



OCEANIC

Creating Space in the Nervous System x Opening to Recieve

A 6 WEEK IMMERSIVE SERIES



An Opulent Female Body Creation

TABLE OF CONTENTS

01

INTRODUCTION

- Overview of the Immersion
- Key Medicine Points
- Setting Intentions

02

JOURNALING & REFLECTIONS

- Reflections Through the 6 Weeks
- Guided Journaling Prompts
- Personal Reflection

INTRODUCTION: OCEANIC

You may be wondering to yourself “what is OCEANIC going to do for me or change?” These are all the wrong questions to ask - the medicine of OCEANIC is revealed in the guided body working practices that will drop once a week. Every single devotional immersive series is designed to deepen the relationship that you have with your body. OCEANIC is all about creating more space in your nervous system to receive which will take you through the embodied knowledge of what is blocking your ability to receive in the first place. You will notice that the fluidity of your spine and intrinsic muscle groups play a big role in your ability to receive because our fears and limiting belief systems are embodied in the fascia *the fascia of our pelvis and spine*

OCEANIC will take you through identifying the belief systems that are blocking your ability to receive and retrain your body how to truly open with your touch, movement, and breath. OCEANIC will teach you how to open in a way that you probably have never experienced before.

It is recommended to do the OCEANIC embodiment practices 3 times a week once the practice is released. All practices will be released every Thursday until we arrive to Week 6 together.

Please view the OCEANIC Intro Video: *Displayed*



3 Key Medicine Pieces of OCEANIC

- Opening to Receive - How one can open with the usage of somatic movements
- Identify Fears that are keeping us blocked, release those through oceanic movements
- Listening to the Body as the body shows you limiting belief patterns and clearing those beliefs through self touch

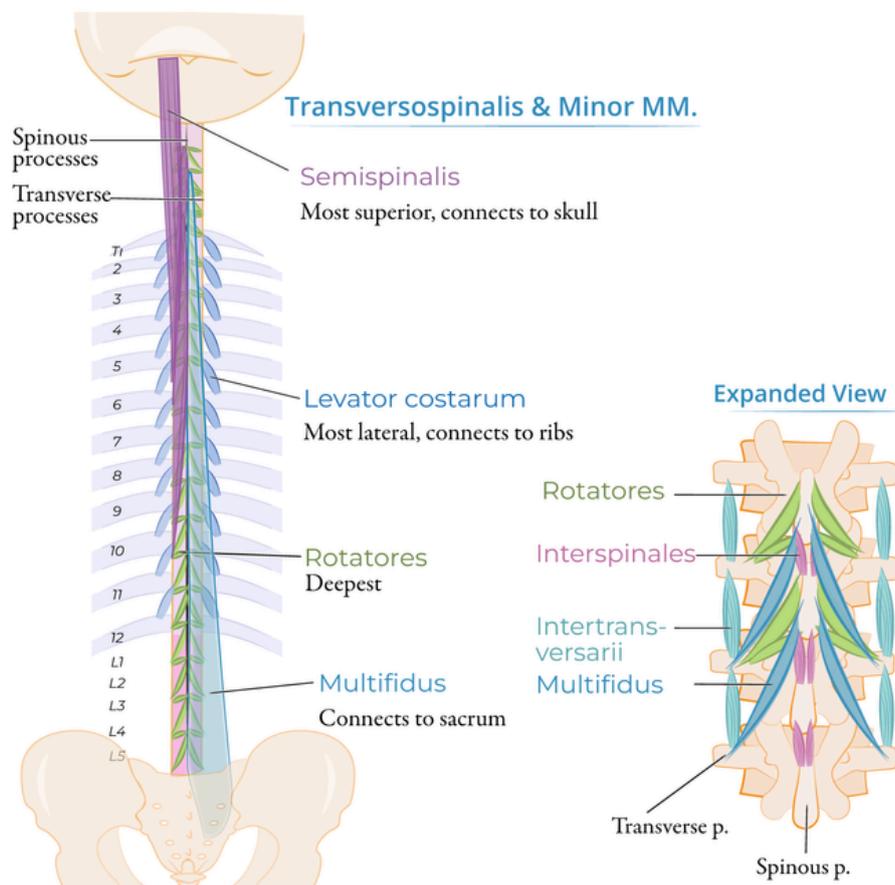
Human Anatomy Focus Points in OCEANIC

- The Spine - Your Backbone in your Reality
- Cranial Space, Feeling brain fluids
- CSF and the Spinal Cord
- Intrinsic Muscle Groups like dropping the tailbone down through movement
- The Nervous System
- Our Water Body

WORKING WITH OUR INTRINSIC MUSCLES FOR FLUIDITY

During our 6 Weeks traveling with OCEANIC we will be progressively opening the cranium, spine and pelvis by focusing on our Intrinsic Muscle Groups that hug around the entire body. At first the micro movements may feel clunky - with more practice grace and flow will follow. This will be the result of ease and openness in the body.

Intrinsic Back Muscles: Deep & Minor





LAYOUT DESIGN:

INTRO VIDEO

KEY MEDICINE POINTS

THE WEEKLY PRACTICES

REFLECTIONS

SETTING YOUR INTENTIONS

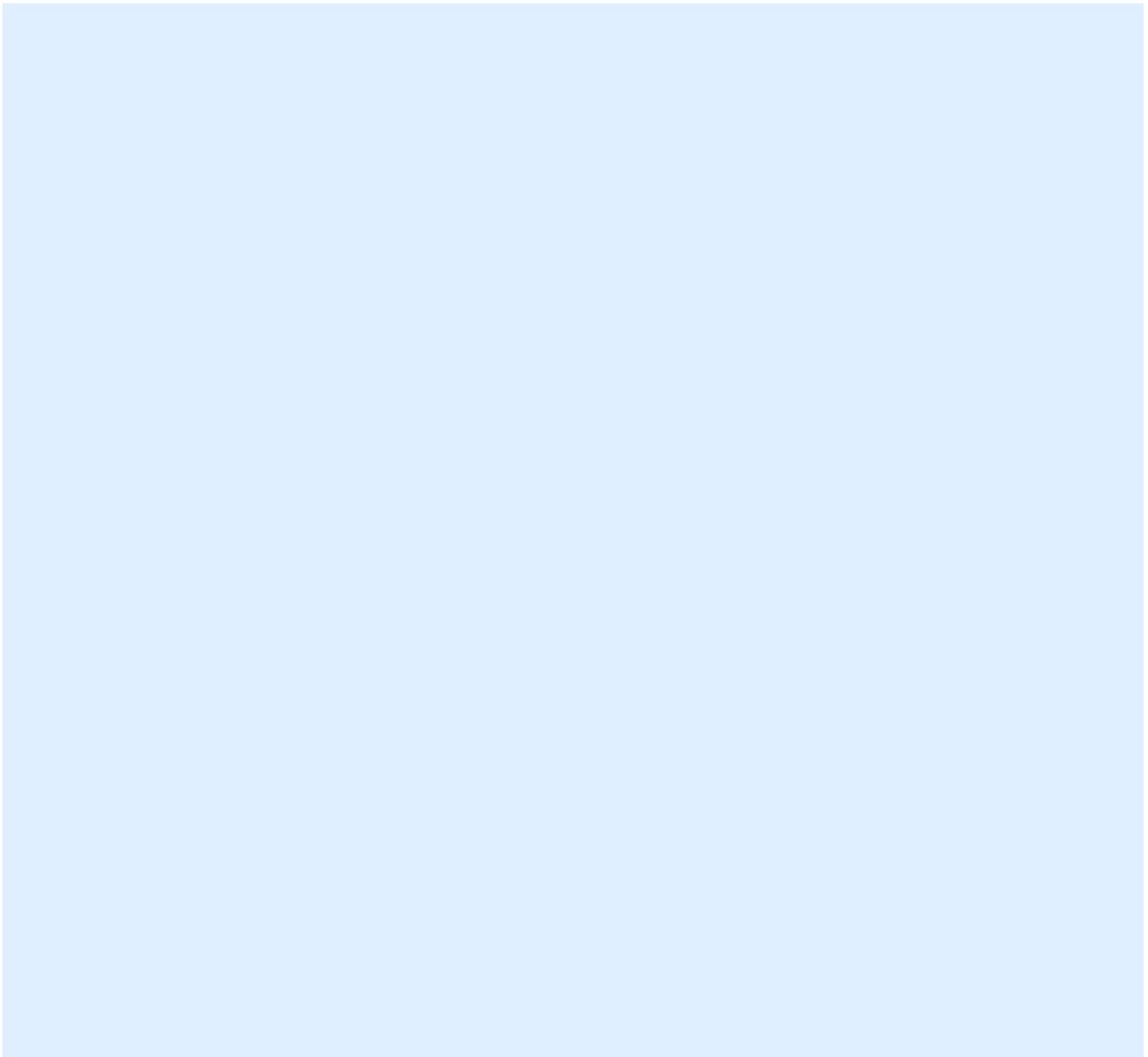
Setting your intention is creating the structure or the road that you will travel on for the series: I recommend to put forth some deep thought on choosing your intention for the next 6 weeks.

Here is some creative intentions that will amplify OCEANIC:

I ask my sacred body that over these next 6 weeks that you show me how my self concept or identity needs to be shifted for my highest good- please highlight all fears, all limiting beliefs so that I may put forth the effort in releasing these and choosing new beliefs and thoughts that serve me.

I set the intention to start listening to my body and hearing my body with clarity

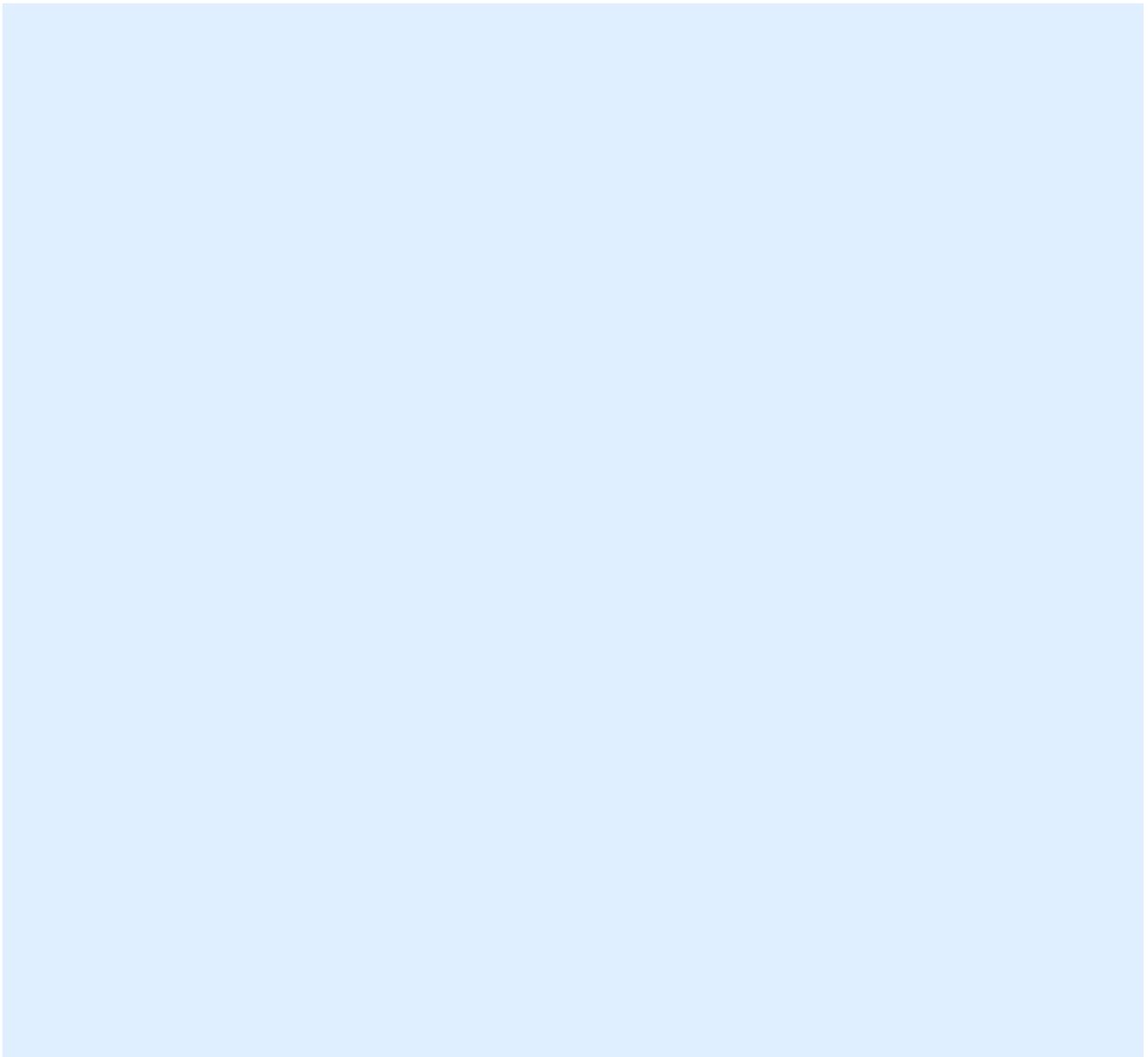
I set the intention to be guided to what I need to release to receive *fill in the blank*



OPEN TO RECEIVE * BODY SCAN *

Conduct a scan on your body and notice what parts of you are tense or tight- see if any body parts are highlighting themselves to you

Make a list of what you want to receive - now make a list of things that you feel may be blocking you from receiving things annotated on your list:

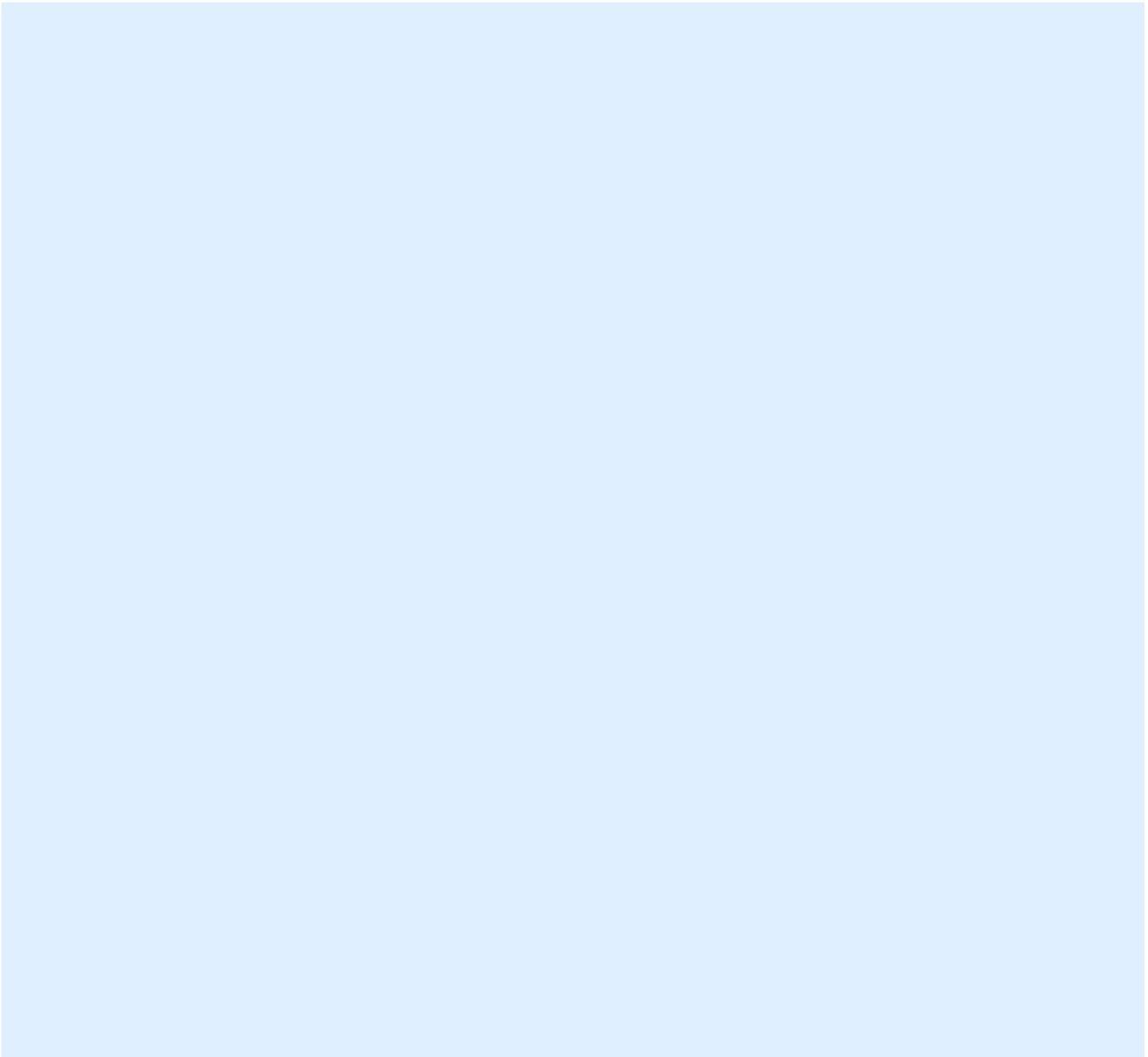


TAKE INVENTORY OF FEARS

List Your Fears in the Box Below: We are looking to actively release fears and tell the body that it is safe to operate outside of fears.

Ask your body through a yes or no format if you have these fears listed - this may help those who have a harder time identifying fears that are slowly controlling their embodiments.

Fear of Success, Fear of Being Seen, Fear of Rejection, Fear of Change, Fear of the Unknown..etc.

A large, empty light blue rectangular box intended for listing fears. The box is positioned below the text instructions and occupies the lower half of the page.

LIMITING BELIEF SYSTEMS

I want you to think of your most expansive embodiment - your dream life - really go into detail of what would be your dream life-dream body- dream self. Now write down all the thoughts in your head that counteract that embodiment or dream life. Those are the limiting beliefs that you are operating on. We release limiting beliefs by choosing which beliefs are true and deciding that we will think a new way and embody ourselves in a new way

A large, empty light blue rectangular area intended for writing. It occupies the lower two-thirds of the page, providing a space for the user to record their thoughts and beliefs as instructed in the text above.

JOURNALING & REFLECTIONS

What daily habits are no longer serving you? Are you open to releasing these habits and choosing new ones that serve your body?

Ask your body - what habits do you need to release? What do you need to show me?

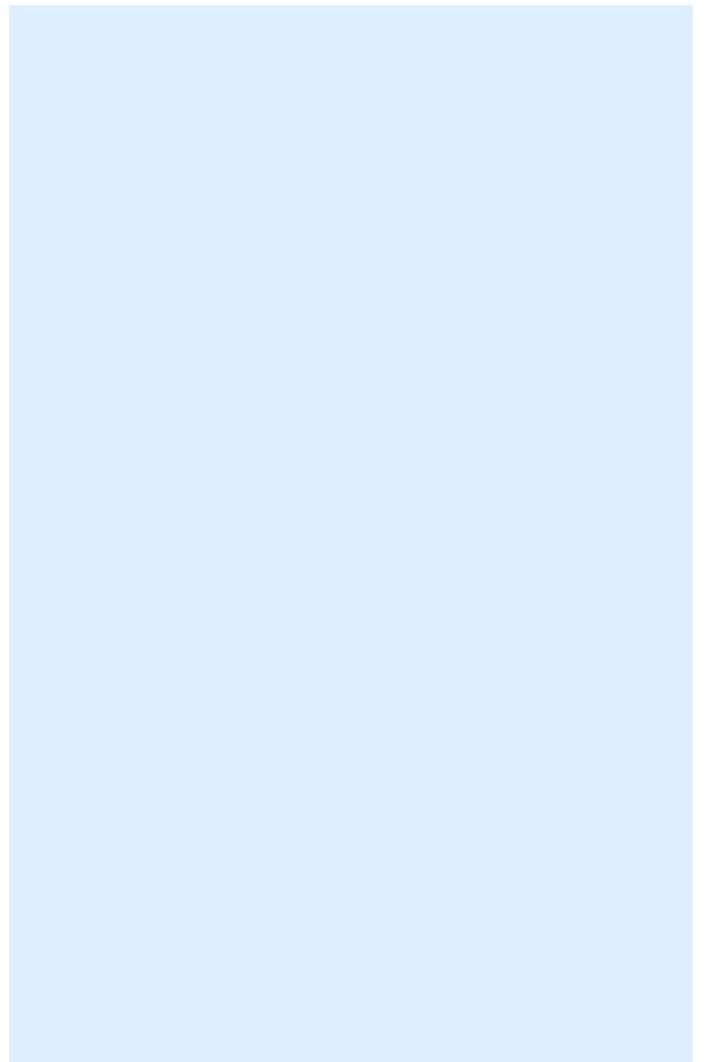
what habits do you need to add to serve your body deeper?

Begin to Observe your thoughts - Who do you believe yourself to be? What is true for yourself.

At any moment of the day we can take inventory of our thoughts in relationship to our body work practice. Often times you will find new fears in your body working practice that can be addressed via journal and choosing new belief systems.

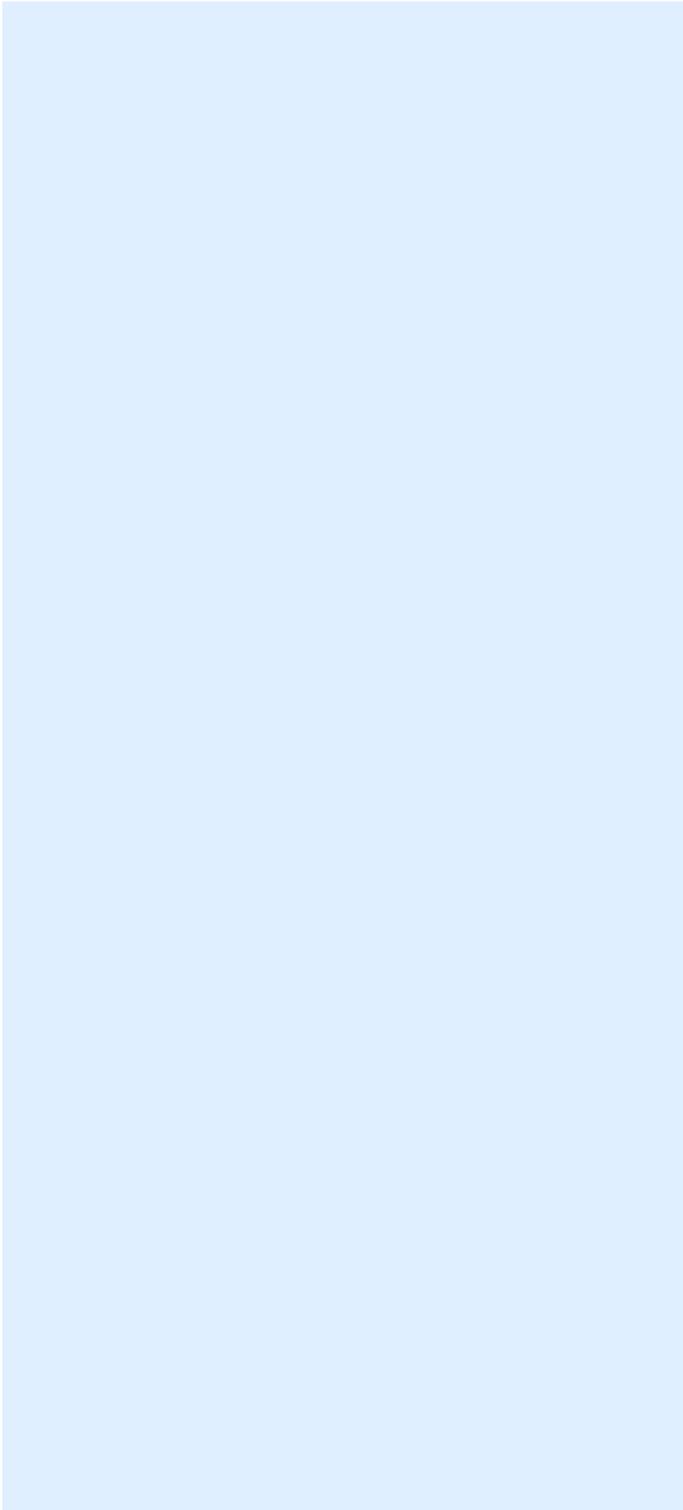
You Have the Power to
Choose & Decide

What will you decide
and choose for yourself
today?



WEEK ONE REFLECTIONS

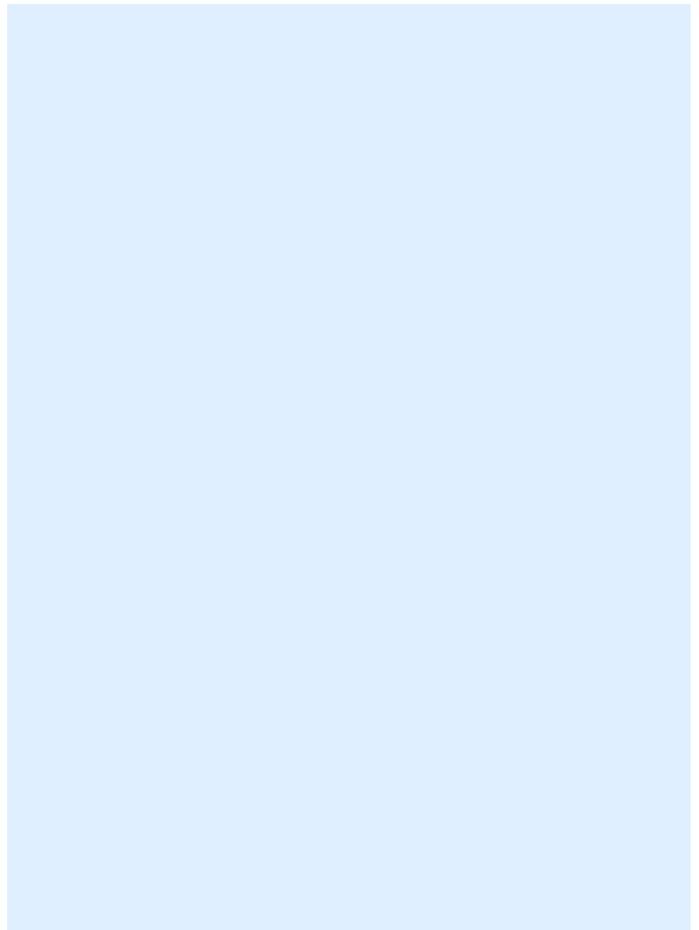
As you have immersed yourself into Week One:
What Came up for you in your practice that
your body is showing you:



KEY TAKE AWAYS -
WHAT CAME UP FOR
YOU?

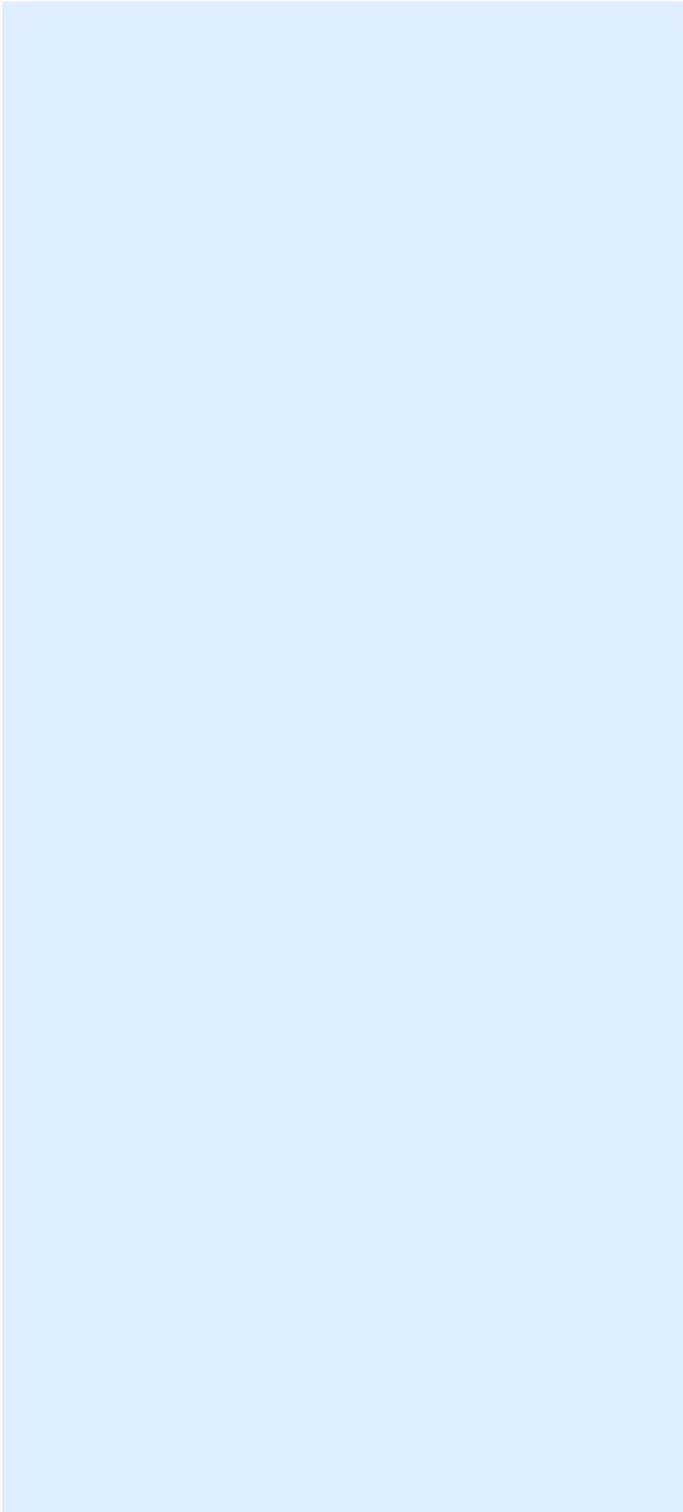
WHAT IS YOUR BODY
GUIDING YOU TO?

***Tip: Drink Organic Lavender Tea
30 minutes before your practice***



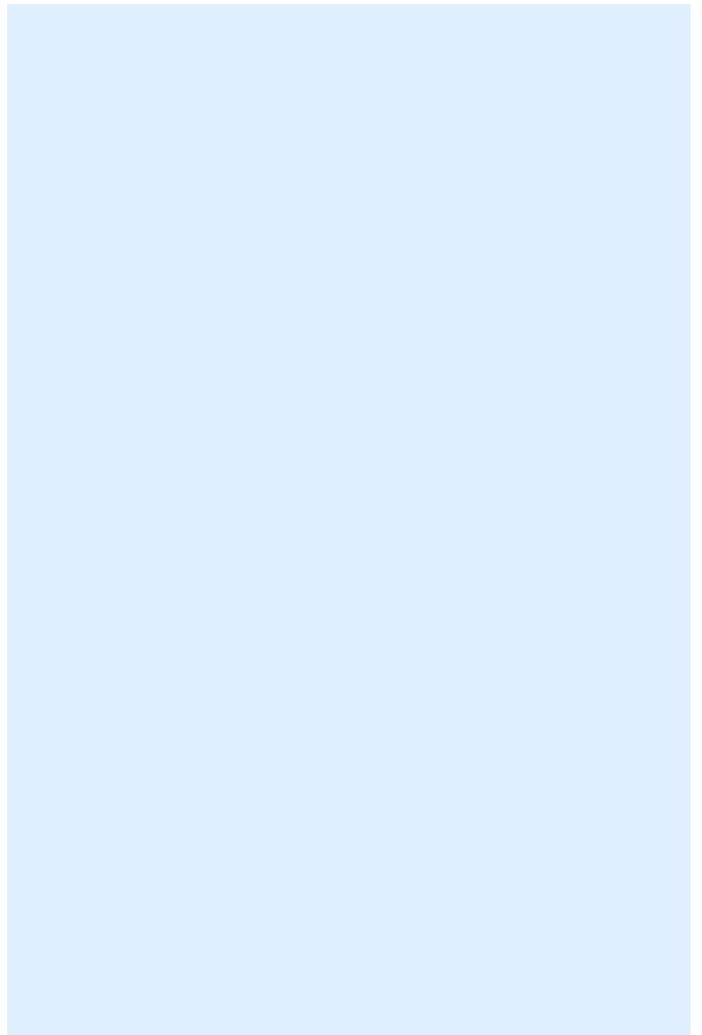
WEEK TWO REFLECTIONS

As you have immersed yourself into Week Two:
What Came up for you in your practice that
your body is showing you:



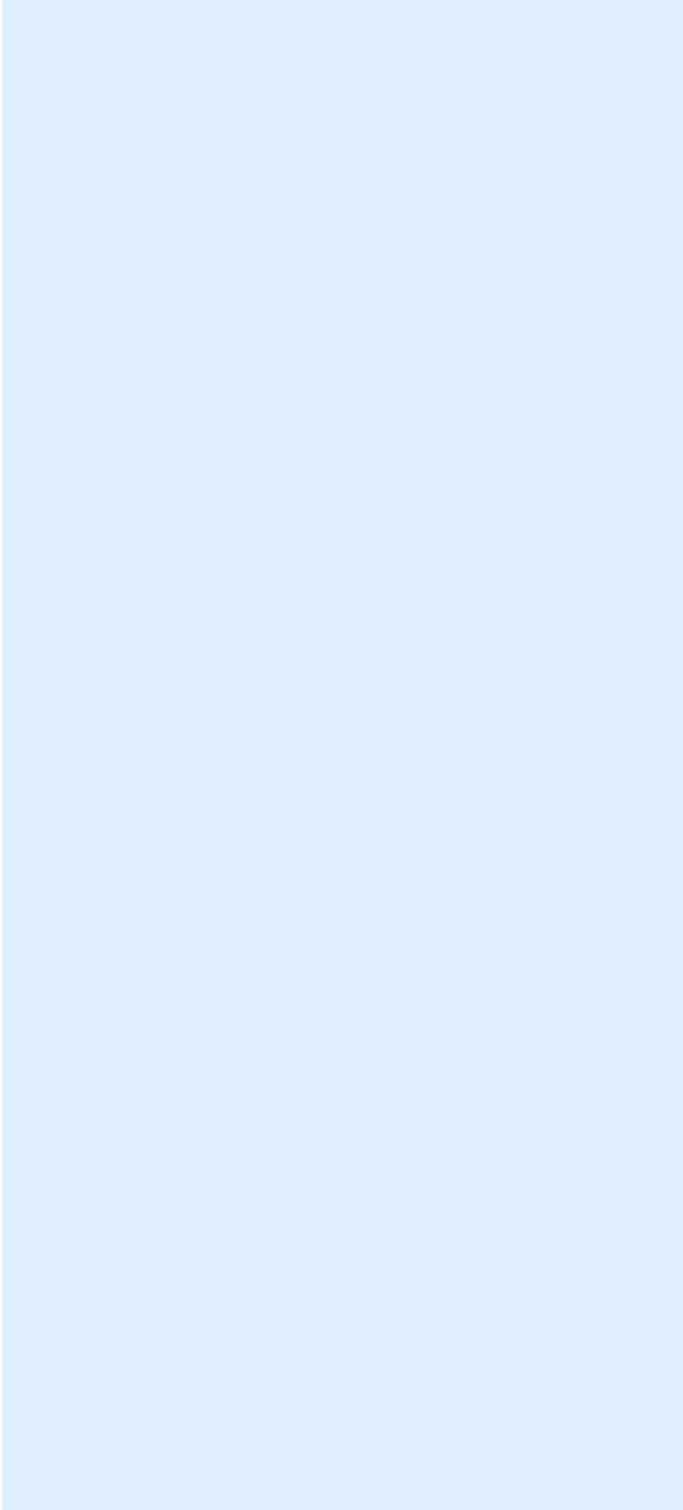
GET CLEAR ON WHAT YOU
WANT TO RECEIVE

WHAT DO YOU FEEL IS
BLOCKING YOURSELF FROM
RECEIVING THAT DESIRE?



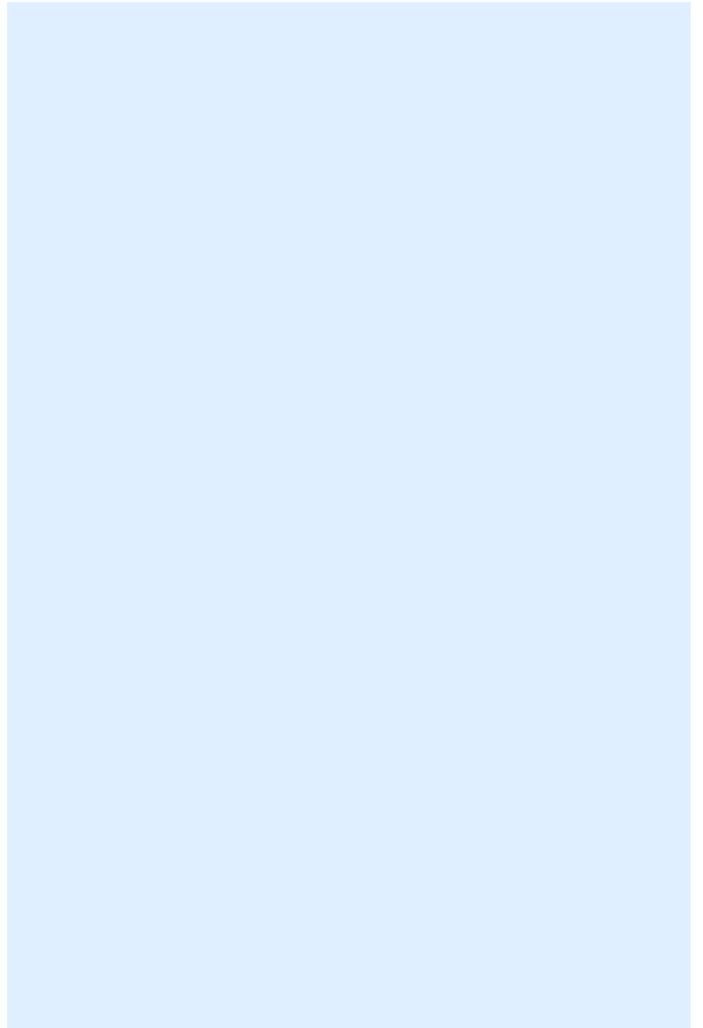
WEEK THREE REFLECTIONS

As you have immersed yourself into Week Three: What Came up for you in your practice that your body is showing you:



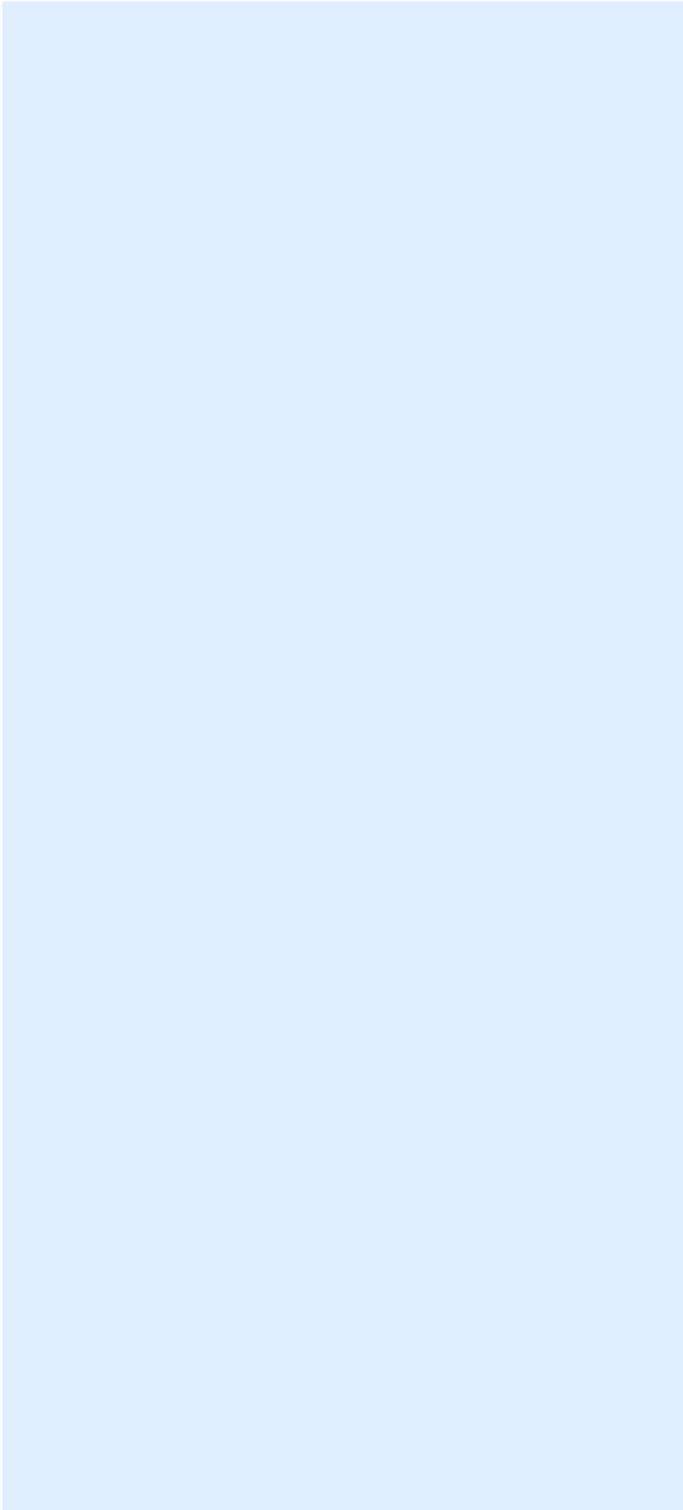
HAS ANY NEW FEARS
SURFACED?

WHAT IS YOUR NEXT
UPLEVEL?

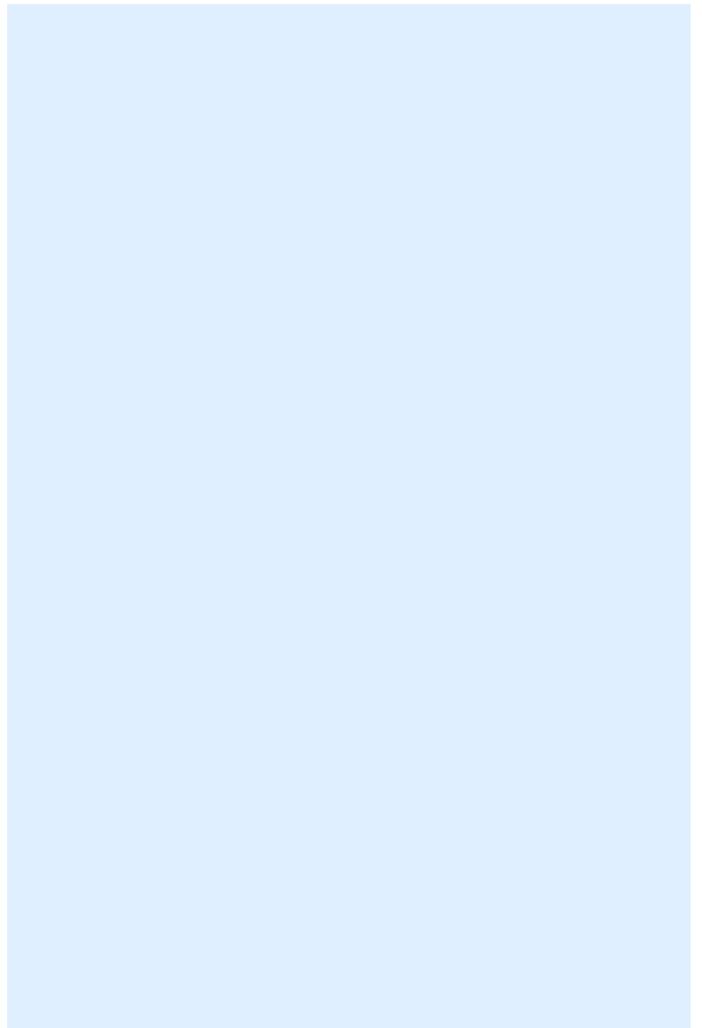


WEEK FOUR REFLECTIONS

As you have immersed yourself into Week Four:
What Came up for you in your practice that
your body is showing you:

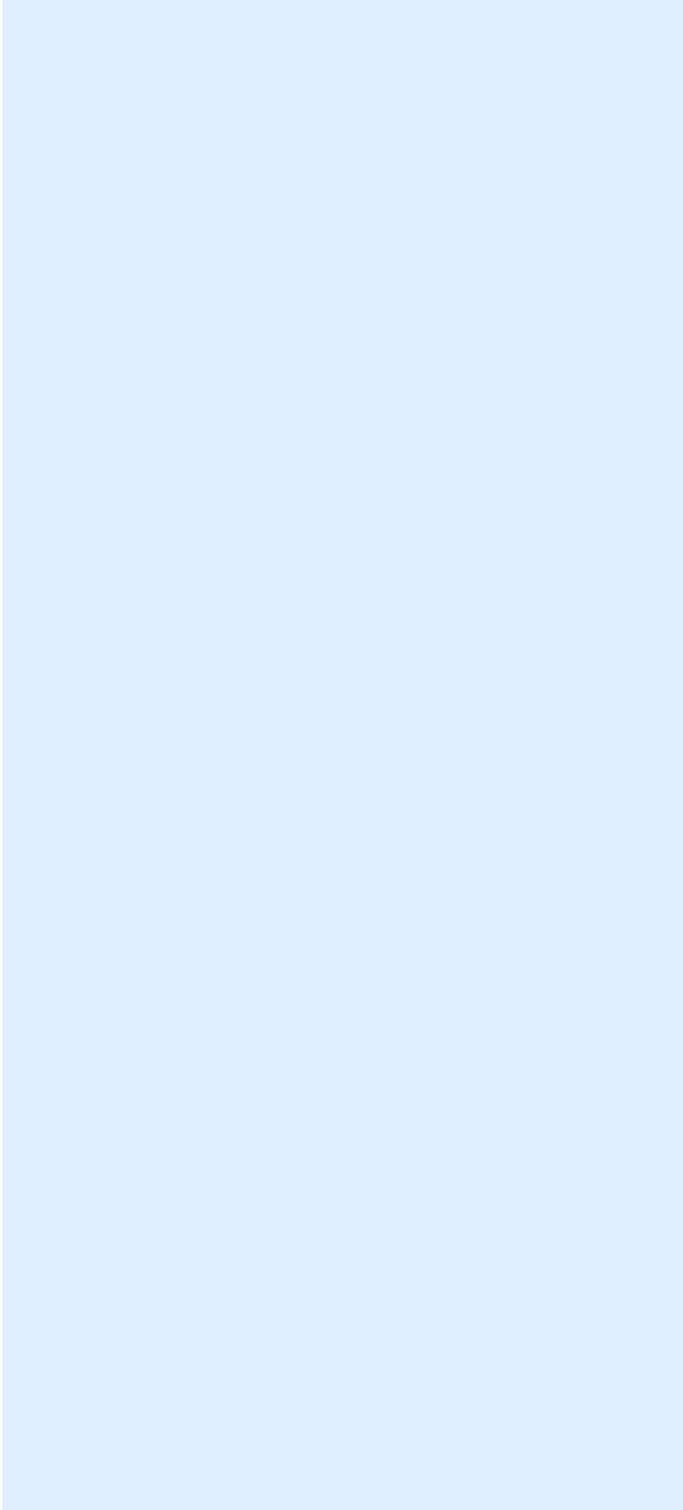


WHAT IS THE
RELATIONSHIP THAT YOU
HAVE WITH YOUR VULVA &
VAGINA?

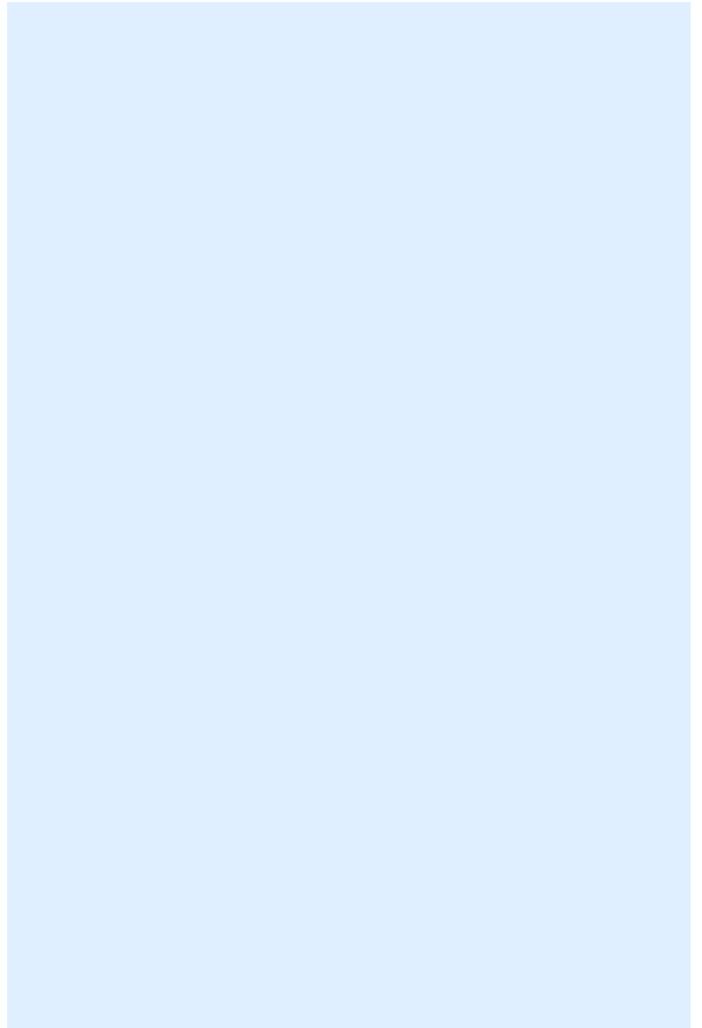


WEEK FIVE REFLECTIONS

As you have immersed yourself into Week Five:
What Came up for you in your practice that
your body is showing you:

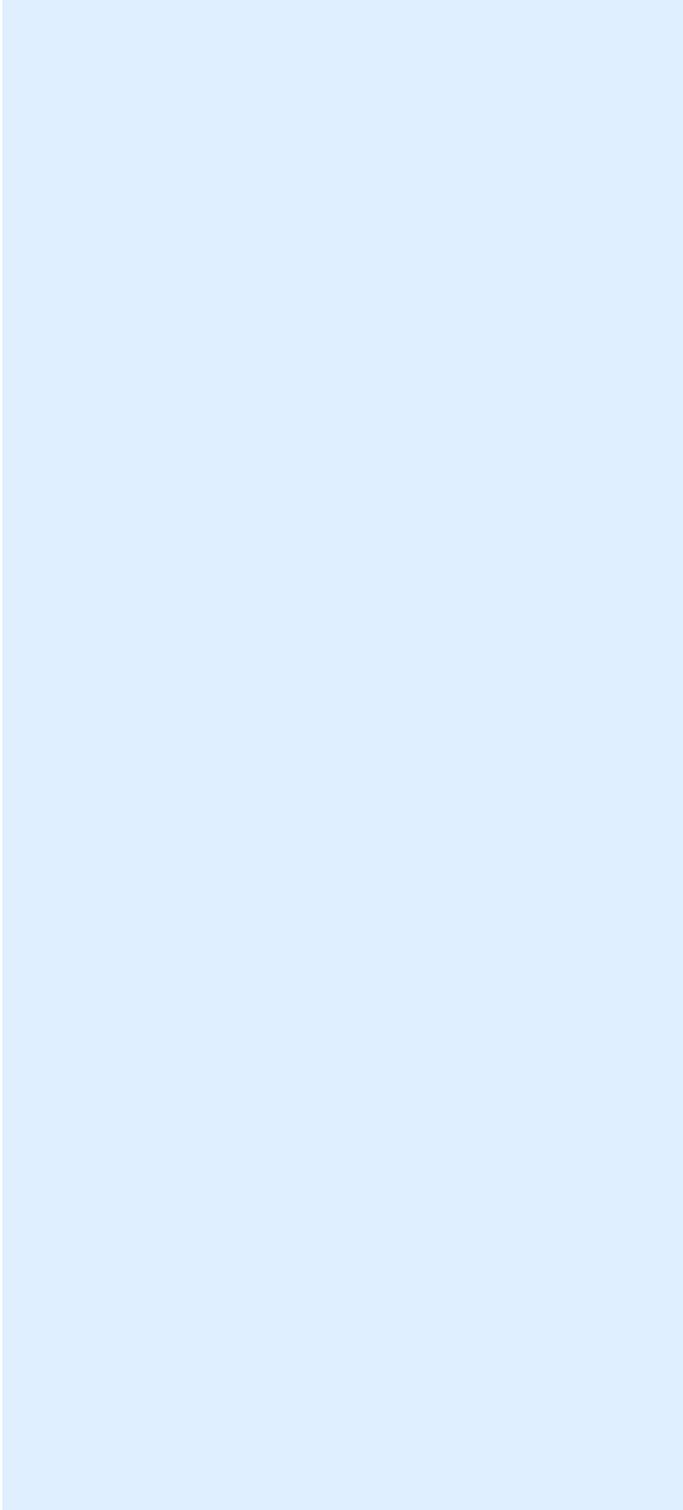


WHAT HAS SHIFTED
FOR YOU? WHAT IS
DIFFERENT?



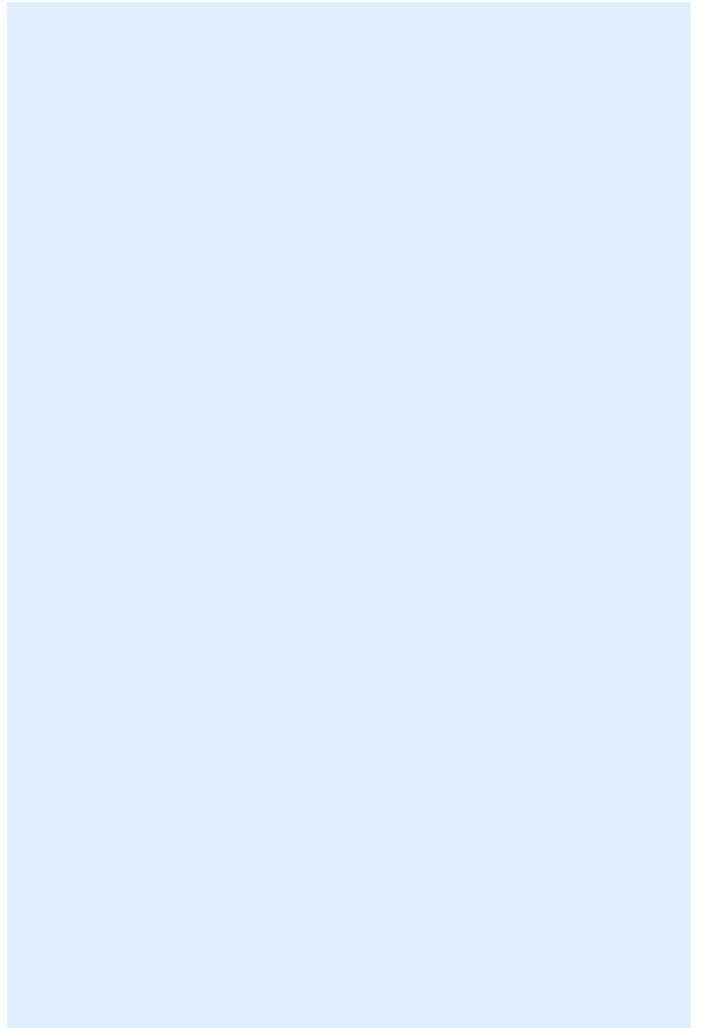
WEEK SIX REFLECTIONS

As you have immersed yourself into Week Six:
What Came up for you in your practice that
your body is showing you:



HOW HAS YOUR IDENTITY
SHIFTED DURING THESE 6
WEEKS?

DO YOU RECEIVE EASIER?



OCEANIC TRANSMISSIONS

COMING SOON....





FLUIDITY AND
OPENESS
ALWAYS
EQUALS
PRECISE
INTUITION



SOMETIMES IT IS OUR
FEARS THAT IS
BLOCKING US FROM
RECEIVING
BECOME FEARLESS