

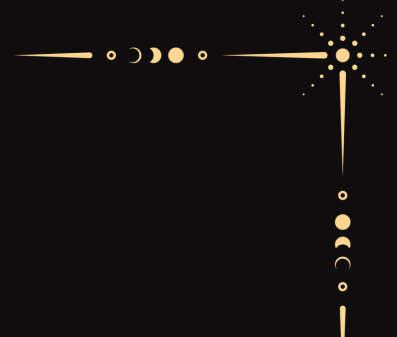
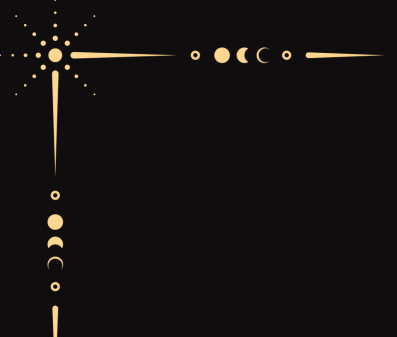
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You are standing at a threshold.

Something in you has been waiting for this — not the perfect moment, not the right lighting, not until you feel ready enough. Just this. Now. You, with your whole complicated, luminous, unfinished self, saying yes to being seen.

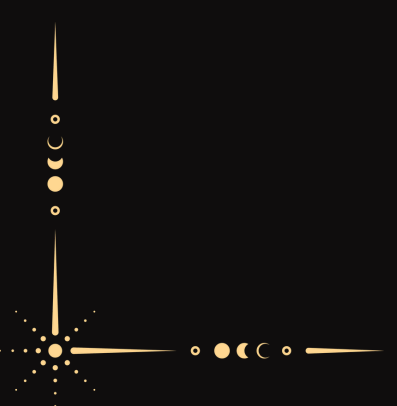
Welcome to The Visibility Portal.

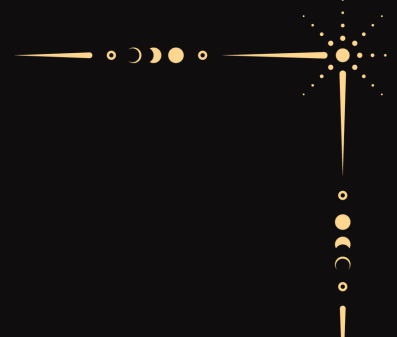
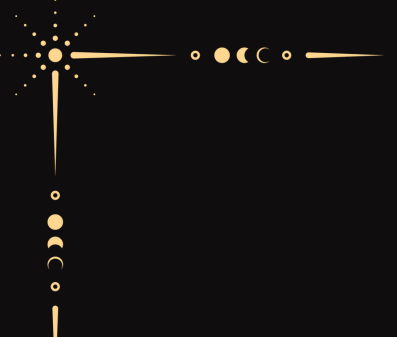
Over the next five days, we move together through a sacred somatic arc — from safety in the body, through the wounds that taught you to hide, into the reclamation of your voice, the fullness of your radiance, and finally, through the portal itself.



This is not a course you consume. It is a journey you live.

Each day includes:

- A somatic practice — done in your body, not just your mind
 - Journal prompts — to deepen and decode what's arising
 - A daily mantra — to carry with you through the day
 - A sacred ritual — to anchor the work into the physical world
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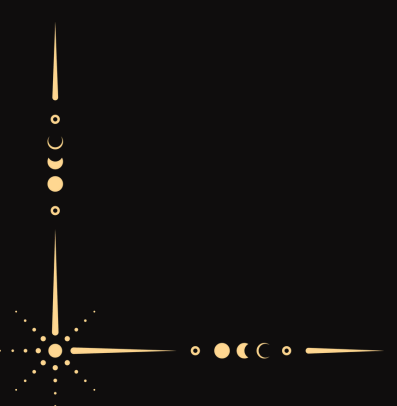
A few invitations as you begin:

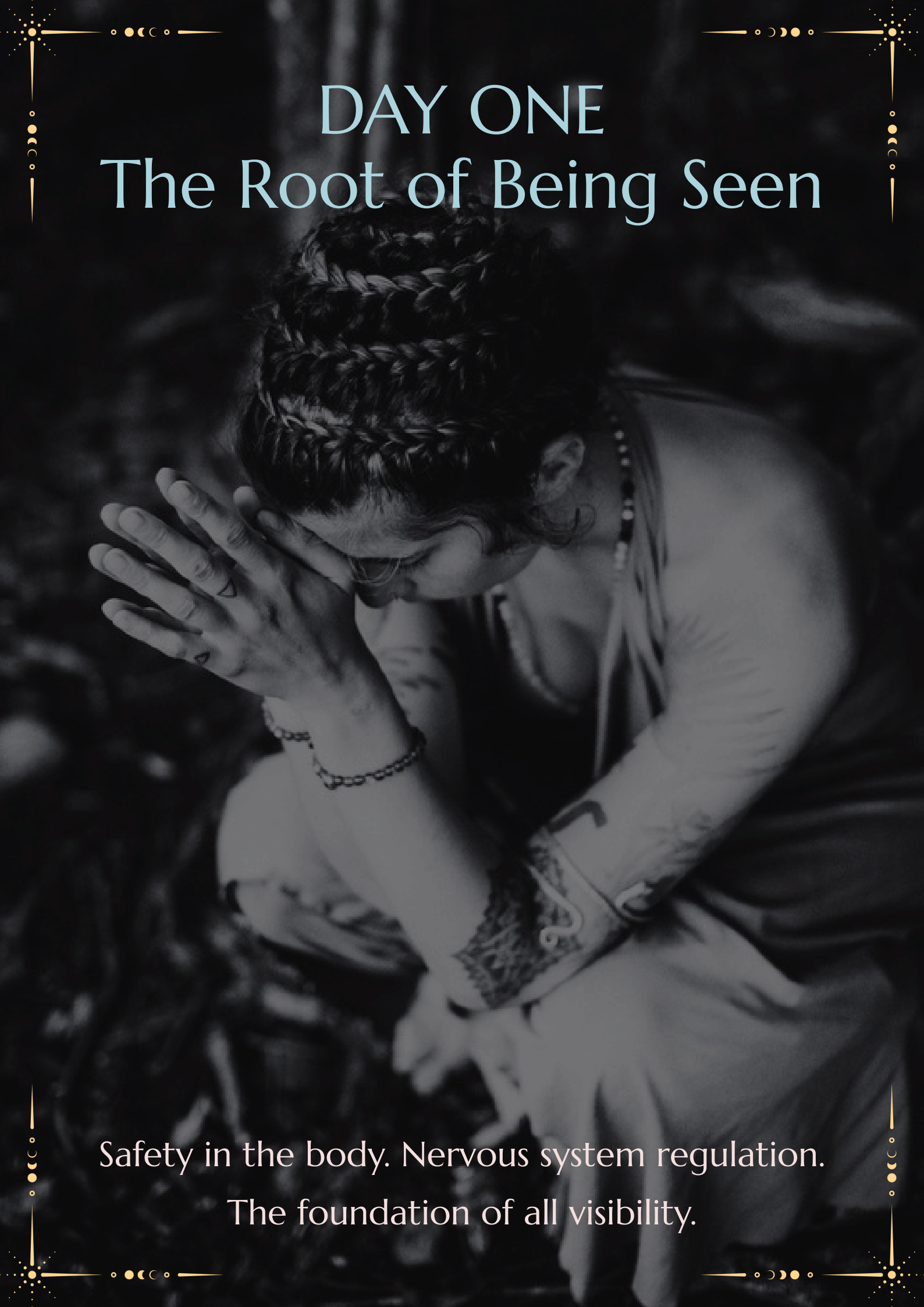
Move slowly. One day at a time is enough.

If something brings up emotion, let it —
that is the medicine working. You don't
need to be perfect here. You just need to
show up.

The portal is already open. You opened it
the moment you said yes. I'll see you on the
other side.

With so much love, Melissa Robin



A black and white photograph of a person with their hair in a complex braid, covering their face with both hands. They appear to be in a state of deep emotion, possibly grief or exhaustion. The person is wearing a beaded necklace and a patterned armband. The background is dark and out of focus.

DAY ONE

The Root of Being Seen

Safety in the body. Nervous system regulation.
The foundation of all visibility.

DAY ONE The Root of Being Seen

THE 3-PART EARTH BREATH

Time: 5 minutes. You can do this standing, seated, or lying down.

Part 1 — Belly Breath (2 min): Place one hand on your belly. Breathe in slowly through your nose, letting only your belly expand (not your chest). Exhale slowly. Repeat 8-10 times.

DAY ONE The Root of Being Seen

THE 3-PART EARTH BREATH

Part 2 — Body Scan (2 min): Starting at the crown of your head, slowly scan down through your body. Notice without judgment. Where do you feel open? Where do you feel tight or held? Just notice.

DAY ONE The Root of Being Seen

THE 3-PART EARTH BREATH

- Part 3 — Root Anchor (1 min): Press your feet into the floor. Feel the ground holding you. Say out loud or silently: 'I am here. I am held. I am safe. Earth is my home. The earth holds me.'



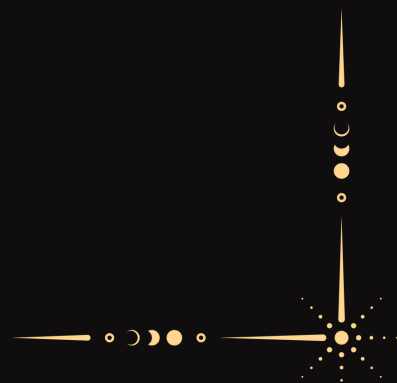
DAY ONE The Root of Being Seen

JOURNAL PROMPTS

1. Where in my body do I feel safe right now? Where do I notice tightness or holding?

2. When did I first learn that being seen might not be safe?

What happened?



DAY ONE The Root of Being Seen

JOURNAL PROMPTS

3. What would it feel like — in my body — to be fully seen and fully loved at the same time?

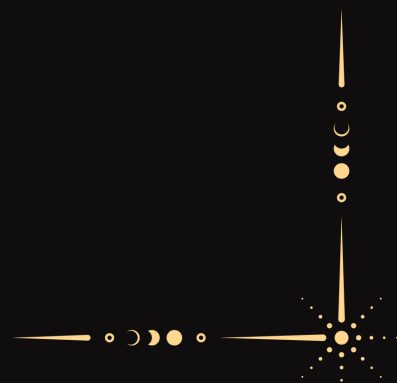
4. If my body could speak about visibility, what would it say to me right now?

5. What is one small, gentle way I can practice being seen this week?

DAY ONE The Root of Being Seen

DAILY MANTRA

"I am safe to be
seen. My body is
my home. The
earth holds me."

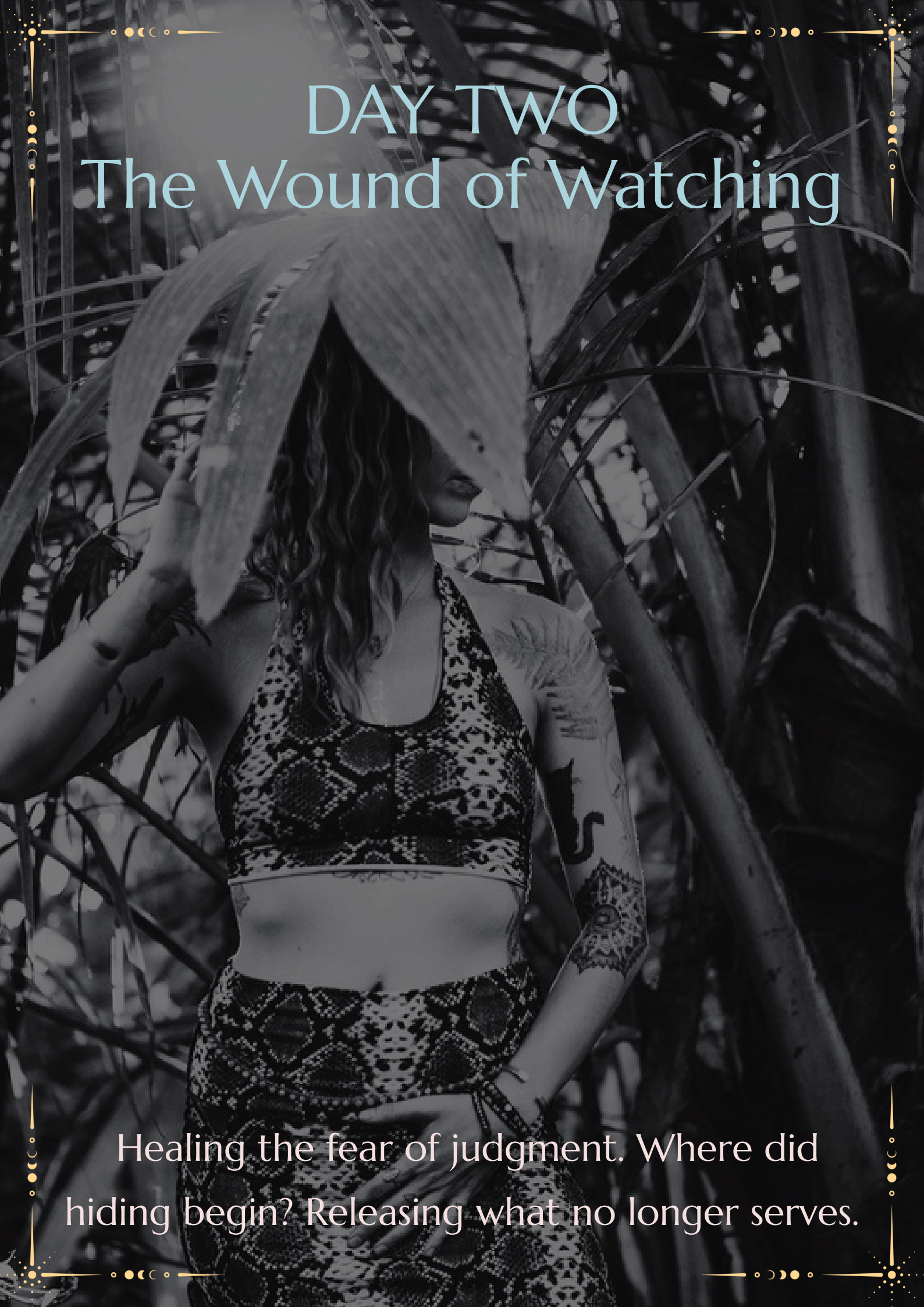


DAY ONE The Root of Being Seen

SACRED RITUAL

BAREFOOT GROUNDING

Step outside barefoot — even for just 5 minutes. If outdoor access isn't available, press your bare feet firmly into any floor surface. Feel the contact. Breathe. Say your mantra three times. This simple act of earthing signals to your nervous system: I am safe. I am held.

A woman with long, wavy hair is standing in a field of tall, thin grass. She is wearing a patterned, sleeveless crop top and a matching patterned skirt. Her face is partially obscured by a large, light-colored leaf that she is holding up to her face. She has a tattoo on her left arm. The background is a dense field of tall grass. The text "DAY TWO" and "The Wound of Watching" is overlaid on the top half of the image.

DAY TWO

The Wound of Watching

Healing the fear of judgment. Where did
hiding begin? Releasing what no longer serves.

DAY TWO The Wound of Watching

SOMATIC PRACTICE • THE RELEASE

SHAKE

Time: 5-7 minutes. This practice uses the body's natural tremor mechanism to release stored tension.

- Stand with feet hip-width apart.

Bend your knees slightly.

- Begin to bounce gently — just small bounces, feeling the vibration move up through your legs.

DAY TWO The Wound of Watching

SOMATIC PRACTICE • THE RELEASE SHAKE

- Gradually let the shake spread into your hips... your torso... your shoulders and arms...
- Let the movement be a little wild and uncontrolled — this is the point. Let the body shake out what it doesn't need.
- After 3-4 minutes of shaking, slow down and stand still. Place both hands on your heart. Notice. Breathe. Feel what shifted.



DAY TWO The Wound of Watching

JOURNAL PROMPTS

1. When did I first start hiding parts of myself? How old was I?

What was happening?

2. Whose voice is it that tells me to stay small? What did they say, or what did their actions teach me?



DAY TWO The Wound of Watching

JOURNAL PROMPTS

3. What part of me has been waiting..
patiently, quietly... to finally be seen?

4. What am I most afraid people will think or
feel if they truly see the full version of me?

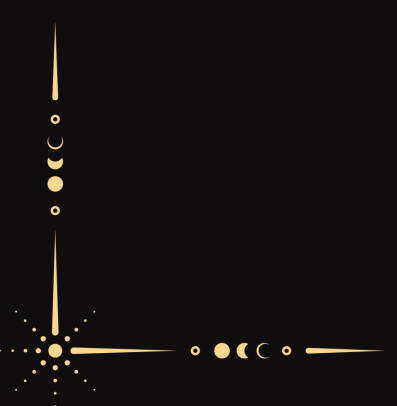
5. What would I do, say, create, or share if I
knew — with absolute certainty — that I
wouldn't be judged?



DAY TWO The Wound of Watching

DAILY MANTRA

"I release the stories that
keep me hidden. I am
worthy of being witnessed."



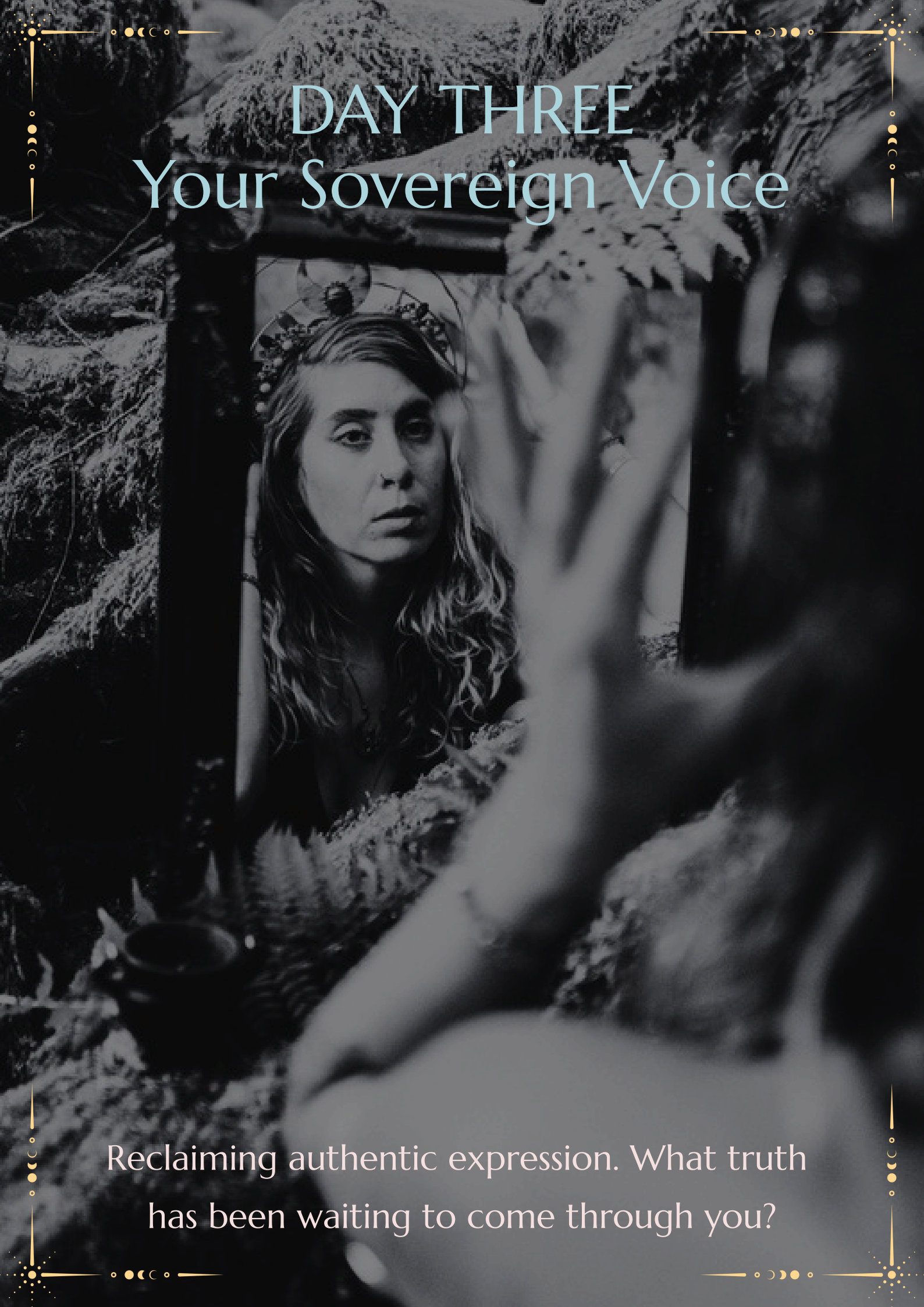
DAY TWO The Wound of Watching

SACRED RITUAL • THE RELEASE

CEREMONY

Write down on a scrap of paper: one old story about visibility that you're ready to release. It might be 'I am too much.' Or 'No one wants to hear what I have to say.' Or the name of a person whose judgment you've been carrying.

When you've written it, hold the paper and say: 'Thank you for trying to protect me. I release you now.' Then tear it up, burn it safely, or bury it in the earth. Let the act be the ceremony.



DAY THREE

Your Sovereign Voice

Reclaiming authentic expression. What truth
has been waiting to come through you?

DAY THREE Your Sovereign Voice

SOMATIC PRACTICE • TONING + THROAT OPENING

Time: 5-7 minutes. This practice uses vocal vibration to open the throat and activate authentic expression.

- Begin with a gentle neck roll — right ear to right shoulder, chin to chest, left ear to left shoulder. Repeat slowly 3 times each direction.
- Inhale deeply and on the exhale, make a long 'vvv' sound (upper teeth on lower lip). Feel the vibration. Repeat 5 times.

DAY THREE Your Sovereign Voice

SOMATIC PRACTICE • TONING + THROAT OPENING

- Now try 'mmmm' — let it be louder than feels comfortable. Feel it in your skull, your chest. Repeat 5 times.
- Finally — make any sound that wants to come out. It doesn't have to be musical. It might be a laugh, a cry, a roar, a sigh. Whatever wants to come — let it.
- End by placing both hands over your throat & saying: 'My voice is welcome here.'

DAY THREE Your Sovereign Voice

JOURNAL PROMPTS

1. What have I been afraid to say out loud — to my audience, my clients, the world, or even to myself?
2. What is the message that feels uniquely, undeniably mine to share? What do I see that others need to hear?

DAY THREE Your Sovereign Voice

JOURNAL PROMPTS

3. Where have I silenced myself to keep the peace, stay likable, or avoid rocking the boat?

4. What would my fully expressed, sovereign self say right now if she knew she was safe?

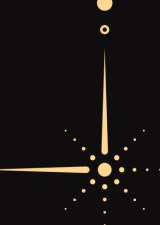
5. What truth has been rising in me that I keep pushing back down?



DAY THREE Your Sovereign Voice

DAILY MANTRA

"My voice is sacred. My
truth is needed. I speak
with courage and grace."

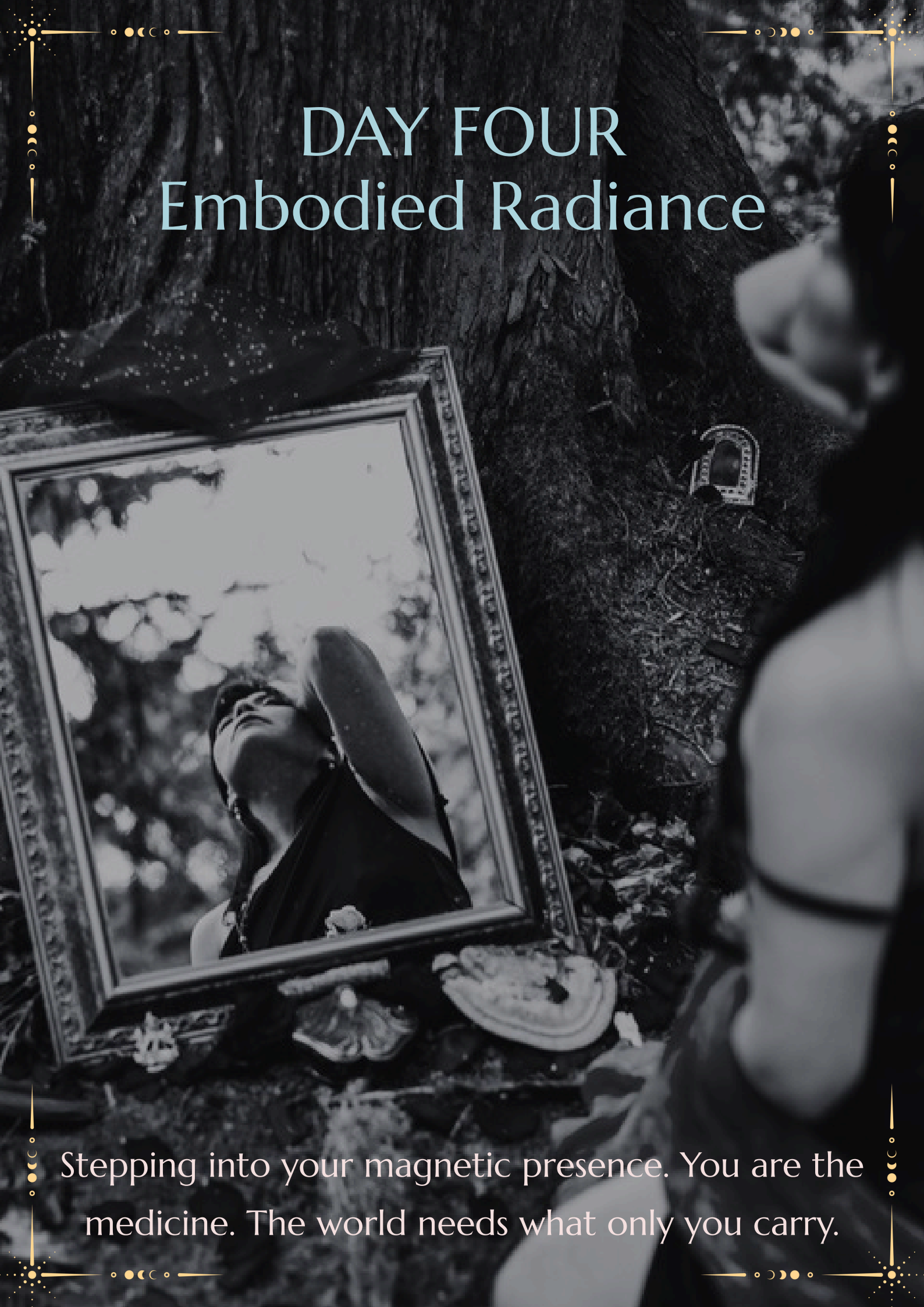


DAY THREE Your Sovereign Voice

SACRED RITUAL • THE VOICE MEMO

CEREMONY

Open your phone's voice memo app. Record yourself saying one thing that is true — something you've been holding back, something you're afraid to say publicly, a piece of your message that wants to emerge. You don't have to share it with anyone. This is just for you. The act of saying it out loud — even to a device — begins the reprogramming. Your voice is real. Your truth is real. Let them exist in the world, even just in your pocket.

A woman with dark hair is seen from the side in the foreground, looking towards a framed portrait of herself. The portrait is set against a dark, textured background, possibly a tree trunk. The portrait shows the woman with her head tilted back and eyes closed, surrounded by a bright, ethereal light. The overall scene is set in a forest with trees and foliage visible in the background.

DAY FOUR

Embodied Radiance

Stepping into your magnetic presence. You are the
medicine. The world needs what only you carry.

DAY FOUR Embodied Radiance

SOMATIC PRACTICE • MIRROR + MOVEMENT

Time: 7-10 minutes. This two-part practice integrates movement with presence.

Part 1 — Free Movement (5 min): Put on one song that makes you feel something. Move your body freely — no choreography, no performance. Let it be awkward. Let it be messy. Let it be completely yours. Close your eyes if that helps.

DAY FOUR Embodied Radiance

SOMATIC PRACTICE • MIRROR + MOVEMENT

Part 2 — Mirror Moment (2 min): After moving, stand in front of a mirror. Look yourself in the eyes — not to judge, but to witness. See yourself the way you would see a woman you deeply love. Stay here for at least two full minutes. Breathe. Receive what you see.

DAY FOUR Embodied Radiance

JOURNAL PROMPTS

1. What are the gifts I carry that have nothing to do with what I've learned and everything to do with who I am?
2. Who is the person who needs exactly what I carry? What does she look like? What is she searching for?

DAY FOUR Embodied Radiance

JOURNAL PROMPTS

3. Where do I dim my light to make others more comfortable? In my content, my relationships, my pricing?

4. What would I create, offer, or share if I let myself be fully magnetic — no dimming, no editing?

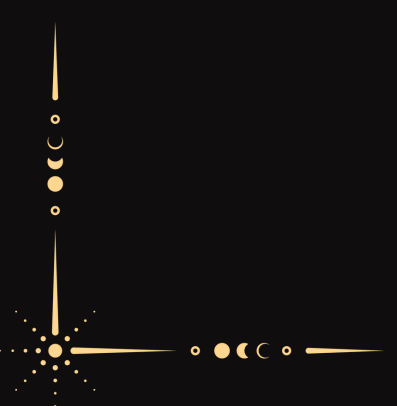
5. What does it feel like in my body when I allow myself to truly shine?



DAY FOUR Embodied Radiance

DAILY MANTRA

"I am the medicine. My
presence is the gift. I
allow myself to be fully
seen."



DAY FOUR Embodied Radiance

SACRED RITUAL • ADORNMENT AS CEREMONY

Today, dress or adorn yourself in a way that feels completely, unapologetically YOU — even if you're not leaving the house. It might be a bold lip, your favorite jewelry, a dress you've been saving for a 'special occasion.' The occasion is today. The occasion is you. Notice how it feels in your body to let yourself be visually expressed. This is visibility practice.

A woman with long dark hair, wearing a white lace headscarf and a necklace, is looking through a mirror. Her reflection is visible in the mirror. In the foreground, several hands are reaching out towards the mirror. The background is dark and textured, possibly a wall or a backdrop. The overall mood is mystical and spiritual.

DAY FIVE

The Portal Opens

Integration and emergence. You have done the work. You are ready. The portal is open.

DAY FIVE The Portal Opens

SOMATIC PRACTICE • FULL BODY

INTEGRATION + DECLARATION

Time: 7-10 minutes. A full-body ceremony to anchor your integration.

- Stand with feet wide, arms at your sides. Take three deep breaths, feeling grounded and expanded at the same time.
- Place one hand on your belly (safety), one hand on your heart (radiance). Feel both at once...

DAY FIVE The Portal Opens

FULL BODY INTEGRATION + DECLARATION

- Breathe here for 1 minute. Feel the integration — safety AND expression, roots AND light.
- When ready, open your arms wide — as wide as they'll go — lift your face toward the ceiling or sky, and say OUT LOUD: 'I am ready to be seen.' (Say it three times, getting louder each time.)
- End by bringing your hands to your heart and bowing to yourself. You've done the work.

DAY FIVE The Portal Opens

JOURNAL PROMPTS

1. What has genuinely shifted in me over these five days? What do I notice in my body, my thoughts, my energy?

2. What is one thing I am now ready to do, say, share, or create that I was holding back before this journey?

DAY FIVE The Portal Opens

JOURNAL PROMPTS

3. Who am I becoming as I step into full visibility? Describe them.

4. What support do I need — practically, emotionally, spiritually — to stay visible over the next 90 days?

5. Write a letter to your future visible self. It is one year from today. Who are you? What have you created? What does your life feel like?



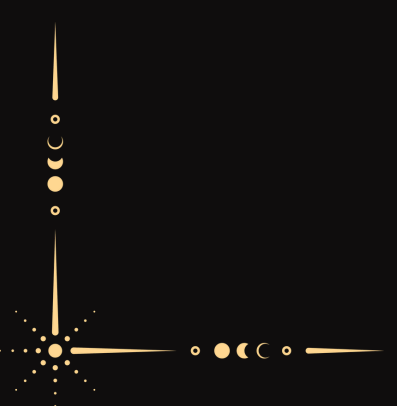
DAY FIVE The Portal Opens

DAILY MANTRA

"The portal is open.

I walk through.

I am seen, celebrated,
and free."



DAY FIVE The Portal Opens

SACRED RITUAL • THE VISIBILITY ACT

Today you share something publicly. It doesn't need to be big. A photo, a story, a caption, a voice note on Instagram. Something true. Something that comes from the real you — not the curated, filtered, perfect you. Let it be slightly more vulnerable than feels totally comfortable. This is the portal. This is the act of being seen. Do it today.

You made it through.

Five days. Five practices. Five acts of
returning to yourself.

Take a moment right now to feel
that. Place a hand on your heart.

Breathe. This is real. Something has
shifted — in your cells, in your story,
in the way you carry yourself
through the world.



You are not the same person who opened this guide.

The work you've done here — the shaking, the writing, the humming, the burning, the declaring — it doesn't disappear when you close this document. It lives in your body now. And your body remembers.

What comes next is up to you.



Visibility is not a destination. It's a practice. A daily choice to show up, speak truth, take up space, and let yourself be witnessed — again and again and again.

If you feel called to go deeper — to bring your body, your voice, and your story into a live sacred container — I would be honored to walk that path with you.



Ways to continue the journey:

- 🌙 1:1 Mentorship — limited spaces available — private somatic guidance, held in sacred container with Melissa directly. For the those who are ready to be fully seen and deeply supported. [Apply at melissa-robin.com]
- 📸 Brand Embodiment + Goddess Photo Session — let your visible self be witnessed through the lens
- 🌿 Illuminated Retreat — 4 days of somatic ceremony and community
- ✈️ Avalon Priestess Pilgrimage — 7 days in the sacred lands of Glastonbury, UK.

→ melissa-robin.com