



Caroline Carey: The Wheel of Souls Return - Self-knowledge as a Path to Fulfillment



Caroline Carey is a grandmother and an aspiring crone elder, author of six books, speaker, and creative guide specialising in traditional beliefs around soul retrieval that have helped us form more modern day therapeutic theories. She uses movement, role play, and creativity to identify our unique purpose. Caroline's aim is to support others with soul-loss and depression caused by unfulfilled archetypal roles. In this session, she explains the journey from Innocence to Sovereignty!

TOP EMBODIMENT TIP: Find out what is your creativity and let it show you what you're about

(Re-)Connect to Your Creative Potential

- **Everybody is creative**, whether you think you're a good artist or not everybody is able to create. **We can all create with our bodies**. Moving in dance, we are creating beauty.
- Yet so many **people have lost that ability to be creative**. For whatever reason, maybe they weren't encouraged as children, maybe there is some wound, some abuse or trauma, that has stifled the creative essence.
- What is it that creates some of these wounds that prevent our creativity, that stops us from dancing, that stops us from even thinking that we can write a piece of poetry?
- **Reclaiming creativity is a life process from Innocence to Sovereignty**.

From Innocence to Sovereignty

- **Everybody is born a golden child**, a golden light into the world and every newborn baby is perfect.
- In life things happen to us and some of that sovereignty, that beautiful light, become diminished.
- Shamanism and soul-retrieval teaches that this golden light can be brought down and pulled back into the body. By recognising some of the unconscious parts of our old story, this light begins to shine through the cracks, we start to open up and we start to get a sense of a little bit of **freedom from the old story**.
- **The Wheel of Souls Return is a journey from innocence to sovereignty**, and it includes 13 archetypes. Studying and working with these archetypes, we get a clearer picture of ourselves, **hunting and gathering our life story** on a visceral, physical, kinesthetic, emotional, mental level.
- The wheel then helps us **find what is ours to do**, what is there to bring into the world, what is our own medicine, and **our own gift that we can offer**. What we are able to offer to others from our own journey that is going to be supportive. **We know that we've really arrived at Sovereignty, when we feel fulfilled in what we do**.

Resources

- ❖ **Website:** [Middle Earth Medicine Ways](https://www.middleearthmedicine.com)
- ❖ **Books:** *Middle Earth Wisdom*, *Middle Earth Medicine - The Oracle*



All Dance & Creativity Presentations are Proudly Sponsored by

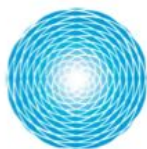
Amara Pagano, PathOfAzul.com



Amara Pagano is a leader and innovator in the world of conscious dance. She is the creator of the [School of Azul](http://SchoolOfAzul.com) and the co-founder of the global conscious dance community [OneDanceTribe](http://OneDanceTribe.com). Azul is a path of personal transformation that supports the awakening of consciousness and recognizes that, as we transform ourselves we create the conditions for our world to transform.

The **Path of Azul** is a map for life designed to take participants through a journey of healing and self-realization utilizing dance and the body as vehicles for exploration. Azul has three gifts for all Embodiment Conference participants.

Follow [THIS LINK](#) and receive a 50 minute guided Azul Journey to give you an experience of Azul, a \$100 coupon for our life changing Online Embodiment Training and a free month to our Membership program that will launch in January.



azul
conscious movement

- ❖ Facebook www.facebook.com/Azul.consciousmovement/
- ❖ Instagram [@amarapagano.az](https://www.instagram.com/amarapagano.az)

Interested in securing [LIFETIME ACCESS](#) to the Embodiment Conference?

				
Recordings	Cheat notes	Bookmarks	Learning lists	Recommendations
Lifetime access to sessions to watch as you please. Video and audio-only options.	Notes on each session to highlight key takeaways and fast-track your learning.	Bookmark your favourite tools to jump back whenever you need them.	Bite-size lists to help structure and guide your learning.	Find new teachers and discover topics personalised to your tastes.

Get lifetime access now