

SACRED JOURNAL

A DANCE TO FREEDOM

Introduction

Welcome to Your Sacred Journey of Self-Discovery and Transformation.

This journal accompanies the digital recording *A Dance to Freedom—Awaken Your Chakras through Rhythmic Flow*, designed to deepen self-awareness, awaken the powerful energy within, and guide you into alignment with your truest essence. Access your recording at www.wisdomunleashed.ch/sacred-dances.

In your sacred space, as you journeyed through *A Dance to Freedom*, you were invited to explore each chakra, using your body as an instrument of expression. Along the way, you may have encountered emotions, memories, or physical sensations—a natural part of the healing and awakening process. Some moments may have brought joy or ease, while others revealed tension or resistance, indicating where energy may be blocked.

Reflect on Your Experiences

This journal invites you to reflect on what arose during your sacred dance—the sensations, emotions, or memories each chakra stirs within. Notice how these experiences shifted your awareness and brought you closer to your desires, purpose, and authentic self. These reflections will support your journey, empowering you to unlock new layers of self-discovery and live in alignment with your deepest truth.

Embrace this opportunity to connect with yourself on a profound level. Let this journal be a guide as you tap into the transformative power within you, the divine energy that has always resided there.

Allow for Repeated Practice

I encourage you to return to the dance regularly. With each session, your experience will uniquely unfold, offering fresh insights and revealing new depths as energy flows and blocks dissolve. As you journey into deeper awareness, you will feel increasingly balanced, alive, and connected.

Your Path to Authenticity, Alignment, and Awakening

Whether you're seeking to balance your energy, rekindle your passions, or infuse more peace and purpose into your life, this sacred journey supports you in reconnecting with your authentic self and awakening your divine energy. Grant yourself the time and space to explore, dance, reflect, and grow.

Trust the process as it unfolds, and embrace this path to becoming your truest self.

With love and light,
Charleen Michel

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Set the Intentions for Your Journey

Today's date _____

First, reflect on what you want to experience during your dance to freedom.

Here are some simple guidelines to consider as you set your intentions:

1. **Be Clear and Specific:** Reflect on what you aim to manifest through this journey.
2. **Align with Core Values:** Set intentions that resonate with your true self.
3. **Focus on the Present:** Phrase intentions in the present tense, e.g., "I am confident."
4. **Frame Positively:** Emphasize what you want to invite into your life, e.g., "I intend to cultivate peace."
5. **Stay Open and Flexible:** Trust that the path may unfold in unexpected ways.
6. **Visualize:** Imagine yourself living your intention, feeling the emotions and details.
7. **Write It Down:** Recording your intentions helps solidify and track your commitment.

Now create your intention, as you ask yourself, "What do I hope to discover and cultivate by awakening and aligning my chakras on my path to self-discovery?"

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Create Your Sacred Space to Cultivate Peace and Purpose

Today's date _____

Start by creating your sacred space.

Find a quiet place where you feel deeply grounded—this is where your journey begins. It becomes your sanctuary, a space where you can truly be yourself and feel at ease.

- **Set an Intention:** Dedicate this space to your spiritual practice and personal growth.
- **Choose a Distraction-Free Area:** Select a comfortable place that promotes peace.
- **Refresh Regularly:** Clear away stagnant energy by cleaning and renewing your space with incense, sage, or chimes. Align the elements to match your intentions and welcome fresh, positive energy.
- **Make it Your Own:** Add items that bring joy—crystals, statues, mementos, or natural elements like plants, stones, and water for grounding and tranquility.
- **Engage the Senses:** Create a nurturing atmosphere with calming scents, soft colors, cozy cushions, warm blankets, and gentle sounds to deepen relaxation.
- **Return Often:** Come back to your sacred space whenever you seek peace and renewal.

Let this be your haven, dedicated to your journey within.

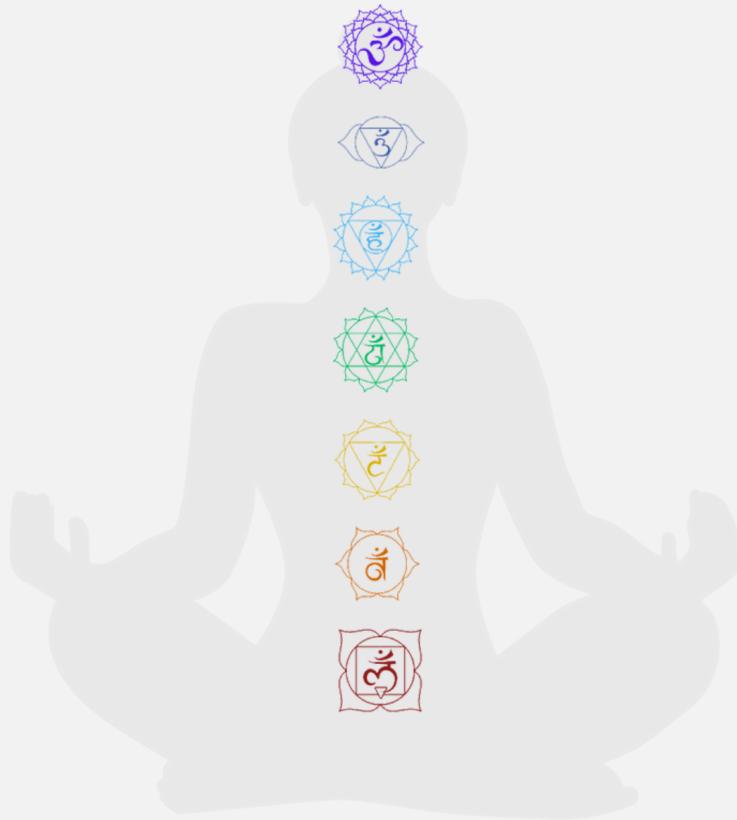
Then, capture your thoughts below.

- What intention are you setting for this sacred space?
- What elements (physical and energetic) help you feel grounded and at peace?
- How do you want to feel when you enter this space? What rituals help you cultivate that feeling?

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A Key to the Seven Main Chakras



The chakras are seven key energy centers within our body, each aligned along the spine from the base to the crown. These centers correspond to different aspects of our physical, emotional, and spiritual lives. Each chakra carries its own unique color, symbol, and vibration, shaping our overall well-being. When our chakras are balanced, energy flows freely, creating a natural harmony between body, mind, and spirit. However, blockages or imbalances in the chakras can lead to physical discomfort, emotional issues, or spiritual disconnection.



- 1. Root Chakra (Muladhara):** Located at the base of the spine.
Associated with grounding, safety, security, and survival. I am.



- 2. Sacral Chakra (Svadihisthana):** Just below the navel.
Associated with creativity, pleasure, and sensuality. I feel.



- 3. Solar Plexus Chakra (Manipura):** Just above the navel.
Associated with confidence and personal power. I do.



- 4. Heart Chakra (Anahata):** At the center of your chest.
Associated with love, compassion, and connection. I love.



- 5. Throat Chakra (Vishuddha):** At the base of your throat.
Associated with communication and truth. I speak.



- 6. Third Eye Chakra (Ajna):** At the center of your forehead.
Associated with intuition and insight. I see.



- 7. Crown Chakra (Sahasrara):** At the top of your head.
Associated with spirituality and connection with your higher self. I know.

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The Root (Base) Chakra - Grounding, Safety, Security, and Survival

Reflect on your dance with the Root Chakra.

Tuning into your connection with the earth.

Use the prompts below to explore and capture your reflections below.

Today's date _____

- How did you feel while dancing with the energy of the Root Chakra? Were you comfortable?
- Did the music resonate with you? Could you move freely?
- Did you feel grounded and secure, or did anxiety or fear arise?

- How stable and secure do you feel in your life right now?
- What steps could you take to feel stronger, safe, and secure? Some options include hugging a tree, walking barefoot in the grass, or walking in nature.

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The Sacral Chakra - Creativity, Pleasure, and Sensuality

Reflect on your dance with the Sacral Chakra.

Tune into your feelings of passion and pleasure.

Use the prompts below to explore and capture your reflections below.

Today's date _____

- How did you feel while dancing with the energy of the Sacral Chakra? Were you comfortable?
- Did the music resonate with you? Could you move freely?
- Did you feel joy and vitality, or did a lack of creativity and guilt arise?

- How creative and sensual do you feel in your life right now?
- What steps could you take to feel more satisfied, passionate, and happy? Some options include dancing or drawing a picture.

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The Solar Plexus Chakra - Confidence and Personal Power

Reflect on your dance with the Solar Plexus Chakra.

Tune into your feelings of willpower and manifesting your dreams and desires.

Use the prompts below to explore and capture your reflections below.

Today's date _____

- How did you feel while dancing with the energy of the Solar Plexus Chakra? Were you comfortable?
- Did the music resonate with you? Could you move freely?
- Did you feel self-esteem and confidence, or did low self-worth and anger arise?

- How confident, focused, and productive do you feel in your life right now?
- What steps could you take to embrace your power and realize your desires and dreams? Some options include making affirmations or core-strengthening exercises.

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The Heart Chakra - Love, Compassion, and Connection

Reflect on your dance with the Heart Chakra.

Tune into your feelings of love, compassion, and connection.

Use the prompts below to explore and capture your reflections below.

Today's date _____

- How did you feel while dancing with the energy of the Heart Chakra? Were you comfortable?
- Did the music resonate with you? Could you move freely?
- Did you feel love for yourself and others, or did isolation and jealousy arise?

- How compassionate do you feel in your life right now?
- What steps could you take to feel more caring and friendly? Some options include loving-kindness meditation or heart-opening yoga poses.

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The Throat Chakra - Communication and Truth

Reflect on your dance with the Throat Chakra.

Tune into your feelings of speaking your truth.

Use the prompts below to explore and capture your reflections below.

Today's date _____

- How did you feel while dancing with the energy of the Throat Chakra? Were you comfortable?
- Did the music resonate with you? Could you move freely?
- Could you express yourself clearly, or did you feel shy or unable to express your feelings?

- How confident are you in expressing yourself in your life right now?
- What steps could you take to communicate easily and being better understood? Some options include singing, journaling, or posting videos on social media.

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The Third Eye Chakra - Insight and Intuition

Reflect on your dance with the Third Eye Chakra.

Tune into your intuition and insights.

Use the prompts below to explore and capture your reflections below.

Today's date _____

- How did you feel while dancing with the energy of the Third Eye Chakra? Were you comfortable?
- Did the music resonate with you? Could you move freely?
- Did you feel you have a clear vision, or did confusion and a lack of direction arise?

- How intuitive do you feel in your life right now?
- What steps could you take to gain clarity and achieve your vision? Some options include meditation or visualization techniques.

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The Crown Chakra - Spirituality and Connection to Higher Self

Reflect on your dance with the Crown Chakra.

Tune into your feelings of spirituality and connect with the divine.

Use the prompts below to explore and capture your reflections below.

Today's date _____

- How did you feel while dancing with the energy of the Crown Chakra? Were you comfortable?
- Did the music resonate with you? Could you move freely?
- Did you feel enlightened, or did you feel disconnected with your higher self?

- How enlightened do you feel in your life right now?
- What steps could you take to embrace your connection with the divine, achieve inner peace, and have a clear perspective on the world? Some options include meditation, prayer, and stillness.

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Monitor Progress using the Daily Ritual Tracker

Purpose: Track your rituals, reflect on daily activities, and deepen your connection to your authentic self.

How to Use: Set a daily intention, use a new page each day to capture your experiences, and check in at day's end to reflect. At week's end, summarize your progress and insights.

Today's date _____

Morning Intention:

- What do I want to cultivate today?
- Write a short sentence or affirmation (e.g., "Today, I choose peace and grounding.")

Sacred Space Practice:

- Did I create time for stillness in my sacred space? Yes / No
- How did the space feel today? Did I make any adjustments or bring in new elements (e.g., lighting candles, using incense, adding crystals)?

Chakra Dance Reflection:

- Did I engage in a chakra awakening practice through dance? Yes / No
- How did the movement feel? Which chakra felt most or least active? Any further insights?

Evening Reflection:

- How did my energy feel today?
- Reflect on whether you felt balanced, grounded, or needed additional practice.

Summarize your overall progress and note any key insights or shifts.

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Are you Ready to Continue Your Spiritual Journey?

Explore the Sacred Chakra Collection and deepen your journey into chakra wisdom.

Access it at www.wisdomunleashed.ch/sacred-chakra-collection.

Unlock complimentary resources to support your path to balance, freedom, and empowerment:

- Harmonize Your Chakras – Chakra Toning Meditation: Align your energy centers for clarity and peace.
- The Chakra Health Check: Identify which chakras need extra care and balance. Receive additional guidance on what steps you can take to bring the chakras in balance and find harmony in your life.

For deeper transformation, join the Sacred Activation Ritual with the Goddess Masterclass, where you'll connect with divine energies to awaken healing, intuition, and empowerment.

Learn more at www.wisdomunleashed.ch/sacred-activation-ritual.

Seeking a personalized path? Book a discovery call to explore spiritual coaching and unlock your full potential: www.calendly.com/charleen-michel.

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Closing Reflection: Your Journey Continues

As you come to the close of this journal, know that your path to awakening, alignment, and living authentically is beautifully ongoing. This sacred journey of growth, self-discovery, and transformation is a gift you continually give yourself. Every practice—whether creating your sacred space or dancing through the chakras—has brought you closer to your essence and purpose.

With these tools, you now hold the power to reconnect with your authentic self, trust your inner wisdom, and embrace the divine energy within. Each time you feel called to realign, center, or find clarity, let these practices support and uplift you.

The peace and purpose you've cultivated here will ripple into all areas of your life. Remember, your sacred space resides within you, your energy is yours to nurture, and your journey is uniquely yours to embrace.

Thank you for joining me on **A Dance to Freedom.**

With gratitude and light,


CHARLEEN M. MICHEL



“When you dance, you can enjoy the luxury of being you.”
— *Paulo Coelho*

UNLEASH YOUR WISDOM AND DANCE TO FREEDOM

I look forward to connecting with you.

Namasté

FOR MORE INFORMATION

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SCHEDULE A DISCOVERY CALL

www.calendly.com/charleen-michel

About

At Wisdom Unleashed, Charleen M. Michel, Ph.D., empowers individuals to find balance, reduce stress, and embrace their Divine Goddess energy to unlock inner wisdom. By blending ancient spiritual wisdom with modern practices, we guide you in balancing Divine Feminine and Masculine energies, releasing emotional blocks, and cultivating clarity and purpose. Through sacred rituals and healing modalities, you'll reconnect with your authentic self, learning to trust your intuition and find peace within. Whether you seek stress relief, emotional healing, or finding balance in your life, Wisdom Unleashed provides a sacred space to renew, balance, restore, and transform.