

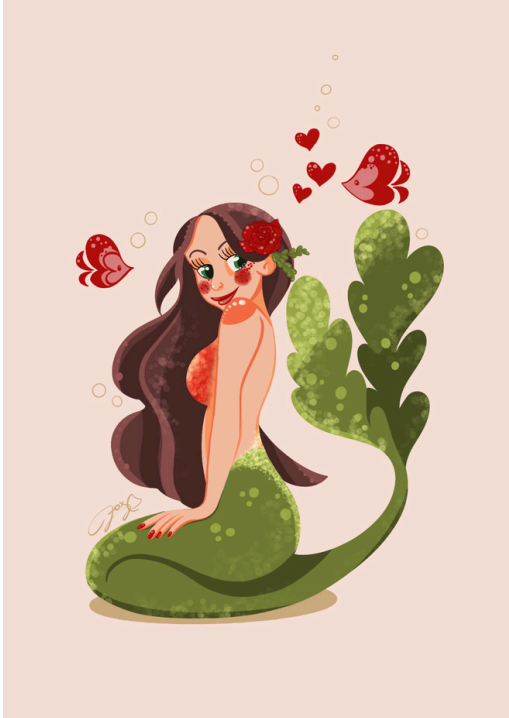
# From Fantasy to Fins: Your Mermaiding Starter & Self-Discovery Kit

A FREE GUIDE FOR DREAMERS, BEGINNERS, AND  
OCEAN LOVERS WHO ARE READY TO START THEIR  
MERMAID JOURNEY — EVEN WITH NO GEAR, NO  
EXPERIENCE, AND ALL THE FEELS.



BY JOAN OF XP & OXYGEN

# WHAT'S INSIDE:



- ✓ Mermaiding Starter Checklist — what you actually need (and don't need) to begin
- ✓ How to Start Mermaiding in the Philippines — where to find classes and safe spaces
- ✓ 5 Soul-Searching Prompts for aspiring mermaids (and mermen)
- ✓ Discover Your Mersona activity — uncover your inner sea self
- ✓ Canva Moodboard Template to visualize your mermaid dream
- ✓ Bonus: Direct link to my podcast “My Mermaid Journey & the Merman Who Guided Me”

*Somehow, being in the tail made me aware of that  
power we hold*

JOAN

# MERMAIDING STARTER CHECKLIST

Don't let the Instagram-worthy tails fool you — here's what you actually need to begin:

## What You Really Need:

- ❑ Openness to try something new
- ❑ A swim-safe environment (preferably with an instructor)
- ❑ A monofin (can often be borrowed during training)
- ❑ Swimwear you're comfortable in
- ❑ Breath awareness (not perfect breath-holding, just awareness!)
- ❑ Encouragement — from others, or yourself



## Nice-to-Haves (Optional):

- ❑ Your own mermaid tail
- ❑ Underwater camera for documenting the magic
- ❑ Mermaid group or ocean community (in Cebu, try [Bakhaw Adventure Team](#)).

💡 *Pro tip: You can start with just a borrowed tail and guidance — just like I did.*



*Just be calm — and everything else will follow.*

JOAN



### How to Start Mermaiding in the Philippines:

Start by finding a beginner-friendly, safety-conscious mentor.

I recommend:

- Cebu Ocean Park's mermaid sessions
- Monching aka The Golden Merman of Cebu — professional mermaid/merman instructor, mentor, and ocean advocate
- Ask if gear is provided or if they allow beginners without their own tails

And remember: you don't need to look or swim a certain way to begin. You just need to show up.

### Soul-Searching Prompts for Aspiring Mermaids:

Use these to reconnect with the dreamer in you:

1. When did I last feel truly free in my body or mind?
2. What part of me have I forgotten that's ready to resurface?
3. If I could express myself without fear, what would it look like?
4. What would I do if I knew no one would judge me?
5. What's stopping me from trying something magical just for me?



# DISCOVER YOUR MERSONA:

## Who Are You Beneath the Surface?

Pick what resonates. Your sea-self is waiting:

### 1. *Ocean Element:*

☐ Coral Reefs | ☐ Deep Sea | ☐ Gentle Waves | ☐ Open Ocean | ☐ Tide Pools

### 2. *Mermaid Vibe:*

- ☐ The Nurturer – soft, grounded, healing
- ☐ The Siren – bold, alluring, powerful
- ☐ The Explorer – curious, wild, free
- ☐ The Dreamer – quiet, artistic, ethereal
- ☐ The Guardian – protective, strong, passionate

### 3. *Tail Style:*

☐ Flowing Fabric | ☐ Scaled + Shiny | ☐ Nature-Inspired | ☐ DIY Handmade

### 4. *Mermaid Motto:*

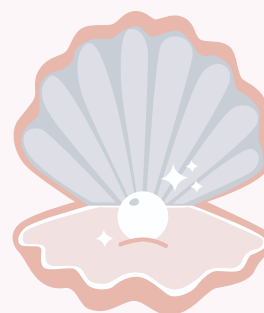
Pick one or create your own:

“I move with the tide.”

“I am water — deep, soft, powerful.”

“Magic is in the breath.”

“I don’t chase waves. I become them.”



## Now name your Mersona:

What’s your mermaid or merman name? (Yes, you get to invent it)

Listen to the Episode: “My Mermaid Journey & the Merman Who Guided Me”

Want to hear how I got started — with no gear and a dream?

In this XP & Oxygen podcast episode, I talk with my mentor Monching, the Golden Merman of Cebu, about what mermaiding gave us, and how you can start your own journey too.



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