



**GUIDEBOOK**

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

# *A Journey of Remembering*

WHISPERS OF WISDOM,  
SOUND, AND PRESENCE

*By Caroline S'Jegers*

# Welcome, dear one!

## EMBODYING THE WISDOM THAT LIVES WITHIN

In a world that often moves fast and loud,  
I invite you to slow down.

To listen. To feel.

**This guidebook is a gentle whisper,  
a doorway into remembrance.**

Through dance, poetry, and sound,  
we weave the unseen into form,  
the unspoken into song.

We will explore what lives inside us –  
the wisdom passed down through our bones, our everyday actions,  
and our connection to the greater fabric of life.

It's not just about remembering the past; it's about honoring the  
ongoing presence of the animals, the winged ones, and all beings that  
share this Earth, as well as the wisdom of the natural world. It's about  
weaving these connections into the dance of your everyday life,  
recognizing that we are part of something much larger than ourselves.

**This is your time. Let the journey unfold at your own pace.**



## POETIC REFLECTION: 'GIVE HEART'

"For we are lovers of the earth  
Here to share tears and grow trees

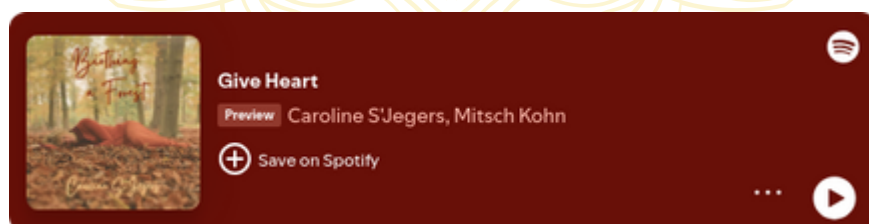
We are kindling to the fire  
Here to glow our moon hearts  
Into the dark night sky

We are keepers of the water  
Tending the overflowing source  
Of what nourishes our soul

And we are sages of the wind  
Blowing confusion at normality  
In the remembrance of what is ecstatic

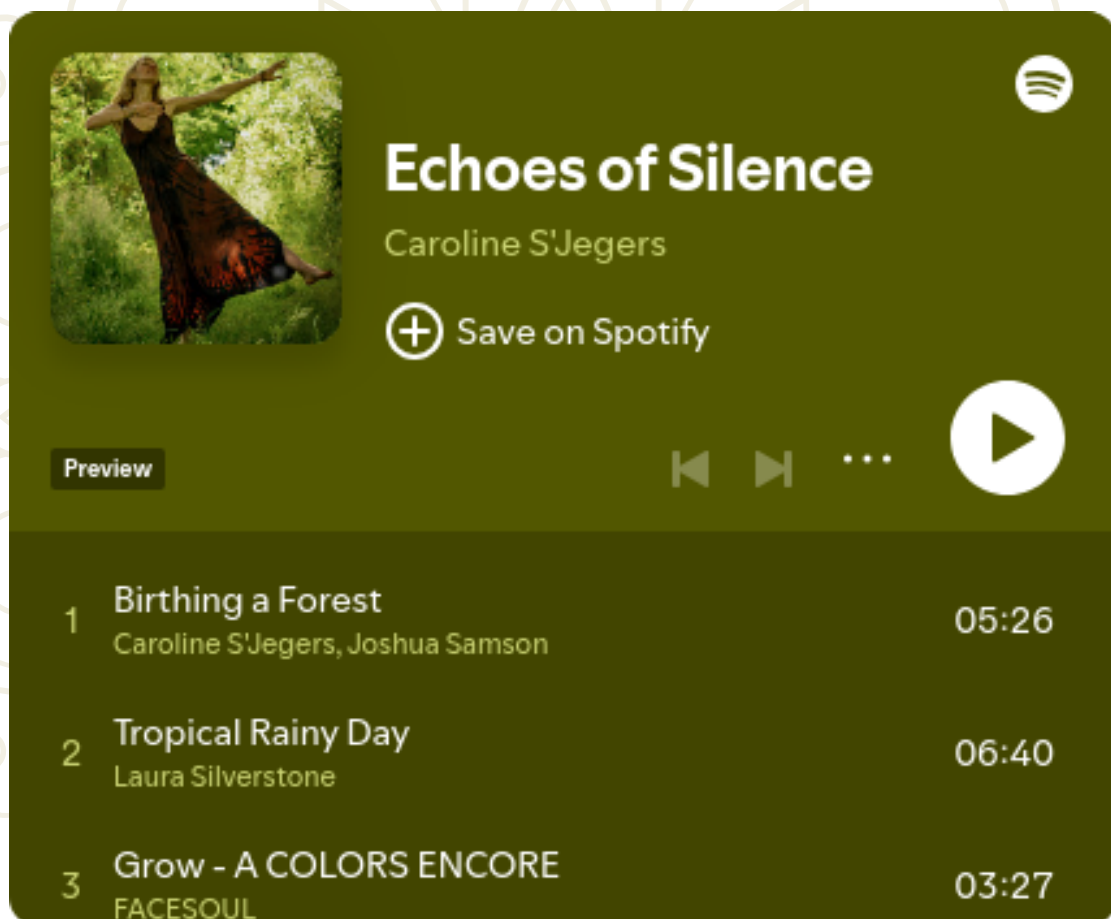
So let us not forget  
Who we are and where we come from  
For we are learning to turn the tides"

[Listen here:](#)



## ECHOES OF SILENCE

Music is a living thread that connects us to our deepest selves. As you listen to the *Echoes of Silence* playlist, allow the sounds to guide you back into your body, your breath, and your heart. **The playlist is a companion to this journey, inviting movement or stillness, depending on what your soul calls for.**





## JOURNALING WITH THE ANCESTORS

*Close your eyes and take a deep breath. Imagine yourself standing at the edge of time, where past and present meet.*

*Who stands beside you? What wisdom do they whisper?*

*What gifts have they passed on to you?*

Write a letter to an ancestor – known or unknown – thanking them, asking them, or simply listening to what they have to share with you. Let this be an opportunity to connect with your lineage, whether it's your family, your community, or the larger web of life that brought you here.

*Can you feel the miracle of that?*

Your existence is not a given—  
it is a thread woven through chance,  
through resilience,  
through love and loss,  
through sorrow and song.

## DANCE YOUR REMEMBRANCE

Step into a space where you feel safe and free to move. As you begin, close your eyes and tune into your body.

*What does your body want to express in this moment?*

Without judgment, begin to move – slowly at first. Let the music guide you, let yourself be moved, and feel the energy flow through you.

This movement is a way to remember – remember who you are, where you've come from, and what is living within you right now.

*Allow the dance to be your story, written in motion.*



## THE FABRIC OF LIFE REFLECTION

*Imagine that you are a thread woven into the larger fabric of life. **What is your unique thread weaving into the world?** How does your life reflect the lives of those who came before you, and how does it contribute to the greater whole?*

Take a moment to reflect on the bigger picture. How does remembering your ancestors, your roots, your past inform how you show up in the world today?

Write about the ways in which you see yourself as part of something larger, interconnected with everything around you.

## DEEPENING YOUR CONNECTION – FINDING YOUR RHYTHM

Sit quietly, close your eyes, and take a deep breath. Begin to notice the rhythm of your breath, your heartbeat, and the sensations in your body. **Now, imagine that your body is a drum, a vessel of sound and movement.** *What rhythm does it want to express today?*

Stay with this rhythm for a few minutes, letting it move naturally. **This is your unique heartbeat - the pulse of life within you.** As you connect with this rhythm, you begin to reconnect with the deeper rhythms of the world, of the oceans, the animals, the ancestors, and the eternal dance of life.



## 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?*



**Write down your thoughts.** *Does it feel like a quiet act of honoring? Or a powerful reclaiming of your story?*

Perhaps it's somewhere in between. Whatever it is, remember that remembrance isn't just a practice – it's simply who we are...



## CLOSING & INVITATION TO CONNECT

This is just the beginning of the journey. If this guidebook has resonated with you, I invite you to explore deeper:

If you'd like to walk further along this path with me, you're welcome to explore:

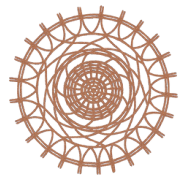
✧ My musical world

✧ Upcoming offerings & ceremonies

✧ My newsletter for seasonal gifts + poetic updates



The Sound  
She Carries



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



*For we are learning  
to turn the tides...*

Warmth,  
Caroline S'Jegers

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