers. I would read books, listen to podcasts, and consult experts in their field. As I explored, I tried synthesizing all the different methods, beliefs, and ideologies I was reading about, hoping to make sense of whatever chaos was causing me stress at that time and hoping to, once and for all, make peace with whatever was happening. From divorce and being a single mother to financial hardship, from loss of friends to layoffs, I have had the gamut thrown at me. What I ultimately learned is that the more I looked externally for validation, strength, Power, connection, and success outside of myself, the more LIFE showed me the exact opposite. Once I started embracing the idea that everything I needed was actually living within me, LIFE began to share its real secrets, its magic, with me. How? By showing me how to connect with this inner Power through my body, my temple. There are so many methodologies and techniques available to us to optimize our quality of life, to experience the true essence of existence, the SHEER JOY OF LIVING.

And that's what I want to share with you, dear reader. There is a MAGIC, a Superpower, a divinity, an energy that exists within each of us. I believe that we, as women, have, by default, given our Power (yes, Power with a capital P!) away consistently over the centuries to cultural forces outside of ourselves, based on years of outdated models, systems,

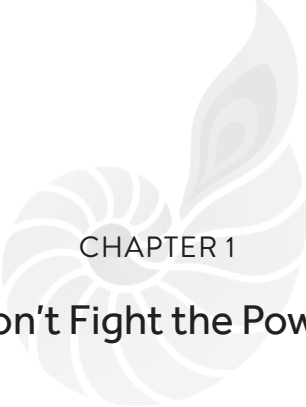
and paradigms. By doing this, we have also lost who we truly are at our core. So, this is my attempt to rectify things and level the playing field. To recalibrate. To remind you of our collective truth. So I entreat you, Sisters, to RISE WITH ME. Stand in your Power. Remember who WE ARE: a force to be reckoned with. A true TIDE that can improve this world for the better!

In these current stressful, worrisome, and often scary times, I know we are all seeking something more. We all need a new way of living; a new approach to LIFE. A new normal from which to excel at our jobs, create art, run our businesses, raise our families, and truly live and experience LIFE. And that's what this book is: a field guide to help you find and unleash your own magic; a treatise on how to discover—no, REMEMBER—your own inner Superpower. That Superpower will change your life, allowing you to achieve any dream, conquer any goal, and the bonus? That Superpower will also help improve our collective experience here on this GORGEOUS planet we call Earth!

Now let's dive in and see what's what and how to excavate and mine this Superpower.

*OH! And because I am a scientist at heart, at the end of every chapter is a series of exercises so you can conduct your own 'experiments' and determine what methods work for you in helping you connect with your Superpower. I don't believe there is a one-size-fits-all method for every woman, so I highly encourage you to play with the modalities to see what works. Some methods may resonate with you (and your body) better than others.*





CHAPTER 1

## Don't Fight the Power

To understand the Power we are trying to tap into, I would like to share some remarkable stories that highlight the immense potential of this Superpower. These stories will excite you! These stories will mystify you! These stories will inspire you! You will realize that you have been living with a veritable goldmine inside you, just waiting to be tapped, mined, and discovered.

Let's travel back in time to 1957. That's a random year, you think—not related to war or any major geopolitical event. This story, however, highlights the essence of this book and the Superpower we all possess yet don't tap into enough. Mr. Wunderkind (a pseudonym for the ease of this story) suffered from an advanced form of cancer affecting his lymph nodes; he reportedly had tumors the size of oranges in his body. Because of a preexisting condition, Mr. Wunderkind was not eligible for the typical rounds of radiation therapy or chemotherapy that would typically be used to treat

most cancer patients. His illness was so far advanced that he was on his deathbed with a dire prognosis of only weeks to live. A new experimental medication called Vrebiozen came out, which was supposedly quite effective in treating certain forms of cancer. After hearing about this treatment option, Mr. Wunderkind begged his physician to get this medication for him. So, the good doctor located and sourced this ‘miracle cure’ for his patient. Mr. Wunderkind’s doctor administered the first treatment of this experimental drug on a random Friday afternoon. After receiving three treatments over the span of a week or so, the patient was reportedly out of bed, standing on his own, and interacting with the hospital staff. Upon redoing the patient’s scans, Mr. Wunderkind’s physician reported that the tumors seemed to have shrunk considerably, from “oranges to golf balls.”

Several months later, Mr. Wunderkind, who had returned home after healing from the experimental treatment and resumed a somewhat normal daily life, heard news stories reporting that the Vrebiozen trial had been concluded, and the drug had been found to have no impact whatsoever. After hearing this news, Mr. Wunderkind experienced a relapse; he returned to the hospital because his health began deteriorating again and more rapidly than before. After conducting some tests, the hospital staff found that the tumors had, in fact, returned. At this point, Mr. Wunderkind’s doctor took matters into his own hands—and did something somewhat questionable (for the benefit of his patient’s health; we won’t dive into the ethics of this situation; let’s just see the lesson and big picture here). He told Mr. Wunderkind that the news story was false and that the drug was, in fact, quite potent as an anticancer drug. Mr. Wunderkind questioned why his symptoms and tumors had returned. The doctor explained that he must have received a weak batch of medicine, while also sharing that the hospital was expecting a fresh shipment of the stronger version of the medicine in the coming

days. Mr. Wunderkind seemed to brighten with this news, anticipating the arrival of the new batch of medicine. After several days, the new batch had arrived, and Mr. Wunderkind's doctor administered a syringe of pure water that was described as even more potent than the first treatment he had received. This news was all Mr. Wunderkind needed to hear. Almost magically (again), over the next several days, Mr. Wunderkind's tumors began to diminish again. He left the hospital for the second time with his second remission. He resumed his daily activities for months afterward. While I know many would argue the ethics of this behavior, I share this story for the end-all takeaway. Despite the drug itself not panning out to be the wonder drug it was touted to be, Mr. Wunderkind was repeatedly able to heal himself with the Power of his own belief while only minimally supported by the actual medicine.

In a more recent scenario, at Baylor University, a clinical associate professor of orthopedics was evaluating the effectiveness of a specific procedure called arthroscopic debridement, which involves cleaning of the knee joint (to evaluate its worth as an aspect of therapy), and showed another real-life example of the Power of the human mind and its ability to heal the body. Out of 180 patients, sixty received debridement (one form of cleaning the joint in which torn or loose cartilage is trimmed), sixty underwent lavage (a low-impact pressure-washing type procedure), and the final sixty actually underwent simulated surgery. What's a simulated surgery, you ask? While small incisions were made near their knees (similar to the other patients), no instruments were even inserted into the knee, and no cartilage was removed. Want to take a guess at what he found? The patients who underwent the placebo surgery (simulated procedure) actually reported better outcomes and improvements than those who had received surgery at specific timepoints throughout the post-surgical follow-

up period. Interestingly, the patients were informed that they might be assigned to this placebo group before their actual procedures, and yet they still agreed to participate. Ultimately, they did not know which procedure they received. Why, you may ask? All 180 patients had visual scars and bandages, indicating ‘something’ had been done to their knees.

While the surgeons walked away from this experience realizing they could develop non-invasive treatments for their patients that would offer equal benefits to surgical cleaning, I (and many others) took away something else—a more powerful Truth. The potential ‘cleaning’ effect of the procedure and the visibility of the incision scars were enough to spark a level of self-healing that can only be achieved by the human body.

The final story I will share is a personal one. My mother suffered from a very serious brain aneurysm while out of the country. I won’t bore you with the details of her trying to return to the US, but please know that we should, in many ways, be grateful for the support available to American citizens abroad. Fast forward to her finally making it home and being admitted to the hospital at Emory University for treatment of the aneurysm, which entailed a complicated brain surgery. I still remember her being rolled out, tubes everywhere, her head swollen from surgery. As a young twenty-something, this image is forever etched in my brain. I vowed there and then to always prioritize my own health and wellness, no matter what. (This promise to myself became a habit, which is how, dear reader, by default, I ultimately discovered my own Superpower!) Fast forward through the next six to nine months. My mother regained almost 75 to 90 percent of her normal function, including walking, talking, and making jokes. She used to make jokes about the interns and residents who rounded on her in the rehab hospital, especially if the male doctors were good-looking (LOL). She had a new lease on LIFE and was much livelier

and more fun-loving than I remembered her being before the aneurysm. While I know a part of her recovery is due to the medical teams at both the university hospital and the rehab facility, there was a fire in her to heal that I can't explain. She was driven, motivated, and she WANTED to heal. She was tapping into her own Superpower, healing herself, and working to regain the ability to walk, talk, and be self-sufficient.

So, this is the object of our QUEST. The human mind, when working together with the heart and body, can direct some truly AWESOME miracles. Mind over matter is definitely a 'THING' and should not be taken lightly! The Power of the human body, led by a conscious heart-brain connection, enables us to heal, reach, and surpass our wildest dreams by tapping into this innate Superpower. It's this Power that we seek to discover, or, quite honestly, remember, using some tried-and-true modalities. I will also introduce you to some new techniques and ideas. What I am asking of you, dear reader, is to suspend all disbelief and join me on an exploration of how to tap into your natural Superpower. This journey will guide you through experimenting with methods such as breathwork, meditation, movement, and clean eating, while also exploring emotional dysregulation and its healing process, the impact of subconscious beliefs, and the emerging concept of bioenergetics. We will use these techniques in a deliberate and conscious way, allowing you to engage with LIFE differently. Through the magic of each Infinite Moment, you can feel your own Power pulsate and emerge. What you choose to do with that Power, once you discover it, is up to you, Sister! I highly recommend using your new Superpower for good, though! It is the ultimate path to self-realization and a new way to LIFE!

