



LIVING EMBODIMENT

REMEMBER your RADIANCE

Experience vitality, ease and joy in your body at any moment
(even when it seems impossible)



*The GIFTS of
Remembering*

*To begin, let's define
“remember” + “radiance”*

Remember is one of my favorite words.

It speaks to all facets of our being.

It speaks to the **mind** – to the process of recollection.

It speaks to the **spirit** – to the experience of wonder that helps us recognize magic.

And it speaks to the **body**— with a simple shift in emphasis.

Re-MEMBERING.

When we revive our connection with our body, when we link our embodied knowing with our words and actions, we feel whole again. We feel a togetherness of self.

Radiance is another one of my favorite words.

It conjures the image of shining light and it also indicates motion.

To shine radially is to emanate from a common source in all directions at once, like the rays of the sun.

And although we often associate radiance with an external beauty that others perceive, radiance is an internal sensation we feel within our own being before it is witnessed by anyone else.

To be radiant does not require us to be joyful or problem free.

Radiance is the glow that emerges from the fire of self love.
Radiance grows from the tenderness we show ourselves in any moment.

It is both soft and strong.

The softness of our radiance says, I see you and I cradle you in the totality of your experience.

The strength of our radiance says, I will not leave you. I am right beside you in the totality of your experience.

Simply put, when we generate this soft-strong heat, we radiate.

In the warmth of our radiance we can rest.
In rest our gifts ripen. Our life bears fruit.



*So what does it mean
to REMEMBER our
radiance?*

To remember our radiance means to reconnect all aspects of our being to the soft-strong heat of self love. It means to nurture our felt sense of self love until it permeates and emanates through us.

Because you see, self love is our birthright.

It existed before we were conditioned to believe anything else and it is kept safe, like a treasure, stored within our cellular memory.

To remember our radiance means to reclaim the treasure of our birthright.

Why is it important to reclaim
this treasure?

Because when we are fueled by the soft-strong heat of our own radiance, we illuminate the space through which we travel. We brighten the path for others with our clear, vibrant light.

**AND SO IT IS A GREAT SERVICE TO
OURSELVES AND THOSE AROUND US TO
REMEMBER OUR RADIANCE.**



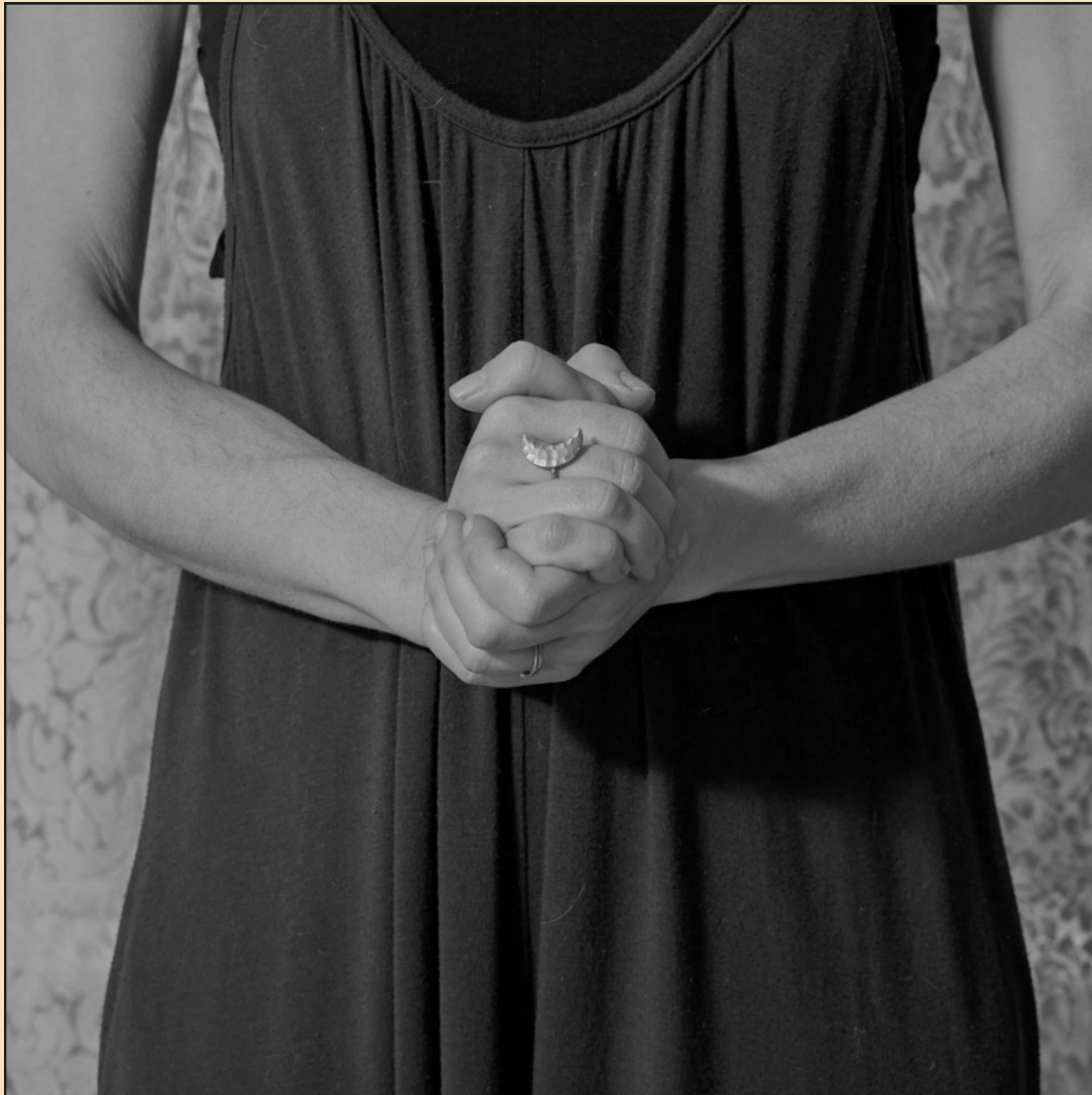


The
DANGERS of
Forgetting

*Why do we forget our
radiance in the first
place?*

Why is it so difficult to remember that we are....

Radiant
Sovereign
Worthy
Whole...?



Because we have been lost in the spell of right and wrong

The spell of right and wrong makes us believe there are only two ways of being. One way is good and one way is bad. We are rewarded for being good and punished for being bad. When we are 'wrong', we risk being excluded completely from community and from the soft-strong heat of self love. So we must never be 'wrong'. Our choices become influenced by the fear of wrongness, (and exclusion), versus the desire for wholeness, (and the inherent joy of reciprocity).

Under the influence of this spell, we become disconnected from our bodies, losing access to our profound somatic wisdom. We become disconnected from the very place where our instinct and intuition live, thrive and inform our most integrous actions. We put too much burden on the mind, overworking it until it spins and loops.

Here's what a burdened mind looks like in our everyday life:

∴ HARSHLY CRITICAL ∴ JUDGMENTAL OF SELF AND OTHERS ∴ LACK OF MOTIVATION, FEELING STAGNANT
∴ ANXIOUS AND OVERWHELMED ∴ SCATTERED AND UNFOCUSED

Under the spell of right and wrong, self love is conditional.

Separated from the radiance of self love, we are prone to cycles of stagnancy and stories of shame.

These cycles and stories inhibit our ability to be:
Spacious agents of change,
energized agents of joy,
generous, riotous agents of inspiration!

And we need as many change-joy-inspiration agents as we can get.
We need everyone fanning the flames of the deepest, truest truth.

Which is:
We are living embodiments of love and...

We belong. Exactly as we are.

Our desires and sensations are not temptations to be demonized, but signals to be decoded.

Our desires and sensations are part of our incarnate sensual magic.

We are here to honor our bodies, not disavow them.
Our bodies are our greatest allies and our sweetest gardens.
Our bodies are our pathway to self-actualization!

And within our miraculous bodies lives the medicine of somatic wisdom.
When we embrace this medicine by fully engaging with our body, we come into alliance with our power and grace.

We radiate.



Breaking the SPELL

How do we break the spell of right and wrong, remember our radiance and cast new spells of embodied love?

We begin with small somatic steps.

Great transformation can be initiated through very simple practices. The key is to start - to take one tiny action step in the direction of feeling the soft-strong heat of self love, in this very moment.

As we spend more and more time in this soft-strong heat, our daily lives shift and take shape in exciting new ways. This can look like:

- *Increased vitality*
- *Easeful decision making*
- *Self love in real time*
- *Inspiration to take risks*
- *Creative clarity*
- *A sense of wonder threaded through routines*
- *Trust in the wisdom of our bodies*
- *Consistency with our practices*
- *Confidence in our inherent gifts*



Your invitation

I invite you to take one small honoring step now that will initiate remembrance.

Your radiance is ready to emanate within and around you.

Self love is your birthright.

Reclamation is inevitable.

The audio file linked [here](#) will take you through a guided meditation. This meditation is intended to introduce you to key somatic practices that reconnect you with the treasure of self-love. It will serve as a jumping off point for embodied somatic ritual and mindful movement.

Set yourself up in a space where you feel undistracted and safe to move and make sound. Come into a seated position on a yoga mat or a cushion, with a glass of water or a water bottle beside you.

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Play the [Dreaming Root Guided Meditation audio](#) all the way through.

This will take a total of 35 minutes.

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Reference the words to the invocation included in the guided meditation whenever you need to anchor yourself back into the feeling of embodied self-love.

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Complete the following journal prompts after you've listened to the guided meditation while sipping something warm and delicious :-)

INVOCATION

DREAMING ROOT

Fortified by the dreaming root
I source a song of wonder and weave it through my bones

I relinquish _____ and replace it with _____

I trust the tender strength of truth to birth the miracle of beauty

I nurture love inside my body

I nurture love inside my body

I nurture love inside my body



I'M JOCELYN

Embodiment mentor, Poet and Somatic Ritual Sorceress.

It's my passion to help you embody the deep medicine of your sensuality and the wise magic of your muse.

It's my mission to invite you into deeper communion with source, with inspiration and with your sense of unconditional belonging. It's my jam to offer somatic practices that make you feel at home in your body and to guide groups and individuals through transformative movement experiences.

I believe deeply in the power of community and the necessity of interpersonal growth spaces that are held with care, clarity and transparency.

I'm here for the deep work.

