

Be Yourself or Someone Else: Invocation, Evocation, and Roleplaying Skills

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So you've decided that it could be fun to do some role playing, but aren't sure where to go with it? Let's develop some skills together! Using classical evocation skills we will work to pull out our inner emotions and be able to pull upon our sensuality, anger, sadness, and other feelings on command. Evocation is also an amazing tool for pulling out our own inner Daddy, pony, goddess, or slave. We will then turn to the idea of invocation, to tap into personal, cultural and universal archetypes as well as other concepts that we are drawn to. Just because it's not inside you, doesn't mean you can't learn through some simple exercises and brainstorming to learn how to “draw it down.” Bring your roleplaying fantasies or curiosity for this fun discussion and exercise driven workshop.

What is invocation? To draw to location/self when not previously present

- deities, spirits, unseen beings, demons/angels, ghosts, universal archetypes, cultural archetypes, personal archetypes, past lives

What is evocation? From within or to be present

- “inner” concepts, emotions, demons/angels, universal love/grace, past lives

Evocation exercises:

- Desert Visualization Exercise
- Finding the texture/look/feel/smell/taste of different emotions (angry, stressed, happy, blissful, orgasmic, funny, content, in pain)... creating YOUR list
- Learning Body Responses to each emotion, state or roll
- Practicing going between different body poses/energies
- Partnered exercise: how does one person's shape shifting change your shape/energy

Shapeshifting- things we can draw energy from/become:

- Archetypes. Plus historical people and story characters
- Animals. Domesticated, wild, mythological. Mammals, reptiles, birds, amphibians, fish, invertebrates.
- Plants. Trees, reeds, algae, grass, Venus fly traps and all other forms of plant life.

- Elements. Earth, air, water, fire, spirit, metal, ice, heat and other elements and elemental forces have energetic traits we may want to take on. We can also choose to work with tangential elemental forces such as thunder, storm, sunshine, breeze, river, ocean, earthquake, and more.
- Tarot. Plus other divination systems with a variety of stories buried in them work as well, such as runes, ogham and the i-ching can work as well.
- Stones, crystals and gems.
- Genders.
- Man-made objects.
- Other Beings. God/desses, angels, demons, vampires, gargoyles, werewolves, aliens, faeries, and a wide variety of other creatures
- Ages of Self.
- Partners/Loved Ones.

Shapeshifting questions:

- How are you standing? Beasts crouch down, powerful business people stand with a straight spine, puppies crawl on all fours, worms wiggle on the ground.
- What are you wearing? Ponies putting on their tack (or having it put on them), ceremonial magicians donning their robes, politicians tying their lucky tie on election day, slaves buckled into collars, Dominatrices in their tight latex.
- How are you talking? Odin is unlikely to say ya'll, a cat may purr in their voice, a proper young lady will say please and thank you.
- How are you breathing? Excited, fast, calm, uncertain, giggly and long steady breaths all set different energetic tones.
- What is your facial expression? Biting your lip, a stoic face, lip out, eyes downcast, a smirk and a broad smile all tell different stories.
- What answers do we get when we ask ourselves? When we ask our partners?

Exploring archetypes questions:

- What calls you to this work? (Fun, exploration, revisiting past pain, something new)
- Does my partner know I will be exploring archetypes tonight?
- Do they need to?
- What decompression system have I set up for myself to return to me?
- What archetype will serve me tonight? For this scene? For this relationship?
- Is the archetype I have chosen the best choice, or is there something similar that is better (Is Your Mother best, or Universal Mother or Mummy Dearest?)
- Do I have baggage around this archetype? Is that ok? Is that the point?

Other thoughts to consider:

Is now a good time? Body Care. Space concerns? Having good core Identity to make “coming back” easier. Transformational tools/props/language. Post-roleplay check-in (what do you remember, how did it go). Spotters/friends when trying new/edgy stuff. The “role” doing it does not excuse your behavior.

MPD/DID and Roleplaying