

Jacqueline  
MORASCO

# MIND-BODY ALCHEMY

*an illuminated guide*

BOOK ONE

RITUALS, ROUTINES & PRACTICES  
TO SUPPORT YOUR LIFE AND SHINE YOUR LIGHT



# about jacqueline

I have a story to tell and it's real. This all happened and I lived to tell about it.

I was put on this path of self-care, healing and recovery at a considerably young age. Planning a quick demise through alcohol and substance abuse, when I was 19 I woke up in ICU after having been in a coma for 3 days. I wanted to die. It was a year and a half later that I found myself in rehab and cried for the entire day. I had realized that I wanted to live and if I kept doing what I was doing that would never happen. It was a spiritual experience for me because up until that point, it had not mattered whether I lived or died. Truly, I never thought I would live past the ripe age of 23.

I started doing yoga around the same time I stopped abusing substances. I didn't have many life skills except for the ability to be resilient--no matter the circumstances. I still struggled with body image, eating well regularly, exercising, smoking and yes, even doing a daily yoga and meditation practice. I've spent the last thirty years creating a healthy lifestyle—physically, emotionally and spiritually once after a month long cleanse, I developed this booklet out of a realization that I like many people, needed something to guide me through self-care. I found that the hardest thing was finding ways to make healthy changes stick. So here we are!

While this work may not be easy, it is simple and in completing this workbook, I hope it will help you connect with how you want to feel and give you a foundation to develop routines and rituals that support you and your purpose.

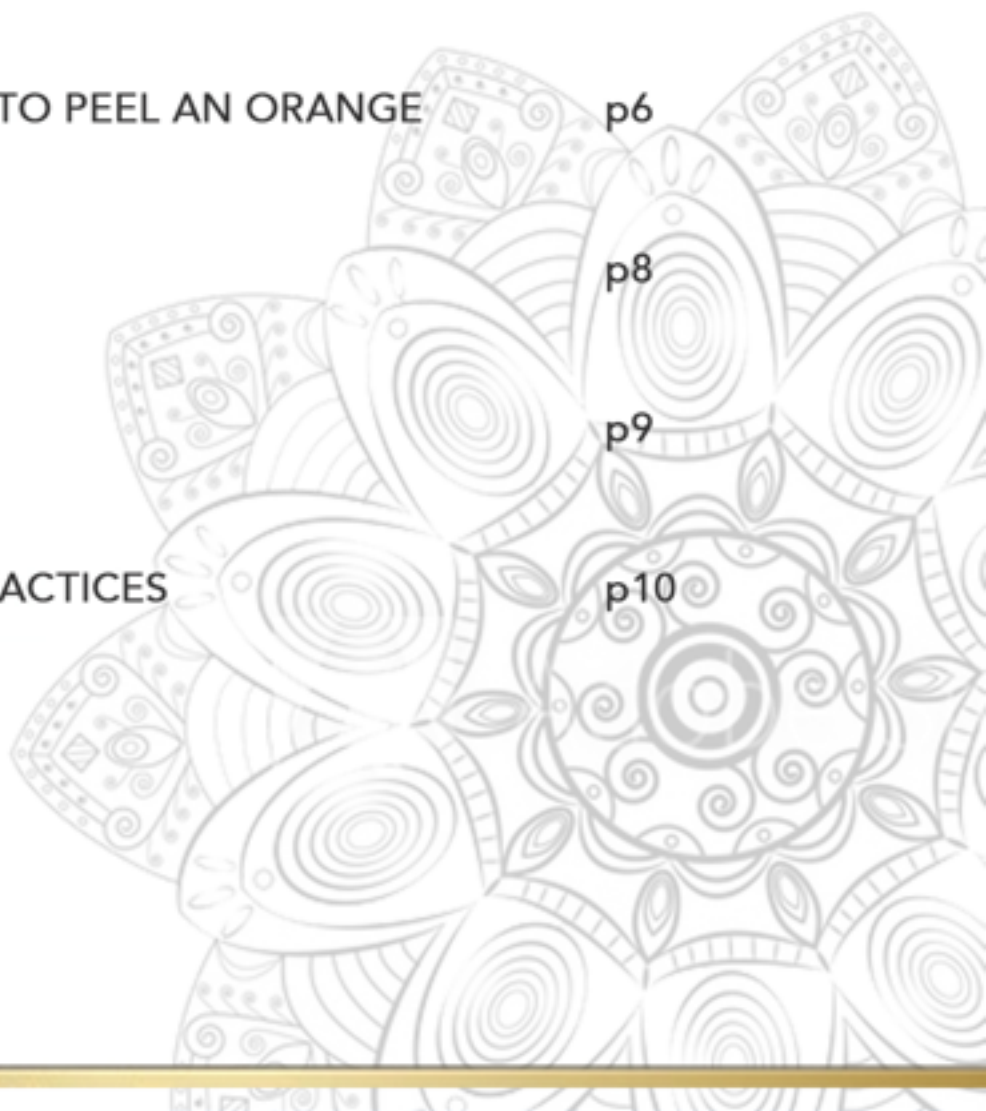
Please keep in mind that my way is not the only way, yet it has proven helpful to hundreds of people over the years that I have been teaching. What's important is not about doing what I do; it is about doing what supports you and your life. There is a practice that fits each person's individual needs and this is only the beginning! No matter what, don't give up. Change takes time. Be patient and gentle with yourself.

Jacqueline along with her husband and teenage boys call Salt Lake City Utah home. As a woman, mother, teacher, family member, mentor, partner she has devoted over 20 years to following her purpose by working with mostly women to help create the healthy life they dream about. Jacqueline has been a public school teacher for 24 years teaching health and science and human sexuality to middle and high school students and she has a small business teaching yoga and meditation. Jacqueline is also writes a successful blog.



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# introduction to mind-body alchemy



Welcome!

*I started doing yoga around the same time I got stopped abusing substances. I didn't have many life skills except for the ability to be resilient--no matter the circumstances. Though my life was challenging growing up, there were many times I laughed and had fun. I come from a large extended family and grew up in a small town in New England. The biggest thing to overcome was my need to please those around me. I don't think I actually conquered that one completely, yet I have made tremendous changes.*

*I've spent the last thirty years creating a healthy lifestyle—physically, emotionally and spiritually. I believe my Spirit aka Power Greater than myself has kept me moving in the right direction-G.O.D. good orderly direction.*

*I've tried it all at least all that has come into my path. Working with people, predominately women, over the last 20 years, I have found that the hardest thing for most was to make healthy changes that stuck. Many people love going to yoga class, yet, they are challenged by doing a daily yoga practice on their own. Many of us start to make good food choices and yet fall back to our old ways in times of stress or just because. Once I stopped using mind-altering substances, I still struggled with body image, eating well regularly, exercising, smoking and yes, even doing a daily yoga and meditation practice.*

*The struggle to find the right name for my business and for what I offered people taunted me for years. First I chose Every Body Yoga because I believe that yoga is for every person. There is a practice to fit each person's individual need. A few years later, I realized that it wasn't just yoga I was offering people. I was a teacher, mentor, coach, nutritionist, healer, scientist and the list goes on. One day it came to me, Spirited Practice. It's as if Spirit gave me the will to change. I have taken a long and convoluted journey through recovery, creating my business, evolving my practice and living life.*

*This book is not only about that journey, but about how you too can create the healthy life of your dreams—even those dreams that you didn't realize you had or think were possible. While it may not be easy, it is simple. "Just do it," may work for some. The majority of us need some support. So here it is.*

# why mind-body alchemy?



Because I am a Cancer and have been guided, coerced and connected with the forces of the moon, I have studied the impact of those powers on my life and the lives of others. It is my desire for each of us to tap into our innate brilliance and to shine like a full moon in a clear sky. Through years of meditation, learning, and teaching, I understand the power of the mind. With years of dance, yoga and breathing, I understand the power of the body. When we bring these two together with Spirit, something new happens. Alchemy –turning one substance into another-is what I picture us doing as we change simple things in our lives to truly be and live in our authentic selves; that is Mind. Body. Alchemy.



# how to do this course



You will find at least one informational booklet, video, audio and links each month that will support you on your path. Being part of a community is what has made many programs, religions, Alcoholics Anonymous and many other groups work. Welcome to my extended community. I look forward to helping you and guiding you if you choose.

Over time I will invite other experts and authors.

Be open to the possibilities and open to the magic of the Universe.

# there are many ways to peel an orange



## KNOWING WHAT FEELS RIGHT FOR YOU

When it comes to rituals, routines and practices, my way is not the only way or the right way. What I write about has proven helpful to hundreds of people over the years but I want you to know that it's not about doing what I do; it is about doing what supports you and your life. After all, we have different needs and wants!

Figuring out how you want to feel, who you want to be and what you want to accomplish in your life is the first step and there are many ways to excavate our deepest desires. I have used Desire Mapping by Danielle LaPorte as my way of discovering how I feel. It's a process that I use regularly to check in and make sure my choices are leading me in the right direction.

When I realized that Connection was my number one priority, I knew I had to make some changes in my life. Discovering this was so helpful because now I know that if what I am doing doesn't lead me to connect with people on a deeper level, then I am not moving in the right direction. Even though I need lots of time to myself, I need to know that I am connected to those I come into contact with.

Another factor to consider in creating this journey is who is guiding you. One of my teachers, Amy Wheeler, taught me about kavaca (pronounced kavacha in Sanskrit). It's a term used in yoga to describe the shield that each of us has to protect our hearts and our souls from being hurt and can be applied when in reference to the teacher and student relationship where we reveal ourselves. The first step is connection of student and teacher. Next, the teacher reveals her heart to the student. Eventually the student feels safe and starts to reveal their self to the teacher. Finally, the student feels comfortable showing their true self to others in their life.



I learned many lessons going through this process time after time with those who were guiding me. When I started to create a business, I learned quickly that I needed to use discernment in my teacher-student relationships. Many of us go through this process in all of our relationships. You might recall a time when you had a choice to open your heart or not.

Growing up in an alcoholic household, I didn't have role models of healthy relationship development. I learned to trust too quickly or not at all. I learned to shield my true self from even myself and it would be many years before I would know how I was feeling. I would ask questions like, "is this my feeling or how someone else wants me to feel?" or "how I am supposed to feel when this situation happens?" Many times I didn't know the answer to these questions and I ended up creating much conflict and pain for myself and others along the way. I was looking for connection in all the wrong places.

My hope is to help you connect with how you want to feel in your life and then develop routines and rituals that support you. No matter what, don't give up. Change takes time. Be patient and gentle with yourself.



# distractions



Having been a classroom teacher for 24 years with mostly young people aged 13-15, I know a lot about distractions. I am also a kinesthetic learner and understand the need to work with my hands and my body. It was important to me that students understand their learning style because it helps us know how we best take in and assimilate information. Connect a word to a movement and I have it forever. Tell it to me and it's gone in a second. What is your learning style?

## TAKE THIS QUIZ TO DISCOVER YOUR LEARNING STYLE

I've had numerous conversations about distractions with clients, students, parents and of course, with myself. How can I let myself be distracted when I know and understand them so well? I am human and I know why and how I get distracted and still it happens. I am researching something and get sucked into the findings and where they lead; I get a call, a text, a package is delivered; it doesn't take much.

Even though I love to write, practice yoga, be with friends, I can be distracted. It only takes a moment for it to happen.

Whether you are driving, meditating, talking to a friend, when you find yourself distracted, take note and come back to the task at hand. That's how we do it. Repeat. Do it again. Keep doing it.

There are many more distractions than when I was young. I played in the woods with my cousins, drew pictures, sang, told elaborate stories and loved to cook. TV didn't become a distraction until later. I joke with my kids about remembering when MTV came out and there were no commercials. I remember a student whose father was working on the development of the World Wide Web. He wrote about it in his journal. I was fascinated to see what this thing was. I should have saved my Apple 2e computer that was so slow. I didn't have a cell phone until I was over 30. My teens don't get it. They can type on their phones with 2 thumbs without looking than I can with all my fingers---and I'm pretty fast.

We are living in the most distracted times. We have to choose to turn off our electronics, opt-out of email, TV, sound.



# choices



We also get to choose when we move, what we eat, how our food is grown, where and how we spend our money. Not everyone on our planet has those choices and sometimes that makes life simpler. As a woman, mother, teacher, family member, mentor, partner, business person, I make many decisions each day. Most of us do. Why do we choose things that don't serve us?

Great question. The answer is not so easy. Sometimes choices are made my money, need, what others around us need, what we think we know about something, yet many times our decisions are made by habit, what we learned growing up and what those around us are doing. I was teaching a health class years ago and all the students except one were wearing the same sneakers. We were talking about the influence of media, marketing and peer pressure. These 14 year olds were sure they made their own choices. When I pointed out that they were all wearing the same thing, they said it was because they liked them. Not one of them would admit that they had been influenced. I disagreed and told them so.

How about you? Even those of us, myself included, who think we are different have our influencers-money, friends, style, comfort, and yes media.

# rituals, routines & practices



Recently I have talked and taught about rituals, routines and practices. Rituals are about making the mundane into something special, something sacred. Routines sound, well, routine, and they are. We need some order in our lives to get things done. Practices on the other hand imply that we continue to practice and grow because we never really come to a place where we are done developing, evolving nor creating who we are—so we practice.

Intention deserves a booklet on its own, so I will say what I've said for a long time. Intention is everything. What we think, we create. We can't create something until we think it, visualize it, feel it. What you intend to happen with your rituals, routines and practices, will happen. Guaranteed.

It is part of my passion and my purpose to teach people how to make small changes that have a huge impact. Discipline is part of the package and many consider it to be a dirty word—similar to routines. Again it is necessary to have some discipline. Just ask the person who doesn't show to work regularly what the results are.

More on these three as we move through the course.

Welcome. Please be patient and kind with yourself. It takes time to make life changes. This course is not about judgment, competition or one more thing to do. This is about truly changing your life so that it suits your needs and makes you happier, healthier and more successful.

All my love. Jacqueline