

- Tiffany Denny: [00:00:03](#) Hi, welcome to the One Love Fits All online conference benefiting the Embody Love movement. I am Dr. Tiffany Denny. I am the executive director of Embody Love Movement. And today I get to introduce you to a conversation that I am not a part of, but I'm so excited to see. This conversation is between embody love movements founder Dr. Melody Moore, and one of our most treasured advisers, Kerri Kelly. Both of these women are so smart and full of passion and full of heart and well-spoken and it is worth every second of listening to them speak. So I can't wait to see this conversation between the two of them. They're going to be talking about Embody Love movement, where we've been, where we are now, where we're going and why. And so this is a great opportunity to learn more about our organization, our work, and why it matters. Thank you so much for joining us for this conference and please enjoy this conversation.
- Pura Fe Sings: [00:01:14](#) True freedom involves the understanding of our true human spirit within. It dispels the lie of inadequacy and helplessness who are we? Powerful beyond measure. Who are we? Power of the creator
- Kerri Kelly: [00:01:42](#) Welcome back y'all to the embody love movement online conference. My name is Carrie Kelly and I'm here with one of my favorite human beings on the planet, Dr. Melody Moore, who all of you probably should know because she's the founder of the Embody Love Movement. I'm excited now to just dig in with you, and also to really understand how this idea and this movement came to be, came to become a reality. And I've known you since before you birthed the embody love movement, like we go way back.
- Melody Moore: [00:02:16](#) We go way back, which is why I got to choose. I love that, right? Like the executive director Tiffany Denny asked, who do you want to interview you? And I was like, nobody but Kerri Kelly really understands this journey for me because you've been on it with me and really guided me through and coached me and embody body love movement through most of it. So thanks for just for doing this, this particular interview and for everything you do and have done and have been for Embody Love Movement and me personally.
- Kerri Kelly: [00:02:51](#) Well of course, personally, I mean, it's been a privilege to, to bear witness to the idea come out of you and your life's experience and then to watch it come to life as like a thing that you birthed. And then to watch it grow and change and iterate. And my favorite part is the way in which the community has really taken it on themselves, right? Like now it's sort of out of

your hands and it's like the kids have gone off to college and are, are becoming their own right. Um, radical expression of, of the embodiment of love. And that to me is like the greatest metric of success.

Kerri Kelly: [00:03:34](#) Success for an organization. So that, so, and I feel like that's happening. Like we're getting to see that now and that's so fucking exciting.

Melody Moore: [00:03:42](#) It's been happening. And I'll answer the question about where, you know, where was it seated, but I think it's more important and certainly it's, it's more awe inspiring. And I really mean that. We had our summit and you were there last weekend. And I'm in awe of everyone, of this community, of the people who have come in, in their own way and through their own lens and location and with their own language in their own communities and have really made this their life's work. Or I shouldn't say that it was already their life's work made embody love movement the conduit through which they offer their life's work in or in exchange around these, this DNA and this idea and this vision. So I feel like as a founder, and I imagine, I know actually you feel this way too. I get way more credit than is actually my do. I'm grateful to have been the one that was called into first beginning. And even that I had a lot of collaboration around the founding of this organization, but really, um, it's, it's not me. Definitely would not be anything that it's, um, if it were just me by myself having this mission to make a difference, like hardly anything really would have gone down because I don't have very many skills at all. And I mean, that's...

Kerri Kelly: [00:05:01](#) I believe you and I, and I think that's humble and you know, it's, it's just mutual, right? The way movements grow and become themselves. And I know you know this and we're going to talk a little bit about this later, but, um, you know, um, movement participants and movement leaders, um, you know, taking the baton, taking on the torch and making their own and, and contributing their unique and authentic gifts to the movement is actually what makes it better.

Melody Moore: [00:05:32](#) Yeah.

Kerri Kelly: [00:05:32](#) And that feels really counter-cultural. That's why I say that. And you're a unique kind of leader in that you really hadn't understood that all along, right? Like you were the catalyst for this, but all along you were like, what do you all want this to be? Take it and run with it, which is, which is just a really radical kind of leadership.

Melody Moore: [00:05:52](#) You know, one of the first books you told me to read when embody love movement, at the very inception of embody love moment when we were in child's pose, which I think we always return back to child's pose. And that's one of the things I love about this, this first decade of the organization.

Kerri Kelly: [00:06:06](#) That's right. That's a great analogy.

Melody Moore: [00:06:08](#) Right? Was it called the starfish and the spider?

Kerri Kelly: [00:06:10](#) Yeah.

Melody Moore: [00:06:11](#) Name of that book. Um, which really, which really landed in me, that this, this won't work if we were a spider. Meaning if there's a leader and there's a head of the organization and it's hierarchical, which is really patriarchal, um, it won't work, or the ways in which it will work won't be sustainable and there'll be depleting for everyone from mostly from me and that really for everybody. And how can we create an organization that operates more like a starfish that empowers everyone who wants to be involved and really celebrates and welcomes leadership and strength and ideas and creativity, which has required so much personal learning for me to step back and lean back and, and recognize I, I really don't have it. I really don't have it. And it's also been so supportive because I don't have to carry everything. I don't get too and, and more so I don't have to. You just why it's working and why it's sustained.

Kerri Kelly: [00:07:10](#) Yeah. And we're also seeing the implications, right, of that like old school, top down, hierarchical, hierarchical power on the top structure, you know, across our culture and across our country. Right? So we really do need people like you and also all of the leaders that are coming up through this organization to embody and to model new kinds of leadership that is decentralized, that's shared, that's humble. So thank you for that. And we're going to get into like what that really looks like in practice a little bit later, but I do want to go back to the origin because, you know, this isn't just like an idea you had one day, like this really did come from your life's experience and it was brewing and emerging for a really long time and I just happened to be with you when the idea sort of like came to formation, but I'd love for you to share with folks, um, what it looks like to listen to your truth, to honor your life's experience and to let that really become centered in your purpose.

Melody Moore: [00:08:16](#) Yeah. Okay. Um, something I've been thinking about a lot lately is how training and education often sets us up to not allow ourselves to be in our own process and in our own evolution in

a way that's an integrity with ourselves. So at the time of the intersection of my awakening to this isn't working, this kind of traditional model of clinical psychology that I was taught in graduate school and an internships and that was reinforced by supervisors, this, um, this doctor patient, this side of glass that side of glass, like in a treatment center where I worked, um, in a hospital where I worked this, this idea that I'm helping or I'm serving and there's something that I have that you don't have. Really I was starting to awaken at the time that I came to Off the Mat, Into the World training where you were, you're the ed of that organization at the time. I was like, those seeds have been planted within me through my own practice because as a psychologist I was also a yoga, not teacher, but student. And I started practicing yoga at the same time I started graduate school for psychology And so those two had always been, they had always, they weren't coalesced, they weren't happening together, but they were happening together inside of me. And I started really feeling working with clients with eating disorders, the range of eating disorders and the range of body dysmorphia, which I have my own relationship with, especially body dysmorphia. Um, I started seeing how as their therapist, if I'm keeping it with them at the level of cognition and we're sitting across from one another and we're talking, what's happening often is we're over understanding, we're over intellectualizing and my experience with those with whom I had the privilege to work is they're super smart, brilliant, and could understand everything, lay all of it out but there wasn't behavior change and at the root there wasn't really the kind of thriving or the investment in self acceptance or self acknowledgement or self approval that I really wanted for them and for me. So all these things that was just like of course divine timing occurred or were occurring for me as I came into the Off the Mat, Into the World intensive and look, I came in super arrogant. Like the description of that training was like, we're going to look at your core wounds. And I was like, whatever. I'm in psychoanalysis, I'm on the couch daily. I've been in therapy for years. I am a therapist. I got it. And I was so wrong and completely humble that I came in and was like heart open.

Melody Moore:

[00:10:48](#)

Once I got into my body, those same questions, um, were interrogated so differently because they were felt at the level of sensation. And you know this, that's why the head nods right? Once I could understand physiologically that the traumas that were held in my body, that my own experiences of feeling isolated, feeling rejected, breaking my own heart, self betrayal, once I could get really in touch with that, a complete shift happened inside of me. And, a knowing that this is the kind of work I wanted the about in the world. These are the kind of

people that I want to be doing that work with and that I want to be holding me accountable. And so it was this, it was this letting go and shedding of the things my ego was really attached to like being a faculty member at the med school, right? Um, being a psychoanalytic trainee and all these things, I was like, Oh wait, that's wonderful for some folks and for me it wasn't an integrity with what I knew in my body and my guts to be true. So yes, the vision of Embody Love movement came directly out of that training. I still have my journal where I'm writing down like the names of people that I knew would be invested and interested that I could call on immediately for collaboration. Really none of it was on my own, and I think I immediately like tagged you and said, is there a way that you can help me? You're an executive director. What does that, what does that like how do you do it? Um, so personally I was coming from a family system and we know a culture where, um, where the idea of self-acceptance was just not available to me, especially as a, especially for me as it came as it related to appearance. I came from a family where like a lot of, especially white middle class, upper class families where what was celebrated was an appearance.

Melody Moore:

[00:12:40](#)

I heard so many compliments given to my mom growing up about how beautiful she was and how thin she was and people asking her questions about how did she, how did she come to be, come to look the way that she did and can they...? My mom like taught aerobics classes circa Jane Fonda in church, like in the fellowship hall and growing up and it...

Kerri Kelly:

[00:13:01](#)

I can totally see that right now.

Melody Moore:

[00:13:02](#)

I know right, knowing my mom. Who's amazing and as a product of that same culture with swimming, that same culture that continued to celebrate and reinforce these messages that what was valuable about her was the way that she looked. And she didn't have a lens of social location. She didn't have an understanding of whiteness or white privilege. Just that. And that's what I, um, that's what I observed and I think it's really important for parents to understand, although it's never a parent's fault if their child develops body dysmorphia, negative body image and eating disorder, any of it's like nobody's fault. It's multi determined all of it. And children, daughters, I certainly was, are listening to the ways that parents are talking about themselves and talking about their bodies. And so unbeknownst to my mom who was doing her best with the level of resources and awareness she had at the time, everything she said about herself and about other women I took on to mean thin means good, thin means acceptable, thin means worthy of love and anything other than that is in that rejectable isolated,

um, unworthy category. And so I had this internal striving to a much greater degree than I even realized to, to not only be thin, but also to be fat phobic. Um, and to not only be beautiful, but also to recognize that that literally my, my acceptability, my belonging, which we all are wired to need for survival, hinged on my being attractive. And that's such a setup. It's such a setup, um, for all us.

Kerri Kelly: [00:14:43](#) By design.

Melody Moore: [00:14:44](#) Right? For all of us. Exactly. By design, I'm sure we'll get into that for all of us to feel this internal self oppression. So I know that's like I'm bringing in a lot just to answer that one question of what was the inception and what were the seeds that it was both, it was like my own journey personally, my own journey, if you can call it a career, Dharma, whatever, the way that I offer, who I am to the world in a way that there's a money exchange or sometimes not. Um, all that was happening at the same time that I, that I met a community and I just think this is really valuable cause, because I don't think for a second embody love movement would have happened without Off the Mat, Into the World and without you, um, being part of that organization. You were a big part of it, it was like, Oh, this is possible, there is a possibility here that I don't, I never would have imagined on my own. And so all of those things coming together at the same time just allow for, for, I think, for this idea to be, to be seated.

Kerri Kelly: [00:15:39](#) Yeah. I love that. And I do it. It's funny, I'm reflecting on, um, how this work of discovering one's purpose is really inside out and relational, right? Like that you didn't just come up with an idea one day and say like, "I think I'm going to do this", that you really honored your lived experience and you really reckoned with what's missing, right? Like, what's missing and how am I impacted by the world? And so I say this because I'm hearing what I know to be principles of your theory of change, right? Like some of like the core tenants of embodied love movement that have really shaped your work in the world. And one of the things I'm hearing is embodiment and the role of embodiment and transformational work, which I hear you say is sometimes missing from psychology. I hear you saying "relationship" and the way in which we're impacted by one another, right? Like that this work isn't in isolation. Like we're not doing it in a bubble or in a box by ourselves that it's really interconnected. Um, and I also hear you naming that and I loved especially how you referenced this with your mom, that we're swimming in a system that's designed a certain way to make us correlate beauty and worthiness, right? And value with body image, with the external, like with how we look basically and how society

thinks that we should look. And so are these like real core tenets of the work of embody love movement?

Melody Moore:

[00:17:21](#)

Absolutely. Well, you call it, and I love this, the DNA. They're the DNA. And one of the greatest gifts for me of being a part of this organization is just my own growth and seeing I can hold something up as a value and not be in integrity with that value. Um, our friend Nikki Myers' often says, you don't know what you don't know. You don't know what you don't know. And so as over the last decade as I've come to understand social location, proximity to access and to power and specifically around not only my whiteness, but also around positionality, about, um, what the culture upholds as an acceptable body, an acceptable shape, an acceptable size an acceptable look and how close I am and every axis of that seat of privilege that without community, without relationship, without a systemic lens, I had no idea about that, right? So I'm sitting in my own sense of body dysmorphia and sense of not enoughness, which is an experience of suffering, but when it's considered based in the systemic lens of real trauma and real oppression and real marginalization that folks in larger bodies that folks with different skin colors that folks with disabled bodies, with transgender bodies or gender fluid bodies are experiencing. I'm uh, really, right? So it's like, it has allowed for such an awakening within me and then to see the harm it's caused for me to be at the center or at the one who seeded, founder of this organization, without that systemic lens. And without participation from folks on the margins and creating some of the curriculum and creating and being decision makers and holders of power about who's on the board and how are funds used and how are funds gained and where are they disseminated and like everything involved. It's been such a process of learning for me and such a necessary process.

Kerri Kelly:

[00:19:47](#)

I'd love for you to say more about that because I imagine that's a tricky line to walk, right? That, um, and, and it's, it's really a paradox, right? That we are all suffering at the hands of this culture, at a culture that values the external, how we look, that celebrates comparison, right? That perpetuates not enoughness so that they can sell us more shit. Right? We're all swimming in that water and yet how we're impacted by that culture is really different based on our location, our identity, our skin color, our body size. How do you walk that line as a leader so that everybody can understand that yes, we're all swimming in these waters. We're all impacted. We're all suffering in some way. And yet we're not all having the same experience.

Melody Moore: [00:20:40](#) Yeah. I think one of the things you just named is really important as a leader. One of the things is not being the only leader. Given my positionality, not being the only leader, not being the only one in front and teaching and holding a position of power, inviting other people in who are on the margins and do have a different lived experience because I can only speak from mine. I just think full transparency, right? To the extent that I can, not centering my suffering, not centering my experience, but being able to name these are the places where I'm getting it wrong, where I'm in the process of falling on my face, where I couldn't see what I didn't know. And I do believe another thing Nikki Meyer says is you can't heal what you don't acknowledge. That it's just been really important for me as I've evolved and as I've come to understand things that I should have known already. Um, acknowledging that and being really truthful and transparent about it, I don't believe that sitting in the guilt, um, and sitting in the shame of recognizing harm has been caused.

Kerri Kelly: [00:21:49](#) Yeah

Melody Moore: [00:21:51](#) it would really benefit anyone. And I do believe our liberation is bound. I do believe it's just as necessary for folks who are sitting in all the axes of privilege to do what you just named, to be able to recognize there is a difference between individual suffering and systemic oppression and marginalization. So I'll talk a little bit about for me what that looks like and how to come to understand it. I don't think it's useful to minimize anybody's experience mostly because I think it creates defensiveness, although I may think of an experience differently. So for me it's been like when talking to folks who, and I think, you know, relationship is everything. Context is everything. But folks who, like me, are sitting in a white body and a thin body and a body that is physically able, can see and that can hear and like all the privilege that passes as straight and that passes as cisgender, that there's a way of saying, yes, your experience of suffering is real. And especially for folks who struggle with eating disorders there is a stigma around mental illness and there is real suffering and often death that comes from having an eating disorder. I mean, I get that and I can acknowledge it, and that is not the same thing as systemic injustice. It just isn't, it's not relatable at all to systemic oppression, to being marginalized based on being in a larger body based on having a disability, based on having a different color skin, especially Black or Brown, the privileges that come with living in a thin body, with whiteness, with education, with ability. It's like even if there's individual suffering, right? I mean, you know this, you're one who taught me this. The system is operating at a level that

certain folks are set up. It's intentional. Access and privilege and resources are not only offered to people that are sitting at the center of privilege, but it's also systemically driven away from and kept away from folks on the margins. And so it's just not a comparative experience. It's not even close to being a comparative experience. So while we all suffer, um, it can't even be compared to the experience that folks who are systemically oppressed, what they go through and have a lived experience of.

Kerri Kelly: [00:24:37](#) And I just, I really appreciate you articulating that so beautifully because I think as organizers and we're all organizing, right? We're organizing groups of people, we're organizing collective consciousness, we're organizing people to do things together. Often we organize from our own personal experience, right? Or we organize people like us. And there's such a danger in doing that, right? And it's not just about creating more separation and it's not just about the limitations of only organizing people who look like us or resonate with us or have a similar life's experience or have a similar location as you named than us. But it can really erase people's experience.

Melody Moore: [00:25:23](#) Absolutely. And that's the harm I believe that I, caused when I began Embody Love movement, right, from my own perspective, talk about the danger of a single story, that Ted Talk we all love. That missed so much and missed so many people, it left out so many people which causes significant harm. Um, and I had to go learn that and go back and go wow, okay, who's been left out, who's been harmed? How have they been harmed? How can we create a different kind of culture and how can we educate ourselves around privilege, around whiteness, around being able bodied in ways that we didn't, "and, and, and", and ways that we didn't know before without retracting from the work, without sitting in the, "Oh, poor me". Right? Without letting that get in the way of falling on our face and trying again and not centering our pain around "I got it wrong".

Kerri Kelly: [00:26:17](#) And that's right, that's like the other side of this work is when we become so fearful, right, of making mistakes, of saying the wrong thing of not being right and causing harm, which I mean, those are like, I think those are real feelings and real concerns. But when it actually silences us, when it makes us small down, when it holds us back from connection and relationship, the cost of that is really high too, right? It's like the cost of causing harm is high and the cost of not doing anything in action is really high. But I think one of the things you're modeling, um, feels really powerful and it's resilience, right? It's our ability to

make mistakes and to like embrace what we don't know and endeavor to do better, right? And to be like really humble in our journey of like learning and growing and you know, continue to iterate and evolve and call in for support and ask for help and get educated and identify the places where we're lacking. And so I'd love for you to share, I mean, you already just did that, but like what are some of the things that you've learned along the way? And even like some of the mistakes that you made where you're like, Oh shit, like I didn't know that and now I do. And that changes things.

- Melody Moore: [00:27:35](#) We only have what, 30 minutes for me to tell you all the mistakes that I made?
- Kerri Kelly: [00:27:40](#) Hold on, let me get my coffee.
- Melody Moore: [00:27:42](#) I need a month to lay out...
- Kerri Kelly: [00:27:44](#) I know, but what do you think is worth sharing with this group so that people can...because I think more important than what you say is actually how you model it. Cause I think we're so, and this is the culture again, at work, we're so afraid of making mistakes. Like it's going to be the end of us.
- Melody Moore: [00:28:02](#) Right.
- Kerri Kelly: [00:28:03](#) And you've survived and thrived, as have I, though making many, many, many mistakes. Um, and, but to me like I have to, I have to remind myself of that when I'm sort of teetering on like, Oh shit, I think I got this wrong. That like I actually can survive a mistake and there's an opportunity for growth there.
- Melody Moore: [00:28:22](#) Right? And one of the things you've taught me actually is that perfectionism is a symptom of our whiteness and that culturally we are taught that we can't get it wrong. There is no room, and we will be rejected if we make a mistake, "and, and, and" there's so much to say about that, which is why perfectionist anonymous is like a real thing that for me with this organization the integrity that I believe in, the spiritual principles really, that I believe in, have to do with compassion for self and others and they have to do with dignity. And so I have to then have a way of getting it wrong, like really getting it wrong in ways that have real consequences for real human beings, and still hold myself with compassion, and still hold myself with dignity as though I am deserving of respect even when I royally fuck up. That doesn't shift. That doesn't change. I really think that's part of self approval, which is part of the mission of Embody Love

movement to help us rebuild our own self approval. This is hilarious. My dog has decided to whine right now.

Kerri Kelly: [00:29:28](#)

Oh that's what's happening.

Melody Moore: [00:29:29](#)

Yeah, we hear you, and...oh good, he stopped. All right. Um, and so I think for me I haven't experienced that I'm going to entirely fall apart when I recognize I really caused harm. And that's been true in my personal life too, in my personal life and in my organizational life, I guess I can call it, that I'm going to get it wrong. And it's actually part of being human. And I don't only mean that for other people, I also mean it for me, but I don't think I could mean it for other people if I didn't mean it for me, really. I mean, I believe we only have the capacity to give away what we have. And we can't keep it if we don't give it away, but also we can't give it away if we don't have it, and I want to give away compassion. I want to offer people a space where they can fail, where they can make mistakes, where they can get it wrong, and know it's okay. You're still human, and you're still welcome, and you still belong, and you still deserve. Worthiness isn't based on always getting it right. And so, because I believe that in my body, it also applies to me and I'm definitely going to fuck up. I have enough experience and evidence of my own... Hold on.

Melody's Dog: [00:30:44](#)

--whines--

Melody Moore: [00:30:45](#)

Are you kidding me dude? Come here. Come here.

Kerri Kelly: [00:30:50](#)

Just include him in the call.

Melody Moore: [00:30:51](#)

He's included. Okay, so and in some cultures, right? We know that when people in the community get it wrong and make mistakes, they're called back in. This is specifically true in African communities. They're called back in to the tribe and their song is sung to them. And it's a, it's a welcoming, and I want to be that kind of human. Not just leader, but human. For myself too, and I have to include myself in that. And so when I see myself gaining an awareness or an insight, it's always going to come with the opportunity to look back at just one half second ago.

Kerri Kelly: [00:31:26](#)

That's right.

Melody Moore: [00:31:26](#)

And recognize, oof, uh, that wasn't great. That wasn't right, that caused harm. That was hurtful in a way that I couldn't have seen then. And so I'd have to hold that tenant of we're doing the best

we can with the level of awareness we have, the level of resource we have and the level of insight we had and so how dare I not allow myself to be a human being, to make mistakes, and to always be in a process of learning. And for me with Embody Love movement specifically as someone who's seen as a leader, although we're all leaders, if I can be open with that in a way that doesn't hold myself up as a martyr because I think that that kind of high self esteem is high self esteem. I don't actually think it's low self esteem, um, like in a, in a way that's narcissistic. I mean if I can just be open and name this is where I got it wrong and it's necessary that I acknowledge it so that we can do something differently, so I can be different. I think that's the only way that I could stay in relationship with myself and the only way that I would want to be in relationship to Embody Love Movement.

- Kerri Kelly: [00:32:34](#) Yeah. I mean you mentioned fragility and one of the other ways I see fragility play out when we attack each other and when we call each other out, and often that's a defense mechanism of like I'm vulnerable. And so if I just displace attention onto the bad things other people are doing... Nadia Bolz-Weber said the most amazing thing, and I forget, I'm not going to get it right, but she said something like the new addiction is obsessive. Like getting obsessed about the ways in which other people are worse than you. Like they're doing worse things. Like if we just focus on everyone else that's slightly worse or slightly less conscious, right. Or less perfect than we are, then we can be unscathed even if we embrace our imperfection. Um, and so for me, like what I'm learning is fragility isn't just like smalling down and tiptoeing, it's also like attacking.
- Melody Moore: [00:33:28](#) Yeah. Yeah.
- Kerri Kelly: [00:33:29](#) Right? It's also aggressive and overt, and that call out culture, and I love the distinction that you made that like there's a calling in that's about accountability and community and then there's a calling out that probably is more about ego, right. And self preservation than anything else.
- Melody Moore: [00:33:45](#) Yeah.
- Kerri Kelly: [00:33:48](#) I was just gonna say, and it just reminds me of, and I just feel like you're modeling this and I know that when I've come to you and like confessed my, you know, character flaws and mistakes and fuck ups and you know, fall on my faces. Um, there's something that happens in relationship that is really special and that can't be achieved by performance and by perfection air quotes, um, and by looks, right, and moves, and right words,

and right? And even like skill, there's something beautiful that gets revealed when we show up for one another in the vulnerability of our mistake making, and our not knowing.

Melody Moore: [00:34:35](#) Yeah, I know that's true because I've experienced it, and I think it's also important and one of the things you say is go get your people. I think it's important that we are in acknowledgement of relationship and of context when we're having those moments. Just want to name that, of who we go to. Right?

Kerri Kelly: [00:34:53](#) And your people are, you know.

Melody Moore: [00:34:57](#) Yeah, who is that? For me as I came to have a different understanding of, um...When this organization started, I was working with all very wealthy, able bodied white folks. Girls, young women, really, cis-gendered young women, and in my mind and heart, the curriculum that I created served them well. And it did. And what I didn't foresee happening was the growth of Embody Love Movement. I mean, I had no idea, which on some level is useful and on another was really harmful.

Kerri Kelly: [00:35:34](#) That's right.

Melody Moore: [00:35:34](#) Because as it started to grow, people started offering the same curriculum that sort of made sense for these young women from the same community, right, with all these axes we talked about earlier. Um, but as the curriculum started to be used by different folks and with different communities, I knew in my heart and gut this isn't, this wasn't the intended use of this, and it's causing harm, and I had no idea what to do about it because I knew that I couldn't speak for folks from any other community or from any other lens or location than my own. And I knew enough that I couldn't just go to people of color, go to people that were disabled, that had come to facilitator training and ask them, can you correct my mistake? Right? I can't ask somebody to speak on behalf of an entire group of people, and I can't do so without offering payment or offering decision making power that's exploiting right, and that's tokenizing. So it was like my consciousness was being raised.

Kerri Kelly: [00:36:34](#) Right.

Melody Moore: [00:36:34](#) They felt really helpless and I didn't want to stop there. So gratefully, we actually finally received a grant where I could offer folks who were not only representative of particular communities, but really academics and activists and leaders in their field and deep thinkers and educators around these issues

of social justice from a few different lenses. So we can have input, not from me at all. Like the opposite of that, around what we're doing, the harm that we're causing in ways that I could never have seen, really could never have seen. And I was so grateful to receive that feedback and be able to put it to use and be able to get my people, and educate the other women or share in an education cause a lot of the women involved in Embody Loved Movement were already just in different places in their journeys. But having some awareness, just depending, right. But to be able to take back to the community, okay, we've been stewarded, we've been offered information from folks living on the margins that had been systemically oppressed. And here's a different way, here's a different lens and when we can come from a systemic perspective, how we offer what we offer, even if we're offering a similar curriculum, even if we're offering similar exercises to lead and inspire girls and women toward restoring their sense of self acceptance and rebuilding their self approval, it's going to feel different. It's going to cause less harm, I mean it's harm reduction, right? Cause we're still, we're not going to get it all right. And I definitely am not there. I'm just like somewhere in the journey of awakening, and I think that's always going to be true. I would imagine. Um, my first 42 years of life have told me that. Right? And hopefully we're doing a little less harm. We're offering more of an exchange of information and holding space in a different way that's much more humbled. And that's located where we're locating our different privileges.

Kerri Kelly: [00:38:44](#) Was that scary for you to go to your community and be like, so we've been doing this wrong and we have to change everything, right? Cause it's one thing to like take responsibility for a personal mistake, right? But you've like built this so you have to go to everyone you're accountable to and be like, so turns out we made a mistake and we've been doing this...and it's not that you've been doing it all wrong. Like I think you're right. Like it's, um, you've not been doing it with all the information. Right? And with all of the perspectives and people in mind, and so we have to do something different. We have to do something better. How did people respond to that?

Melody Moore: [00:39:26](#) Yeah, people asked that. Was that scary? Or assume that must've been so scary. And I was like, no, that was the least scary thing I've done so far. There have been other moments, as you know, in Embody Love Movement where had been really scared. Like when we ran out of money that time, like Oh! Dear everyone...

Kerri Kelly: [00:39:42](#) Been there.

Melody Moore:

[00:39:43](#)

And that was like three years ago. That was really scary for me. I felt the weight of that responsibility because I knew as an ED and had been told so often don't rely on singular sources of income and then making that mistake and having to go back to the community and redistribute the ways that we are going to achieve fundraising. That was hard for me and lots of tears were shed around that one. This, I felt so grateful that I felt like I could restore the integrity of Embody Love Movement as much as I possibly could, and I had been in relationship with the curriculum and the way that it was being offered and to whom and by whom it was being offered, the different curriculums that we have in our programming that wasn't quite right. It wasn't sitting right with me and I knew it and that was hard. Like that was the thing for me that felt really difficult to be able to, I can't necessarily say right that wrong, but to come toward a place of acknowledgement and to make attempts at restoring and to be more in alignment with what I know is true with systems that I know are in place and that are impacting at every level, each of our experiences day in and day out. That felt, it actually felt wonderful. It didn't feel scary at all. I felt really grateful to be able to inform and to ask for information. And I think that was a big part of it too. It wasn't like I was just like, "and I have made a mistake and so now this," right? It was more like here's what I've come to learn and I know some of you have much more information than I do. And so can we come to... It felt really engaging with the community more so than anything. I guess that's the resiliency and that's what you're talking about.

Kerri Kelly:

[00:41:41](#)

Well it's, I just want to lift up that because I think sometimes we think that if we just get aware that's enough. And what I've heard from, you know, my colleagues and allies is that behavior is really required for this work like changing behavior, right? Like it's like, well, if I just get woke and post things on social media that sound woke, I've done my job. Right? And like actually what people want to see is changed behavior. Like I will do something differently based on this new level of consciousness. And I just want to reflect back to you that I saw you do that. That you were like, Oh shit. You had the consciousness raising moment, and then you actually did a bunch of things differently to reorganize and realign your organization with this new radical truth, and that does a lot to repair relationships, right? . We can't control whether we can undo harm or repair harm, but it goes a long way to tending to relationships and moving forward and I just wanna reflect that back to you.

Melody Moore: [00:42:55](#) Thank you for that, and that makes me want to just lift up our, I love how you called them our stewards. I was calling them our auditing board and you were like...

Kerri Kelly: [00:43:03](#) I know, weird. Very IRS. But the right word, like they audited you and that was the right action.

Melody Moore: [00:43:11](#) That's right. RW Alves and all three of them actually are part of the summit. They graciously allowed us once again to lean on their wisdom.

Kerri Kelly: [00:43:21](#) They're so brilliant. I can't even.

Melody Moore: [00:43:23](#) All three of them. I mean, I did choose well I will give myself credit for that. Michelle Cassandra Johnson with whom you do a lot of work with around race and resilience and other things too. And Rosie Molinary who also is such a powerhouse in a way in which she writes and teaches and speaks around body liberation and fat acceptance and self acceptance. So those three wow, right? And if you happen to be watching this and feel like "I've got some information for you", bring it! I welcome that. I want that. But having the three of them so far be involved and just help with pointing out, Hey, uh, not this, this is harmful in ways you could never have seen or known. I just feel so grateful.

Kerri Kelly: [00:44:17](#) They're brilliant and amazing and I've learned so much from them, like so much. And I also know that you have like a lot of contributors, you have an incredible network of people who are pushing you and challenging you and helping you see lots of different things. And that's one of the things I really admire about you. Like you surround yourself by great teachers.

Melody Moore: [00:44:41](#) Well you're one of them if not the main one. And that's something else to be...

Kerri Kelly: [00:44:44](#) That's mutual.

Melody Moore: [00:44:45](#) Right. Thank you. For anyone who's a part of an organization or who wants to be or is considering founding an organization... My fiancée told me last night that she was surfing and a friend of hers was talking about starting an organization toward a particular thing and I was like, she isn't asking for information, but I would just tell her to please do research about who's already doing that work before she decides I want to be a founder. Right. Because looking back, I mean that's another, I won't call it a mistake because here we are and it is and I'm

grateful for the work that Embody Love Movement has offered in the world and will continue to offer especially now and moving forward. And I didn't have that lens, right? To look around and see who else is already doing something like this and how can I be in relationship with folks who are already invested in this kind of shift happening around me and that would have not centered my privilege or my whiteness, really. Just being invested in the work itself. I think that's really important and being here a decade later and being really grateful for all the opportunities, mostly for personal growth, that's come from doing what I thought would be service but it actually ended up being the greatest service to me. And being part of a collective and a community that you named earlier. It's relationship. That the way that I've grown, the way that my consciousness has been raised is because of relationship. It's because of women like you, and people like you who have been friends who have been other founders, other activists, other organizers, other yoga teachers, other therapists that have come to me and said, Hey, you got that wrong. You're probably not aware of the way that that caused harm or could have caused harm. And then lovingly but firmly and fiercely, right? Raw truth, brought to my attention when something could have been done differently, said differently, felt differently when I could have just thought about it from a different place or from a wider lens. And that's everything we've got to be in relationship with folks that aren't like us and we've gotta be in relationship period. If we're doing any kind of work in the world that involves the vulnerability, the potential vulnerability of others, we just have to. We have to have folks that we're accountable to that can help call us in and call us up.

Kerri Kelly:

[00:47:09](#)

Well, and I love that you also named the mapping that you did to understand like your place in the broader movement and who else is doing this work and is somebody already doing this work and how are we all doing it differently because I do think, especially in like a capitalist, you know, individualistic-centric culture, and an entrepreneurial culture, we have a tendency to be like, I'm going to start a project and it's going to be the best and the biggest and the only project that's going to solve the problem. Right? And that's an old paradigm that reinforces not just separation but a culture of scarcity and comparison and competition. It's just really unhealthy. And one of the things that I've gotten great comfort from over the last couple of years of doing movement work especially in social justice is like really people starting to embrace the idea of mutuality and really understanding that we all have a role to play, right? Like we all have a contribution to make regardless of, you know, our location. In fact, like we actually all have a gift and a

responsibility to the bigger picture and to the bigger issue. And when we understand ourselves in relationship to one another we can see that I don't have to do everything because you're doing this thing and I'm doing this other thing and Nicky's doing that thing, right. And Shawn's doing that thing and Chelsea is doing that thing and Michelle is doing that thing and we're all a part of this larger ecosystem and we're all necessary. And that was like radical for me because the culture of like perform and your organization needs to be the best and it needs to raise the most money and it needs to take up all the space is just so, so apparent in this culture.

- Melody Moore: [00:49:17](#) Right? Yeah, you're right.
- Kerri Kelly: [00:49:19](#) And it's hard to unhook.
- Melody Moore: [00:49:21](#) And it's such a symptom of colonialism. Supremacy. Patriarchy.
- Kerri Kelly: [00:49:26](#) Totally.
- Melody Moore: [00:49:27](#) That's right. And it's a really beautiful, not so much an analogy, just like another way of understanding how individually amongst and between self-identified girls and women, the same thing occurs. Right? The work that we're trying to do with Embody Love Movement of body liberation, of self acceptance, of self approval is that thing. It's saying like how have I internalized this systemic supremacy or systemic marginalization in such a way that cultivates conditions of worthiness where that there's not enough love, there's not enough acceptance. The media's telling me this very clearly, the culture is sending me this, there won't be enough. And so how can I be the most acceptable in the room? How can I Get? Which ends up causing insecurity and then competition and comparison amongst us instead of cultivating community and collaboration. Right. It really comes down to that. And so we see it, we see it. Social media and written media and film media. It's like giving us this idea and then it's indoctrinated. So then it's in conversations to that who, between you and I, right, is the most beautiful. Who between you and I has the best body. Who between you and I as the sexiest or the most desirable which is such a setup, everybody fails in that system. As long as we're in that race and committed to that race, we're losing it really. And so I love that you named that because it happens organizationally and then probably because it happens individually when we really buy into what they've been selling us our entire lives in every way, that I'm not enough unless I'm better than.

- Kerri Kelly: [00:51:15](#) And as you were saying that, like, that's been me so many times, so many times when I've forgotten or lost track of like who I am and what matters. Right? It especially happens when I'm moving too fast, when I'm too busy, when I'm unregulated. When I'm feeling too much pressure, right? I default to that old consciousness and I pit myself against other people, but I forget that we're in it together. Right? I forget that my worthiness is inherent to myself and isn't up to anybody else. And I'm just sharing that because this work feels so constant, right? Like the practice of having to rewire our brains. We know that for ourselves all the time, while everything around us, every message, every person, is re-enforcing the other consciousness, right?. The other belief that we're never going to be good enough. And that we have to be in control of everything and we have to preserve our power and our positionality. Right? Like that's what we've learned from culture and to disrupt that takes so much practice and so much fellowship.
- Melody Moore: [00:52:34](#) So I love that word. I love the reclaiming of that word actually.
- Kerri Kelly: [00:52:39](#) I know me too, I am really into it right now.
- New Speaker: [00:52:40](#) That makes me think of Lynn Twist work. She wrote that book *The Soul of Money* and talks about how we have this myth of there's not enough money and how it's as though we're playing...What was that game we played when we were little kids, some of us? Duck, duck, goose? No, musical chairs! Where the music is played and you walk around in a circle and then a chair is taken away so one person's left out. And we're indoctrinated into that kind of culture where someone's going to be left out and like, it's not going to be me. I'm not going to be, I'm going to run the fastest and get the chair the quickest. Right? And that happens in self identified girls and women where someone's going to be left out and so I have to have the better body. I have to work out harder. I have to eat less or more depending on our...like, it's wild that we don't have a culture where we celebrate autonomy around our choices, around what makes us beautiful, around our own enoughness, around where we don't embrace our inherent worthiness. But that's not what any of us, regardless of our positionality or our location, have been indoctrinated into. Not in this culture, where we're sitting, right? So I think that the undoing of that, like you said, the kind of neurolinguistic repatterning of trying to understand, I can be in total celebration and in an awe of you, whoever you are, not just you, anyone. And it doesn't take away at all. My access, my own worthiness, my own potential, my own beauty, my own sense of belonging and acceptance. They're not unrelated, but they're not related in the way in

which we've made the relationship competitive and comparative. They're actually related in the way in which the liberation is bound and the way in which we're actually in this together.

- Kerri Kelly: [00:54:41](#) That feels really important and it feels actually like the right note to end on because, I think because we're trained to understand things as binary, right? When we start to like unpack our individualism, right? We assume that we're trading that in for a collectivism that doesn't acknowledge anybody, right? That acknowledges the whole, and everybody becomes invisible inside of that. And what I've learned so much from your work and from the work of spiritual practice is the possibility, right? When we unlearn scarcity, when we dismantle ideologies of individualism and capitalism and white supremacy isn't when we understand how culture works and how we're indoctrinated in it, is that we actually get to be our whole most radical, fully expressed selves and be in relationship within a context where everyone else gets to be that way too. Like we actually get to live our purpose and pursue it fiercely in the world and be self expressed and be loud and radical and take up space. And there's enough room for everyone to thrive in their own way on their own terms. And I know there is equity in there and there's considerations around location, but that, like changing our mind about the possibility of that feels so radical and paradigm shifting in this particular moment that we actually can have both.
- Melody Moore: [00:56:22](#) Our mind and our heart. It's not just can we have both, we have to.
- Kerri Kelly: [00:56:28](#) Yeah. Right. We need everyone.
- Melody Moore: [00:56:29](#) We need everyone, which includes each of us.
- Kerri Kelly: [00:56:34](#) Well I just love you so fricking damn much, I want to use every curse in the book. And I just so admire and look up to the way in which you've modeled leadership and the way that you have allowed yourself to be vulnerable and to be revealed and to be seen in all of your growth and mistake making and the way in which you trust your community. You trust them to take the torch and to lead and to make this movement what they want it to be and not what you want it to be and to embrace the "I don't know what's next". I don't know what it's going to look like. I don't know what will happen for the next 10 years, but it's gonna be fucking great.

Melody Moore: [00:57:24](#) Right? It's not up to me and I'm committed and a stan for staying invested in creating liberation for all and creating reclamation of beauty autonomy. I just love that phrase that I think you might've come up with.

Kerri Kelly: [00:57:42](#) I don't know, I just learned so much this weekend at your summit that my head is spinning.

Melody Moore: [00:57:46](#) I know, still, and I can't thank you enough Carrie Kelly. We didn't really name it because you're interviewing me, but I know that you know, and I hope everybody watching and listening understands that having someone, I always say five steps ahead. I think the nomenclature is...

Kerri Kelly: [00:58:04](#) It's more like a pinky toe!

Melody Moore: [00:58:05](#) But it never feels that way to me. It feels like always five steps ahead of me that's pulling me forward and coaching me. It makes me think about sometimes you'll direct me and then I think you're kind of like on pins and needles. Like is she actually going to do that thing I said? What is that like? I've coached people into doing things that I do, right? It's like in teaching yoga, I can direct somebody who has a different capacity, different flexibility, different strength than me how to do something my body can't do it but I'm like, yeah, and I wonder if that's what it's like. Like she actually did the thing!

Kerri Kelly: [00:58:41](#) Well, you know because you're doing it for everyone else.

Melody Moore: [00:58:43](#) Yeah. So just, I cannot thank you enough. What leadership you truly have as a coach, as an inspiration, as a leader. Mostly of course as a friend, but really we have much more than a friendship because you're constantly five steps ahead, letting yourself fall on your face, which is the reason you grow so quickly. You do, I think, move at the speed of trust when you're in your wholeness and in doing so we all, I can speak for me, look to you as like, okay, what else do we not know? What else do we need to learn? How else do we need to be building relationship? How else do we need to be in our own integrity? And I'm just so deeply grateful for you, for you and the way that you're committed to this work. So since we are highlighting me here, if you don't know, follow CTZNWELL, Kerri Kelly's organization, and read WELLread. It's like what I look forward to, and oh It's Wednesday you must be writing it today.

Kerri Kelly: [00:59:46](#) Oh my God I am.

Melody Moore: [00:59:48](#) Check in every Wednesday night to see like what is Carrie's saying? Who do we follow? What actions can we take? And um, listen to her.

Kerri Kelly: [00:59:56](#) Yeah. Well, the only thing I want to say in response to what you said is lineage. Like there were people before me who were doing the exact same thing. And thank God for teachers and for relationship and for the kinds of relationships where we get to pick each other up off the floor and say it's going to be okay and you're going to survive and it's going to be better. And I've just loved having that relationship with you. So thank you.

Melody Moore: [01:00:23](#) Thank you.