

# EXPRESSIVE ARTS

THE ULTIMATE CREATIVE GUIDE TO TRANSFORMING STRESS

JEAN VOICE DART

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*Expressive Arts*

*The Ultimate Creative Guide to Transforming Stress*

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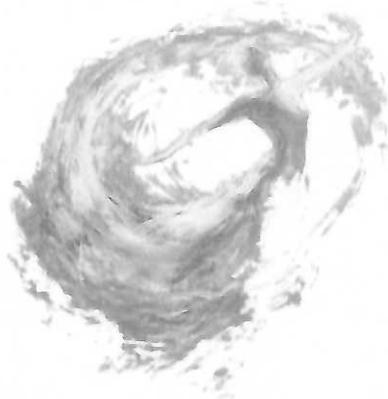
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## SOUL NOTES

### **AN EXPRESSIVE DANCE TO LIBERATION AND EMPOWERMENT**

Charleen M. Michel, Ph.D., Alchemyst

#### **When Dance and Music Move the Soul**

It begins with rhythm—a pulse you don't notice.  
Music plays, your body responds.

It's unexpected—familiar yet new.

Hips sway.

Arms float.

Happy feet find the earth beneath you.

Remind you who you are.

No one's watching.

No one's judging.

No choreography.

Only presence.

You permit yourself.  
Your body moves.

Grounds at the root.  
A shimmy stirs the sacral.  
Fire ignites the core.  
The heart opens wide.  
Truth hums in the throat.  
Vision sharpens.  
The crown lifts to light.

You're dancing to express.  
You're dancing to remember.  
To return to your soul.  
To remember how it feels to be free.

## MY STORY

### Whispers From the Past

Have you ever felt your voice wither?

Not because you had nothing to say, but because the rules were louder than your truth, or the fear of consequences held you back?

I was a petite girl in a patriarchal family, raised to be a good girl.

Respectful. Obedient. Studious.

They said:

“Speak only when spoken to.”

“Girls should be seen and not heard.”

“No dancing. No shouting. No questions.”

*What if my heart aches to dance with delight?*

*What if I have a question?*

*What if stillness isn't my nature?*

I wasn't just any girl—I was the eldest.

Expected to be perfect, to lead by example.  
To behave, guide, and make others feel safe.

I tried to stay quiet.  
Swallowed my curiosity and pride.  
Most of the time, I stayed calm, composed, and collected.  
Most of the time.

“Just do as you’re told and everything will be fine.”

I froze. My hands balled into fists at my sides.

I wasn’t mad, but something deep inside refused to stay silent.

“Says who?” I said, standing as tall as I could—not that it made much difference. I wasn’t big, but I wasn’t backing down either.

The words hung in the air like a dare.  
Not loud, but the kind that knew.

Inside, something deeper stirred.  
A longing.

*I want a place where I can speak, dance, and be.*

A place where I can feel instead of follow, my voice is welcome,  
movement is free, and rising is an act of devotion—devotion to myself.

## **Sacred Secrets in the Garden**

My grandfather’s garden was my first secret place.  
A sanctuary nestled among rose bushes and petunias, with a white swing  
where I could dream and enjoy ice cream.

Barefoot, with the grass tingling between my toes, I danced.  
Dewdrops kissed my soles.  
The wind played with my hair.  
The earth embraced me with open arms.

Among the blooms, I planted seeds, nurtured flowers, and let joy ripple  
through my body.

*I'm alive.*

It's the only place I could dance.  
At home, dancing was forbidden.

"Sacrilegious," they said. "What would the neighbors think?"

*Heaven forbid.*

But in Grandpa's Garden, no one questioned it.  
I danced—it was our secret.  
And in that place, I blossomed.

*I feel the Earth pulsing beneath me.*

*I see the sky sparkling above.*

*I want to be free — to be ME!*

## Soul Expression Through Music

At home, I discovered another kind of sanctuary: the piano.  
I was seven when my fingers first touched the ivory keys.  
The vibrations ran through me, stirring something deep.  
Energy flowed from my fingertips to my toes.

It wasn't just music.  
They were feelings.  
Beethoven's *Moonlight Sonata* became my beacon of strength.  
Its haunting melody whispered of longing, beauty, and mystery.  
It whirled and swirled through my core.

*My soul's dancing—even if no one can see.*

But as time passed, life got louder.

Responsibilities and success took over.

My grandfather passed, and my sacred place to dance was lost.

The music faded.  
My voice grew quiet.  
My body carried the weight of everything I couldn't say.

*I'll slip into the quiet corners of my soul, waiting for the right moment to rise again.*

## From Silence to Soul Calling

After nearly 50 years, something stirred within me, no longer ignorable. A deep knowing rose from the shadows, persistent, and clear.

The barefoot girl who once danced through gardens, who poured her heart into the Moonlight Sonata, reappeared.

And with her, a yearning—  
to express,  
to move,  
to be free.

Then came another loss.  
When my parents passed, grief shattered something deep inside me.  
In the silence that followed, I understood:  
Words dissolved into emptiness.  
Only the soul spoke where language couldn't reach.

I started researching.  
I read about spiritual practices, the chakras, and ancient wisdom traditions.  
Little by little, something deeper called to me.

Again and again, I found myself returning to the chakras—invisible, spinning energy centers along the spine, each one governing and supporting a vital aspect of my being.

Their colors, their energy, their ancient knowing—it all pulled at something deep inside me. Feeling their spin was like stepping into an invisible dance.

And still, I craved more.  
Something to gather the scattered pieces of me  
and bring them back into rhythm.

That's when I found Chakradance™.

*Ahh, a sacred answer to my cravings.*

Dance—the thing once forbidden—called me back.

*I'm ready to return and become ME!*

## **Chakradance: A Sacred Dance Unfolding**

The moment I stepped into a Chakradance space, it became my sanctuary.

This wasn't a class—it was a sacred reunion.

No choreography, performance, or judgment.

As the music pulsed through the room, something within me awakened.

The frequencies were tuned to my soul's language, activating ancient knowledge buried deep in my body.

With each beat, I softened.  
My breath deepened.

*I surrender.*

My body didn't ask for instructions.

*I remember.*

It moved with an inner wisdom guided by my soul's rhythm.

Chakradance wove together everything I loved—movement, music, meditation—infused with the sacred teachings of the chakras and Jungian archetypes.

Each session became a living ritual: my breath became rhythm, my body the compass, and movement the medicine.

As I danced, emotions long held in silence rose.  
Stillness, trembling, tears—then laughter, joy, release.  
Memories surfaced from deep within my bones.  
I let them go—layer by layer, breath by breath.

*I'm not dancing just to be seen.*

*I'm dancing to awaken.*

*I'm reminiscing about the woman I was before the world told me to be someone else.*

*With every step, I reconnect to my life force.*

I gathered the lost pieces of my soul.

*I feel grounded, more open, more radiant.*

*This is my path.*

*My sacred return.*

*I want to dance the path back to my soul.*

## **Rediscovering My Soul Through Chakradance**

The room is dim. My feet bare, my eyes softly closed.

A calm voice welcomes me into the sacred space, guiding me inward. The music begins.

As the first sounds vibrate through the room, I feel a stirring at the base of my spine. The root chakra dance begins. The music's deep, primal, and pulsing, like the earth's heartbeat.

I move slowly, hesitantly at first, then begin to stomp my feet. With every stomp, I feel more grounded.

Then, unexpectedly, tears come—not from sadness but from remembering the inner child who needs to feel safe. And as the rhythm carries me, I land fully in my body, rooted and supported.

*I'm home.*

Then the music shifts—soft, fluid, like waves splashing on the shore. I feel its pull just below my navel as my sacral chakra awakens. My hips move, slow and sensual, circling with ease.

Emotion rises—deep and unfiltered. It moves through me. No holding back. No shame. Just flow.

Pleasure and memory swirl together as I smile through my tears.

*It's so good to feel joy and passion.*

Suddenly, the beat quickens—the realm of the solar plexus chakra.

*My belly's on fire.*

*My spine's lengthening, my breath deepens.*

*I'm moving with purpose, each step filled with fire and determination.*

*I'm expanding, not shrinking—claiming space once surrendered.*

*I'm fierce, alive, and in control of my rhythm.*

*I don't have to ask permission.*

*The power's mine.*

The music softens as it enters the center of my chest at the heart chakra. I place my hands over my heart. My arms extend outward to embrace the whole room, then inward, to hug myself.

Tears flow again—this time tender, open.

I feel the protective walls crumbling as old pains surface, mingling with a deep sense of love. Not just for others but for myself.

*I'm open to giving and receiving love.*

As the melody changes, I feel vibrations in my throat. My throat chakra comes alive. I touch my neck instinctively, my lips part, and a hum rises from deep within.

The hum becomes a sound, then a song. I dance and sing simultaneously—something I've never done before.

*It's safe to express.*

*My voice isn't loud, but it's mine.*

I remember all the times I held back.

*Never again.*

*My truth deserves to be heard.*

The next rhythm feels different—spacious, subtle. It vibrates between my eyebrows. My body slows, drawn inward toward the third eye chakra.

I place my fingertips on my forehead. Images surface—memories, colors, and symbols. Thinking stops.

*I see through my inner vision.*

*I feel a renewed clarity I thought was lost.*

*I already have the answers.*

*I've always known.*

Then, the final sound: ethereal. My crown chakra opens like a lotus blossoming at the top of my head.

Movement ceases. Breath and presence are enough—whole, complete.

I stand there, still and light, gently woven into everything around me.

A soft, sacred connection—weightless, yet deeply rooted.

*I'm the dancer, the dance, and the light in the music.*

And when the last notes fade, I feel something's changed. Not because I learned something new, but because I remembered something ancient.

*My body knows the way.*

*The rhythm of my soul brings me home.*

## **Chakradance as a Healing Modality: My Body Became My Temple**

What began as a dance became a sacred space to listen to my body's wisdom.

There were no steps to follow, only breathwork, music, and spontaneous movement.

And in that space, things stirred: memories, emotions, and truths I'd buried away for years.

With each movement, I reclaimed my voice.

Not the one shaped by roles or expectations, but the true voice of my soul.

I spoke clearly, trusted my instincts, and stood taller in my truth.

I stopped dancing for approval and began dancing for freedom. Not just as a woman, but as a sovereign becoming.

*I'm becoming a queen.*

And in that reclamation, something else awakened—a desire to guide others into this sacred space.

I became a Chakradance Facilitator to share with others the same path that helped me remember who I am.

## **From Dance to Reflection: Your Soul Invitation**

Chakradance awakened something profound in me—a rhythm for my soul.

But the journey didn't end there. After dancing, I was called inward once more. To sit in stillness. To listen deeply. To write and create images.

As I reflected on what unfolded, something new emerged.

I crafted a journal to share with others: *The Soul Notes Journal Experience*.

It's designed to awaken your inner voice, reconnect you with your body's wisdom, and guide you along a sacred path of self-discovery and transformation, just as it did for me.

Each chakra invites you to move beyond thought—to engage with feeling, energy, memory, and truth.

This is a space where your soul can flow through creative expression and sacred inquiry. It's about setting your truth free—on the page and in your life.

Are you ready to begin?

## THE TOOL

### THE SOUL NOTES JOURNAL EXPERIENCE

### A Sacred Dance of Embodied Wisdom and Awareness

Within you lives a map etched in rhythm, breath, sensation, and memory.

Each chakra energy center is a portal into your body's wisdom.  
A gateway to expression.  
A path to liberation.

As you move through each chakra, you'll meet different aspects of yourself—your:

- Protector
- Dreamer
- Inner fire
- Longing for love
- Unspoken truths
- Deep insight
- Connection to your soul

Your inner voices unfold through energy, movement, and emotion.

This isn't a performance.

It's a remembering—  
a sacred dance back to wholeness.

How to Begin:

- Create a sacred space and light a candle.
- Begin with one chakra each day; add more if you like.
- Start at the root and rise to the crown.
- Use the music suggested (found on Apple Music) or choose your own that resonates with the chakra's energy.
- Close your eyes. Begin to move.
- Let your body express the story.
- After the dance, open your journal and reflect on the prompts.
- Use words or images to express your feelings.
- Let your Soul Notes be uncensored and authentic.
- Note: A formatted copy of The Soul Notes Journal Experience awaits you at <https://www.wisdomunleashed.ch/expressive-arts>.

### **1. Root Chakra – The Dance of Grounding**

Movement Invitation: Stomp your feet. Let the ground hold you as you shake out what's no longer needed and reclaim your belonging.

Music Recommendation: "Rise Up" – Andra Day  
Grounded, soulful, and empowering, this music calls you to rise, root, and remember your strength.

Reflective Prompts:

- When have I felt deeply held and protected, like the earth embracing me?
- How do I respond when fear, anxiety, or powerlessness arise in my body?
- What helps me feel rooted, steady, and safe?

## **2. Sacral Chakra – The Dance of Desire**

Movement Invitation: Let your hips lead. Circle, flow, undulate. Express the pleasure, pain, and beauty that live in your lower belly.

Music Recommendation: “Wicked Game” – Chris Isaak

With its slow, smoldering rhythm and haunting melody, this song evokes sensual longing and emotional depth, perfect for moving with fluidity, vulnerability, and desire.

Reflective Prompts:

- How does it feel to be fully alive in my sensuality, creativity, and joy?
- Where have I dimmed my desires or ignored what pleases me?
- How can I let myself move in ways that feel free, expressive, and emotionally honest?

## **3. Solar Plexus Chakra – The Dance of Power**

Movement Invitation: Fire up your center. Punch, twist, spin. Let your body declare its right to occupy space.

Music Recommendation: “Stronger” – Kelly Clarkson  
Bold, beat-driven, and unapologetic—a song to move with confidence and fire.

Reflective Prompts:

- How does it feel to move from a place of strength, clarity, and inner fire?
- When have I over-given, overworked, or lost sight of my worth in the name of duty?
- What part of me is ready to rise, lead, and shine—without shrinking back?

## **4. Heart Chakra – The Dance of Devotion**

Movement Invitation: Lead with your heart. Expand your chest, open your arms wide. Dance with softness, surrender, and grace.

Music Recommendation: “Love’s Divine” – Seal

Soulful and expansive, this track invites emotional openness and heart-centered movement.

Reflective Prompts:

- How does love feel in my body when it’s honest, open, and free?
- Where might I still carry old heartbreak or emotional walls?
- What does it mean to love myself unconditionally, and how can I move from that space?

### **5. Throat Chakra – The Dance of Expression**

Movement Invitation: Move your arms like waves of sound. Let your body sing. Add sound to your movement—hum, sing, chant.

Music Recommendation: “Freedom” – Beyoncé

A powerful, truth-telling song to unleash your voice and express unapologetically.

Reflective Prompts:

- What truth is ready to move through me, whether in sound, gesture, or words?
- How have I silenced or softened my voice to make others comfortable?
- How would it feel to move with fearless authenticity and speak with embodied truth?

### **6. Third Eye Chakra – The Dance of Vision**

Movement Invitation: Slow, fluid movement. Eyes closed. Let your hands draw images in the air. Dance your dreams.

Music Recommendation: “Dreams” – Fleetwood Mac

Hypnotic and intuitive—perfect for opening the realm of emotion and inner vision, guiding you to see beyond what is spoken.

Reflective Prompts:

- What inner vision whispers to me?

- Where am I invited to trust what I sense, not just what I see?
- How does my body feel when I move from intuition, not intellect?

## **7. Crown Chakra – The Dance of Lightness**

Movement Invitation: Barely move. Just breathe. Let the spine float, the hands lift, the crown open. Become light.

Music Recommendation: “Weightless” – Marconi Union  
Borderless, expansive, and meditative—ideal to dissolve boundaries, evoke stillness, and connect to the divine.

Reflective Prompts:

- When do I feel most connected to something greater than myself?
- Where am I still trying to control or figure everything out?
- How would it feel to surrender to grace and move in divine flow?

### **Bringing It All Together: The Embodied Path**

Close your eyes and take a deep breath.  
Place your hands on your heart.

Reflect on what stirred within you.

- What patterns emerged?
- What’s one loving commitment you can make to honor your full expression?

### **You Are the Instrument. Your Body Knows the Way.**

Chakradance is a sacred dance of remembering.  
Each step is a reclamation.  
Each breath is a truth.  
Each movement is a key to your liberation.

Let your soul guide the rhythm of your becoming.  
Your body’s your compass.

Your dance is your medicine.  
And your freedom is already within you.

### **Are You Ready to Dance Your Soul Awake?**

If something stirred as you moved through these pages,  
If your body whispered yes,  
If your soul longs for more,

Then you are being called.

You've tasted the power of dancing alone.  
Now, it's time to experience the next level.

I invite you to join me for a deeper journey,  
where sacred rhythm, chakra-resonant music, guided visualizations, and  
creative expression awaken the wisdom within you.

This is more than an intuitive movement;  
It's a return to your rhythm, your voice, your truth, and your soul.

Whether you're new to energy practices or already walking your  
spiritual path, a guided Chakradance journey can open portals to deeper  
healing, greater clarity, and authentic self-expression.

Schedule a free discovery call to continue your sacred journey here:  
<https://calendly.com/charleen-michel>



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**Charleen M. Michel, Ph.D.**, is a spiritual mentor, transformational guide, and expert in embodied healing through the power of Chakradance™. She helps visionary women leaders overcome stress, reconnect with their inner wisdom, and reclaim their confidence, voice, and vitality so they can live with purpose, authenticity, and joy.

With decades of global experience as a Human Resources Business Partner and Leadership Coach, Charleen seamlessly integrates intellectual clarity with the deep, energetic wisdom of the chakras. Her work blends modern leadership insight with ancient healing traditions, offering a unique and powerful path to personal liberation and soul alignment.

A certified Chakradance facilitator, Reiki and Violet Flame Practitioner, and Chopra Vedic Educator (Ayurveda, Meditation, and Yoga), she guides her clients through intuitive, movement-based practices that harmonize the energy body, release old patterns, and awaken the divine feminine within.

Charleen is a two-time Amazon #1 Bestselling Author and a recipient of the prestigious Book Excellence Award. A passionate writer and visionary creator, she designs transformational spiritual journeys that awaken the soul and inspire lasting change.

Originally from New England, Charleen followed her adventurous heart to Switzerland in 1986, where she continues to weave the sacred into everyday life. When she's not holding space for deep transformation, you'll find her tending her garden, perfecting her golf swing, or creating soulful spaces filled with beauty and intention.

Charleen has danced her way to freedom, confidence, power, and sacred self-expression—and now she invites you to join her on your sacred dance through Chakradance.

Come move in a way that stirs your soul...and transforms your life.

Embark on your journey to empowerment, freedom, and liberation now.

**Connect with Charleen:**

Website: <https://www.wisdomunleashed.ch>

LinkTree: <https://linktr.ee/charleenmichel>

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**When we dance we can release stress and embrace joy through sound and movement.**