

# MYSELF EMBODIED

ELECTRONIC PRESS KIT 2023-2024





# WHAT'S THE WORD?

“

*She's fierce, determined, effortless – a showstopper. She's a gift, a performer, a remembrance to be our best selves. She embodies her truth and reminds her listeners to do the same.*

*She represents “blaq womex” (black, queer, womenx) from around the globe.”*

**- Angel Adams**

OUI Enterprise Magazine







## WHAT'S HER NICHE?

M E creates immersive experiences through self-embodiment practices. She is a lyricist, author, mother, teacher, spoken word artist, dancer, and unlimited. She is moving everything + journaling her daily practices of movement, motherhood, and discipline.





# WHY MYSELF EMBODIED?

M E believes in the power of showing up for oneself. Motherhood reminds her of the importance of the womb, the woman, and connectivity with all things. It is through authentic expression of self that M E best represents her artistic practice. She invites her audience on an exploratory guide through self-love, forgiveness, compassion, peace, pride, and joy.







# THE HEAL HOP MOVEMENT



*Who are we?? There's no debate cuz see.. Everything comes from blackqueness. Even the start - the beginning - was nothing but blaq."*

**~ME**

We So Black

## IMPACTING A NATION

Heal Hop is what we do next. It is an offspring of Hip Hop and a counterculture to the mainstream fad. It is a communal creation that is ever growing and expanding. We breathe life into healing ourselves and our people through strong families and community. We are high vibrational beings.



# DELIVERABLES

M E is capable of performing up to a 2-hour set through her “MErsive Xperiences”. She captures the audience's attention and allows them to express themselves through her music, openness, and performance pieces. She steps into movement journaling, poetry, dance, yoga, and much more during her set. She is exploring self-embodiment and has the ability to create safe spaces for others to do the same.





## GET TO KNOW M E

M E is full of characters, personalities, various black women, and style with grace. She is deep, open, savage, defining, refined, and our crown and glory. She is mysterious, grand, exposed, and raw. She leaves it all on the floor and reminds you that it is okay for you to embody the full spectrum of emotions, too. M E moves in the direction of seeking more from within M E for you so that we can be us through M E. It is from within that we connect with our roots and M E purpose is to challenge societal norms and make us think critically about how to move and heal.



# The M E Business Team



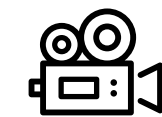
ARTIST MANAGER



BOOKING AGENT



PUBLICIST



CREATIVE TEAM

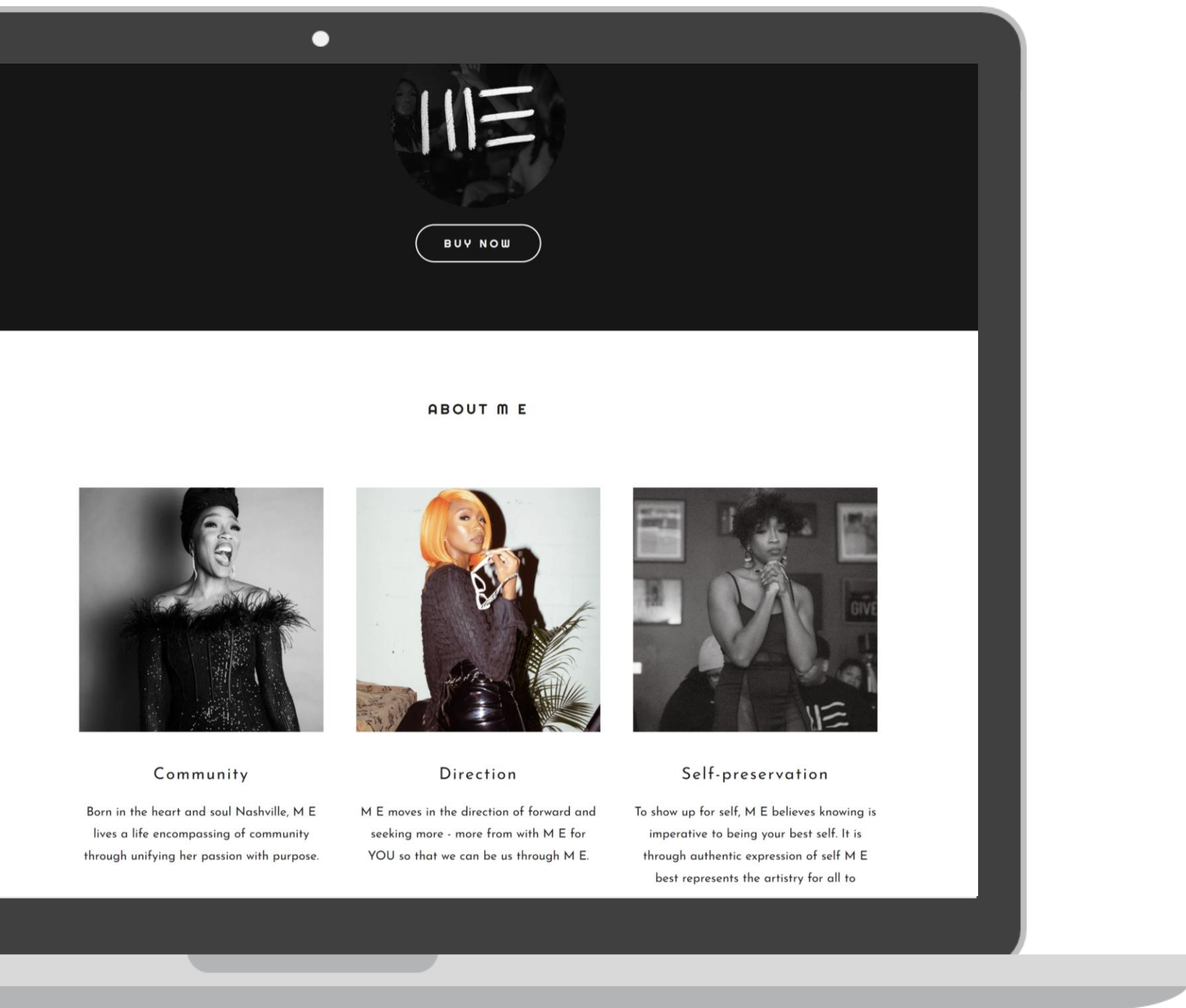




## VIBE CURATORS

The M E team curates everything from M E spaces to the music, thought provoking elements, wardrobe, conversations, merch, promotional materials, and community engagement/ art activism creations.





# ONLINE PRESENCE AND OPPORTUNITIES



## PROMOTIONAL TOOLS

We can collaborate on brand identity and support future projects that meet our shared needs and goals.



## AUDIENCE EXPANSION

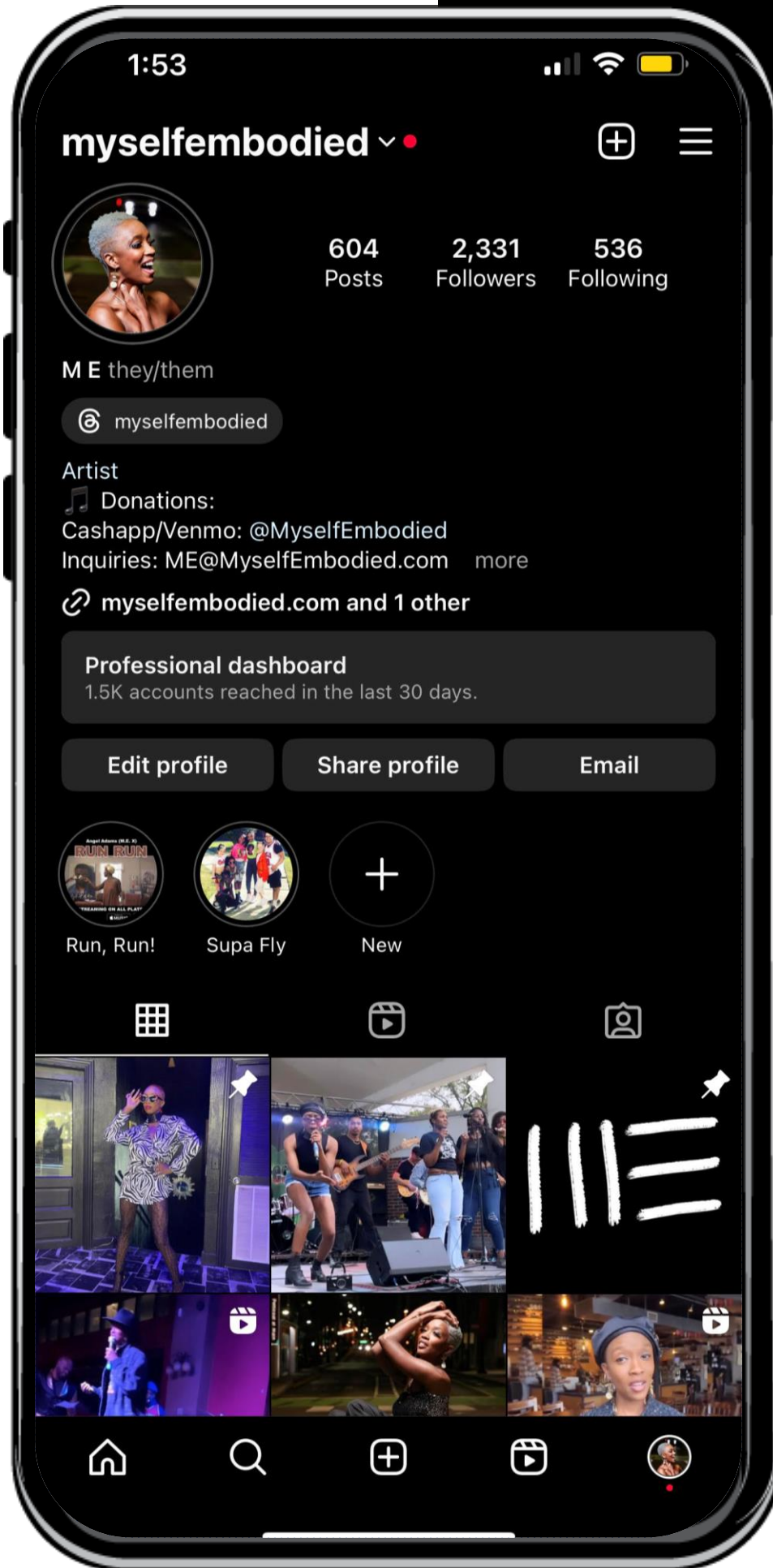
Our team is expanding our audience reach through social media engagement and social enterprise building.



## COMMUNITY ENGAGEMENT

We would love to be a part of any events, interviews, panel discussions, workshops, and arts & cultures experiences centering community engagement.



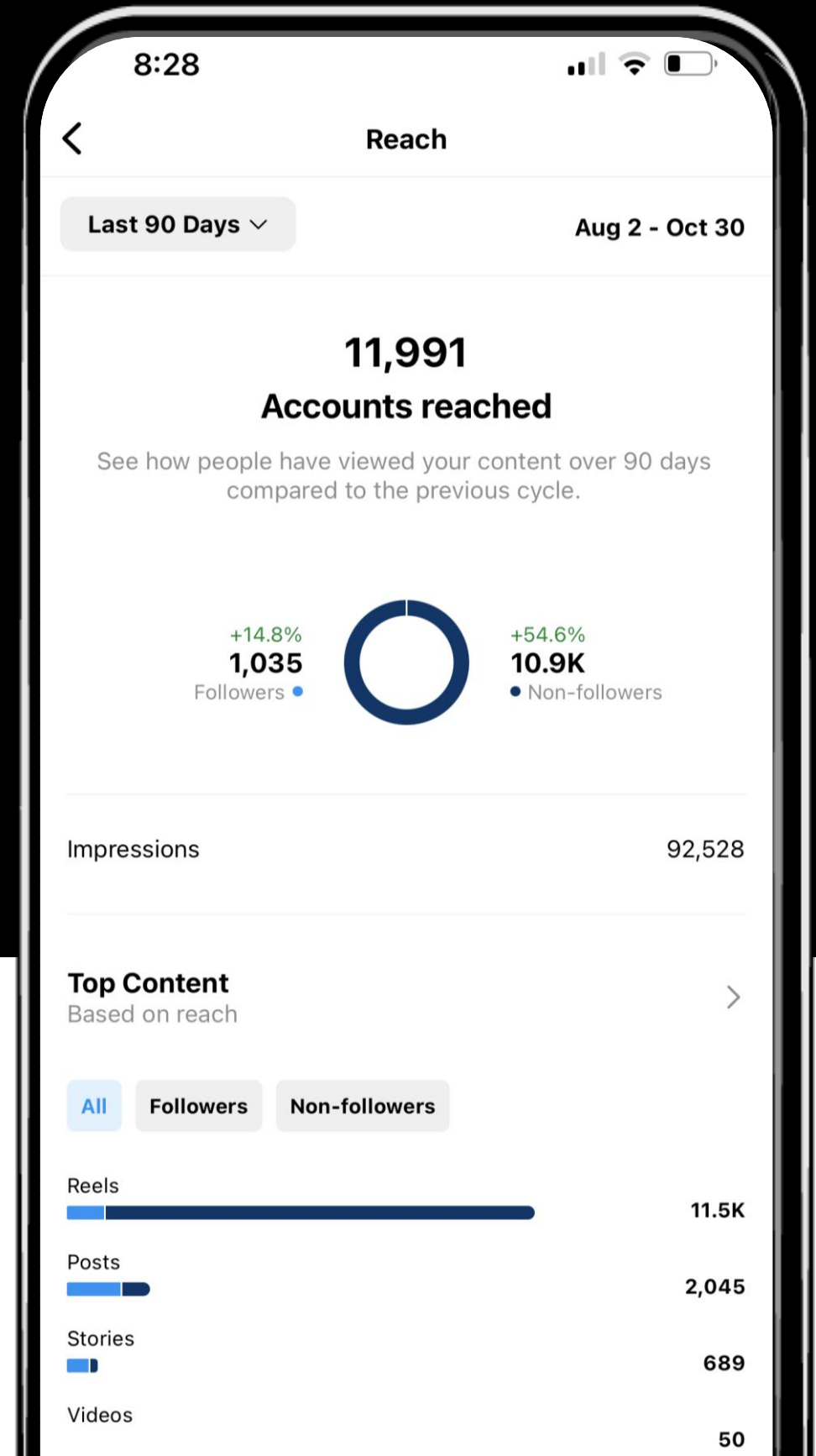


# SOCIAL MEDIA IMPACT

Follow M E: @MyselfEmbodied

[www.MyselfEmbodied.com](http://www.MyselfEmbodied.com)

[www.Youtube.com/MyselfEmbodied](http://www.Youtube.com/MyselfEmbodied)







# AUDIENCE DEVELOPMENT

We are focusing on less demographics and more psychographics. We are tuning our frequencies to people movements centering healing, black arts and culture, liberation and freedom, black women, families, music lovers, poets, dancers, yoga enthusiasts, readers, self advocates, and experience seekers.

MYSELF  
EMBODIED

MYSELF EMBODIED





# MAKE AN OFFER

All offers can be discussed in further detail with the business team during the negotiations process to ensure all needs are met by and between both parties. Let's collaborate and build together.



## PRIVATE EVENT

Includes but not limited to: art showcases, communal gatherings, healing circles, art showcases, proposals, weddings, parties, etc.



## OPENING ACT

If you are looking for a professional, well-versed artists to engage your crowd, consider our team to deliver and meet your needs for your next show.



## FEATURED ARTIST

M E is a SHOWSTOPPER! Make an offer and let's create a once-in-a-lifetime experience for your audience that will keep them coming back for more.



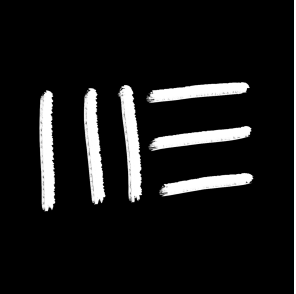


# THE MENU ALBUM

The M E x YOU Tape is a mixtape poems, lyrics, moods, and vibes curated by ME to share with her listeners. The Menu Album is a complete body of work showcase the full breadth and dynamic of M E through self-embodiment practices.







# CREATIVE COLLABORATIONS

The Business Management Team is seeking to collaborate with venues, artists, managers, and supportive teams to continue pairing The M E brand with other like-minded mission-driven organizations and brands.

M E is growing her products and services that range from musical compositions to books, merch, and community events centering health and wellness. We look forward to building with you.

**CONTACT INFORMATION:**

[ME@MyselfEmbodied.com](mailto:ME@MyselfEmbodied.com)

(505)506-8476

