



## GUIDEBOOK

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



# Where The Golden Lives

A COMPANION FOR REMEMBERING  
THE GOLDEN WITHIN

By Caroline S'Jegers



# Welcome, dear one!

A CREATIVE DIVE INTO THE TENDER PARTS OF  
OURSELVES, WHERE OUR MUSES LIVE AND BREATHE.

We were raised to believe in a certain form of perfection that is portrayed as living outside of us. We were made to think that if we try harder, we'll finally receive more love, wealth, or appreciation. But the golden lives inside – whispering, waiting for us to listen within.

*"So dive beyond what shines  
Sink below what pulsates"*

This journey is about remembering – allowing every part of ourselves to be seen and heard. The quiet one, the fierce one, the tender one. The voices that carry old wounds, and the ones that still know how to wonder.

It's about listening to what lives inside us – the wisdom passed down through our bones, our gestures, our breath – and to the wider field that holds us. The animals, the trees, the waters, the winds, the seasons – all moving in rhythm with us, reminding us that we belong.

**When we listen this way, our creative muses find their way back.**

The stories that once held us begin to loosen their grip, and what felt broken starts to shimmer again. And as we listen, we remember: the golden has never left. It has been waiting, patient, in the rhythm of our own hearts. *Simply begin – where you feel most alive.*



## HOW TO USE THIS GUIDEBOOK

This guidebook was created as a companion – a gentle anchor for your own creative exploration. As a gentle space to meet yourself through words, movement, and reflection.

You can open it before, during, or after listening to the full *Where the Golden Lives* journey. Each time will bring something different. Let the rhythm of your own life decide when and how you enter.

There is no right way. You might write first, then move. You might start with sound, then silence. You might linger on one prompt for days or skip to another that calls you more strongly.

All of it belongs.

Allow what arises – the memories, the sensations, the emotions. Listen with your whole body. Sometimes clarity comes through words, sometimes through breath or movement.

Whatever comes, trust that it's part of your remembering.

You can use a notebook, a few loose pages, or simply listen and move as you go. Make space for pauses. The golden already lives inside of you.



POETIC REFLECTION:  
'WHERE THE GOLDEN LIVES'

*"For a long time we have believed...*

*That the golden lives only in places where it's dark and cold*

*That we need to dig deeper, and look harder*

*That the golden lives in what has been buried a long time ago*

*That we need to dive into painful ancestral wounds*

*That the golden lives in the division of what separates me from you*

*That we need to learn how to understand one another*

*And yes, for a long time this has been true...*

*For the golden lives in many different sources*

*Yet it does not ask for so much suffering, so much blaming*

*The golden lives in the moment that we were born*

*The golden lives in each breath, and each gentle touch*


*The golden lives in the allowance to feel*

*The golden lives right here in this very moment*

*The golden is alive in all of us*







*And yes, for a long time we thought we had to do more...  
But the golden lives exactly in the moment that we slow down*

*The golden lives in every mountain and every tree*

*The golden lives in what connects earth to sky*

*The golden lives in what makes us feel humble*

*The golden lives in every thought and every idea*

*For this is what has always been true:*

*The golden lives where we simply let ourselves return*

*To what has always been present*

*You and me, the presence of our bodies*

*Me and we, the shining of our souls*

*So let us come home now...*

*To the whole"*

Written by Caroline S'Jegers

On 16th October 2025



## WRITING PROMPTS

This part of the journey invites you to write without thinking.

Let your pen move you. Even if you write the same words again and again – keep following the flow. Trust the rhythm, the pauses, the musing that moves through. There's nothing to get right here.

Only words that want to be heard.

### ✨ Prompt 1

***“For a long time, I have believed...”***

Begin here. Let whatever comes spill onto the page – old stories, small memories, inherited voices, fun or painful experiences. All is welcome.

### ✨ Prompt 2

***“For this is what has always been true...”***

When you're ready, let the writing shift toward what feels steady and real. What has always been there underneath it all – the pulse, the breath, the wisdom that lives within.



## THREE-VOICE PRACTICE (1)

This practice invites you to meet the voices that live inside you - the ones that carry memory, curiosity, and wisdom.

Each of them holds part of your story.

### ✦ Step 1 - Choose three words

Go through your writing and circle three words - one for each part of yourself:

- **Ancestor:** what energy or message do they bring right now?
- **Child:** what feeling or need wants to be seen?
- **Muse:** what quality or truth wants to guide you?

(Example: ancestor - strength · child - play · muse - trust)

Each voice carries both its strength and its ache - they belong together. The *ancestor* may hold deep wisdom and a steady sense of care, yet also carry old fears that once kept things safe. The *child* may bring joy and imagination, yet still hold the tenderness of what was never seen or soothed. The *elder* may bring clarity and vision, yet sometimes drifts away from feeling, trying to rise above what hurts.



## THREE-VOICE PRACTICE (2)

### ✦ Step 2 - Move with each word

Choose music that feels alive and let your body listen.

Spend a few minutes with each voice, for example:

- Grounded, steady → ancestor
- Light, curious → child
- Open, spacious → muse

We often carry unintegrated parts within us - echoes from our lineage, or from moments in our own lives when something couldn't be expressed or completed. Through movement, these stories can start to breathe again.

Let your ancestor move through you - rooted, steady, patient. Let your child move - curious, open, playful. Let your muse move - spacious, knowing, free. There's no right way to move. Just listen and let each voice find its own rhythm.

Then, if it feels right, let them all meet - resting, dancing, holding each other. Notice how they balance, resist, and return. Notice how they remind you of your wholeness.





## THE FABRIC OF LIFE REFLECTION

*Take a moment to rest.*

*Feel your breath – the rise and fall of your chest, the quiet rhythm that has carried you through this journey. Notice what has shifted, even if it's small. A word that lingers, a part of you that feels softer, a breath that moves more freely.*

*You might place a hand on your heart or on the ground beneath you. Whisper a few words of thanks – to your body, to your breath, to life itself.*

*Your muse is here, breathing through you – as the thread that connects every part of who you are. She lives in the ancestor's memory, in the child's wonder, in the body that holds it all.*

*This is where the golden lives – not above or beyond, but right here, in the quiet hum of your own aliveness.*



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## WHAT DOES REMEMBRANCE MEAN TO YOU?



**Reflect on the question:** *What does it mean to remember, and how do you embody remembrance in your everyday life?*



As you close this journey, notice where the golden shows up in your daily life – in a glance, a sound, a word, a breath, an experience, life’s richness. And from here, you can also share what overflows: *how do you carry your own musings further out into the world?*

*“So let us come home now...*

*To the whole”*

(Caroline S’Jegers)

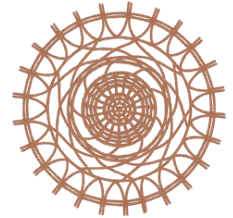


## CLOSING & INVITATION TO CONNECT

This is just *a breath-before-the-leap*.

Here's where you can go next:

- ✧ [My musical world](#)
- ✧ [Free 50+ prompts e-book](#)
- ✧ [Upcoming offerings & events](#)
- ✧ [Weaving Circles Podcast](#)



*May you gently find your way back to what matters most,  
and may you always listen, deeply, to what is calling you home.*



*So allow for your expression  
to pour in, to pour out.*

Warmth,  
Caroline S'Jegers

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