



# WISDOM *Unleashed*

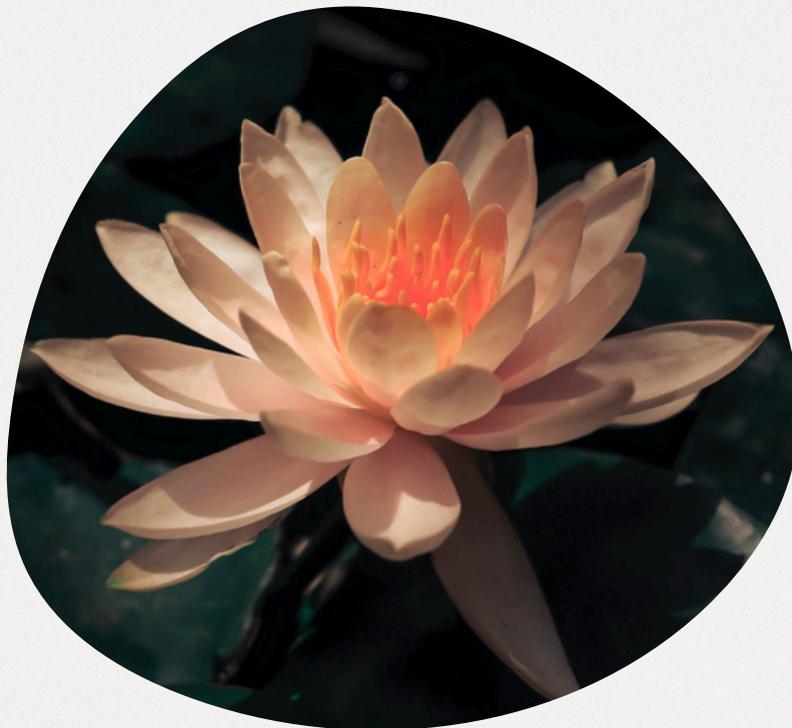
WITH CHARLEEN MICHEL

## UNLEASH YOUR WISDOM

INTUITIVE PATHS TO SELF-DISCOVERY

*"A woman in harmony with her spirit is like a river flowing.  
She goes where she will without pretense and arrives at her  
destination prepared to be herself and only herself."*

*— Maya Angelou*



*Created by Charleen M. Michel, Ph.D.  
Curator of Transformative Spiritual Journeys and  
Empowering Pathways to Inner Wisdom*

# Introduction and Welcome

## Reclaim Your Confidence and Power Through Spiritual Practices

*Hello, Beautiful Goddess,*

Welcome to Wisdom Unleashed—a sacred space where ancient wisdom and modern practices come together to help you reclaim confidence, balance, and inner peace.

Here, you are invited to embark on a transformative journey of self-discovery, healing, and empowerment.

At the heart of Wisdom Unleashed is the belief that fulfillment comes from harmony within mind, body, and spirit.

Through spiritual practices such as Ayurveda, Chakradance, Chakra and Lunar Energies, Meditation, and Yoga, we provide tools to:

- **Find holistic balance**, reduce stress, and release limitations.
- **Cultivate authentic self-confidence** to trust your inner wisdom.
- **Blend intuition with intellect** to make empowered decisions.
- **Embrace lasting transformation** for a fulfilling life.

This is your sacred space for renewal, where you can heal, thrive, and embody the beauty, strength, and wisdom of the Divine Goddess within.

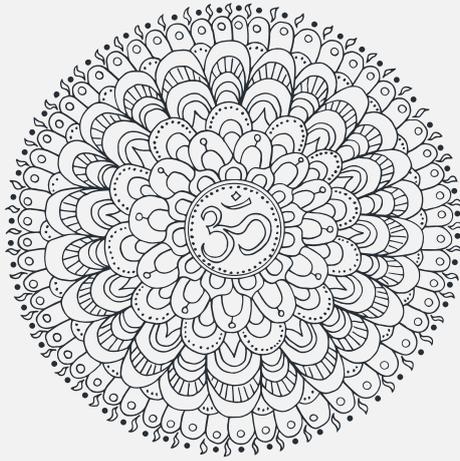
Your journey to clarity, joy, and empowerment begins now. Step into your sacred space and unleash your divine wisdom.

With love and blessings,

*Charleen  
M. Michel*

Charleen M. Michel, Ph.D.  
Founder, Wisdom Unleashed





## Are You Ready to Unleash Your Wisdom?

Do you feel the call to bring harmony to your body, mind, and spirit?

Are you ready to reclaim your inner power, live authentically with confidence and grace, and trust the wisdom within you?

Picture a life where intellect and intuition unite, where empowered decisions lead to the freedom and fulfillment you've been longing for.

**Your sacred journey begins here.**

Take a moment to pause and reflect on where you are right now and what you truly desire.

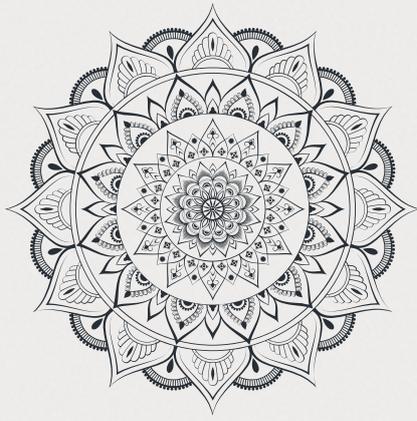
By answering a few simple yet powerful questions, you'll gain clarity on the next step in your spiritual journey—a personalized pathway to balance, empowerment, and transformation.

Let's uncover what you need to step fully into your power and live your truth.

Begin your self-assessment and align with the path that's right for you.

*"Authenticity is the daily practice of letting go of who we think we're supposed to be and embracing who we are."*

*-Brené Brown, Ph.D.*



## Discover Your Path to Balance and Empowerment A Self-Assessment to Guide You on Your Sacred Journey

### Purpose:

This exercise is designed to help you reflect on your current state of balance, fulfillment, and connection in your life. It invites you to identify your priorities and align your needs with the offerings of Wisdom Unleashed. Acting as a self-assessment tool, it clarifies what you are seeking on your spiritual journey while guiding you toward the most suitable and transformative experience.

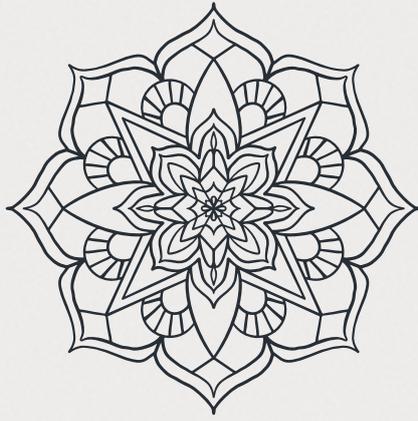
### Desired Outcome:

- **Clarity:** Gain a deeper understanding of your emotional, mental, and spiritual needs.
- **Empowerment:** Feel more confident about your next step toward balance and growth by identifying where to focus.
- **Engagement:** The personalized suggestions create a sense of alignment and inspire you to take immediate action, whether through dance rituals, free resources or individual coaching and mentoring sessions.
- **Connection:** This interactive approach fosters trust and positions Wisdom Unleashed as a guide on your sacred journey, encouraging you to engage with our offerings.

Ultimately, the goal is to guide you toward the most meaningful and transformative experience tailored to your unique needs, ensuring a positive and impactful start to your journey.

*“When we connect to the infinite source of wisdom within, creative new ideas, opportunities, and healing spontaneously unfold.”*

*– Dr. Deepak Chopra*



## Discover Your Path to Balance and Empowerment

### What are You Looking For on Your Sacred Journey?

Answer the following questions to uncover which experience is perfect for you: (Circle all that apply)

1. How do you currently feel in your life?

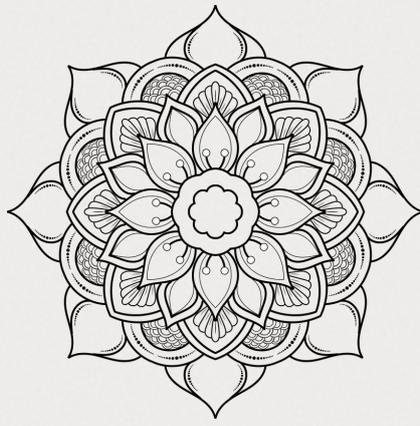
- A. Overwhelmed and stressed
- B. Disconnected from myself
- C. Stuck and unsure of my purpose
- D. Ready to deepen my spiritual practice and align with my true self

2. What is your primary focus right now?

- A. Releasing stress and finding balance
- B. Expressing myself creatively and intuitively
- C. Gaining clarity, confidence, and direction
- D. Embracing long-term spiritual growth and transformation

3. What resonates most with you?

- A. A quick, uplifting ritual to reconnect and recharge
- B. Access to free tools and practices to explore at my own pace
- C. Personalized support to navigate challenges and awaken inner wisdom
- D. A structured program to fully immerse myself in spiritual alignment



# Discover Your Path to Balance and Empowerment

## Your Suggested Path and Next Steps

### Your Suggested Path

Mostly A's: Explore A Sacred Journey with the Goddess

- Reconnect with yourself through movement and energy alignment to release stress and embrace clarity.

Mostly B's: Access Sacred Resources

- Dive into free meditations, journaling prompts, and chakra healing tools to explore your spiritual journey at your own pace.

Mostly C's or D's: Begin Personalized Coaching and Mentoring

- Whether you're seeking clarity or ready for profound spiritual growth, one-on-one coaching and mentoring offers a customized journey.
- Work with Charleen to address challenges, awaken inner wisdom, and align with your highest self.
- This personalized approach combines foundational guidance with structured programs like Sacred Becomings or Soulful Expansion for long-term transformation.

### Reflect and Choose Your Next Step

Now that you've identified your focus, how would you like to start?

- Join a Sacred Journey with the Goddess
- Explore Free Sacred Resources
- Begin Sacred Guidance for Personalized Coaching and Mentoring

*Discover the details of these transformative offerings on the following pages, or visit [www.wisdomunleashed.ch](http://www.wisdomunleashed.ch) to begin your journey.*



## Spiritual Journeys to a Fulfilled Life Portfolio of Spiritual Offerings

### *Sacred Journeys with the Goddess – Signature Offering*

1. *Sacred Activation Ritual with the Goddess Lakshmi*
2. *Sacred Intentions Ritual with the Triple Goddess*
3. *Sacred Divine Goddess Rituals*

### *Sacred Resources – Gateways to Spiritual Awakening*

1. *Sacred Dance Rituals*
2. *Sacred Chakra Collection*
3. *Insightful Blogs and Books*

### *Sacred Guidance – Personalized Coaching and Mentoring*

1. *A Guided Path to Awakening*
2. *Sacred Becomings: Renew, Restore, and Shine*
3. *Soulful Expansion: Journey with the Goddess*
4. *Divine Transformation: Living a Royal Goddess Lifestyle*

Get ready to embark on a transformative journey of self-discovery, healing, and empowerment. Awaken your inner power, align your chakras, and connect with the timeless wisdom of the Divine Feminine Goddess. Step confidently into abundance, balance, clarity, and purpose as you explore offerings crafted to nurture your spiritual awakening and transformation.

Each offering is a step closer to reconnecting with your true essence and unlocking the limitless power within you.

Let's begin your sacred journey together!



## Sacred Journeys with the Goddess

### Signature Offering

Awaken, align, and embody your Divine Feminine power through Sacred Journeys with the Goddess, designed to guide you into the heart of your true self. This experience harmonizes ancient Goddess archetypes with modern practices, helping you release blockages, embrace creativity, and reignite your passions.

#### Discover the Essence of the Program:

- **Dance into Empowerment:** Explore the chakras through Chakradance, guided rituals, and intention-setting to unlock your inner wisdom.
- **Heal and Transform:** Connect with Goddesses like Aphrodite, Isis, Kali, and Lakshmi to activate abundance, sensuality, and strength.
- **Rediscover Your Authentic Self:** Break free from limitations, align your energy centers, and cultivate confidence, clarity, and purpose.

#### Choices Available for Your Sacred Journey:

##### 1. Sacred Activation Ritual with the Goddess Lakshmi (Complimentary)

- Awaken your inner power and creativity as you connect with the Goddess of Abundance in a free 90-minute Zoom session.

##### 2. Sacred Intentions Ritual with the Triple Goddess (Complimentary)

- Tap into the transformative power of movement, intention, and the archetypal energies of the Triple Goddess to set meaningful intentions for the coming year in a free 90-minute Zoom session.

##### 3. Sacred Divine Goddess Rituals (Special Goddess Price)

- Immerse yourself in an 8-week e-course that guides you to embody the wisdom of seven Goddesses, rediscovering your power and purpose. Each week, you'll meet a new Goddess through sacred rituals, intuitive movement, guided meditations and creative art.

#### The Outcome:

Emerge aligned, empowered, and confident, ready to express your true desires and live your purpose. Step into the sacred, and awaken the radiant Divine Feminine power within you and begin your transformation journey now.



## Sacred Resources

### Gateways to Your Spiritual Awakening - Part One

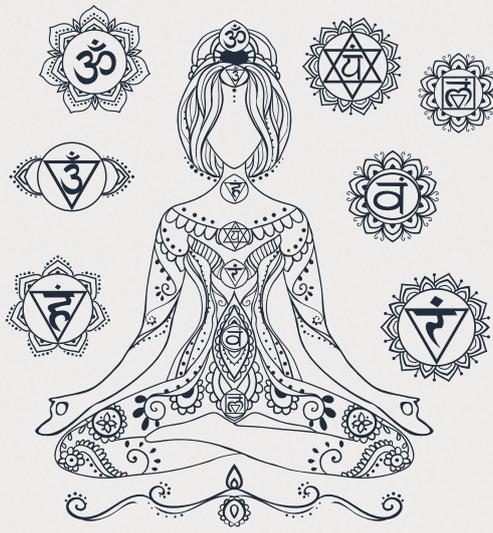
Explore a collection of free sacred tools and practices designed to inspire, awaken, and guide you on your spiritual journey. These resources are your support you on your journey toward self-discovery, empowerment, and balance—an invitation to embrace your Divine Feminine power and align with the sacred rhythms of life.

Each offering provides a glimpse into the transformative power of movement, ritual, and reflection, supporting your personal growth and connection to your authentic self. Easily accessible on the website in exchange for your email address, these tools are your pathway to clarity, balance, and inspiration.

#### What You'll Discover:

**1. Sacred Dance Rituals:** Experience the healing power of movement with these short, uplifting practices designed to connect you with your chakra and lunar energies to release what no longer serves you and unlock your inner freedom:

- **A Dance to Freedom:** A 15-minute journey to break free from limitations and reconnect with your true self through the rhythm of liberation.
- **Full Moon Dancing Prayer:** A 10-minute ritual to align with lunar energy, release old patterns, and express gratitude for renewal.
- **New Moon Dancing Prayer:** A 10-minute sacred dance to plant seeds of intention, visualize your dreams, and harness the moon's power for creation.



## Sacred Resources

### Gateways to Your Spiritual Awakening - Part Two

2. **Sacred Chakra Collection:** Dive deeper into chakra health with meditations, rituals, and tools to awaken your energy centers:

- **Harmonize Your Chakras:** A powerful toning mantra meditation to align your energy and bring calm, clarity, and peace.
- **The Chakra Wisdom Activation Experience:** Reflect on your chakra insights with guided prompts to capture wisdom and growth.
- **The Chakra Health Check:** Assess your energy centers to gain insight on the state of your chakras and discover tips and simple guidance on how to specifically balance each chakra.

3. **Insightful Blogs and Books:** Deepen your understanding of divine energies, sacred rituals, and spiritual awakening through thoughtfully curated blogs and book chapters:

- **Blogs:** Topics include unlocking the power of your chakras, preparing for your Chakradance journey, and seasonal reflections like the Winter Solstice and Spring Equinox.
- **Books:** Explore stories like Sacred Spaces Vol. 3 (“Reclaim Your Confidence and Power”) and The Life-Changing Power of Self-Love (“Surviving in the Corporate World”).

**The Outcome:** With these resources, you’ll gain the clarity, balance, and inspiration needed to embark on a transformative journey of self-discovery and empowerment. Let these tools guide you to release what no longer serves you, connect with your inner wisdom, and take the first steps toward a life of purpose, peace, and fulfillment as you awaken your inner light.



# Sacred Guidance: Personalized Coaching and Mentoring

Step into a transformative journey of self-discovery, empowerment, and spiritual alignment with Sacred Guidance, a personalized coaching and mentoring experience.

Designed to meet you where you are, this program provides one-on-one support tailored to your unique needs and aspirations.

Together, we'll unlock your inner strength, release blockages, and chart a clear path to a life of balance, fulfillment, and purpose.

## What You'll Experience:

### 1. Personalized Coaching Sessions

- Tailored spiritual coaching that aligns with your unique challenges and desires, offering clarity and direction for your journey.

### 2. Customized Mentoring Plans

- Deep dives into areas such as chakra alignment, intuitive living, and Goddess empowerment to harmonize your energy and awaken your potential.

### 3. Ongoing Support

- Access to tools, resources, and guidance via WhatsApp or Voxer, ensuring a seamless integration of insights and practices into your daily life.



## Sacred Guidance: Personalized Coaching and Mentoring Sacred Journeys to Empowerment

Whether you're taking your first steps into spiritual practices or seeking advanced transformation, Sacred Guidance offers a series of sacred journeys to empowerment on your spiritual pathway to a fulfilled and abundant life.

### 1. A Guided Path to Awakening (90-Minute Session)

- A perfect introduction to spiritual alignment and chakra balancing, with insights tailored to your unique needs. Set intentions, release stress, and create a roadmap for a fulfilling life.

### 2. Sacred Becomings: Renew, Restore, and Shine (4-Week Program)

- Rejuvenate emotionally and spiritually through intuitive guidance, sacred rituals, and chakra healing. Restore balance and harmony while reigniting your inner spark.

### 3. Soulful Expansion: Journey with the Goddess (8-Week Program)

- Connect with powerful Goddess archetypes and align your chakras for emotional healing and personal growth. Release limitations and deepen your intuitive wisdom.

### 4. Divine Transformation: Living a Royal Goddess Lifestyle (12-Week Program)

- Step into abundance, leadership, and legacy. This advanced program harmonizes body, mind, and spirit with Divine Feminine energies, luxurious self-care, and empowered presence.

**The Outcome:** With Sacred Guidance, feel supported, empowered, and aligned with your highest potential. Whether your goal is to reclaim your confidence, ignite your creativity, or live with passion and purpose, these journeys provide the tools and wisdom you need to transform your life.



## Take Your Next Steps to Unleash Your Wisdom

### Sacred Journeys to Discover Balance, Confidence, Power and Freedom

Your sacred journey begins here—a path to rediscover your true self, align with your inner power, and step into the life you were meant to live. Through the transformative offerings of Wisdom Unleashed, you are invited to release what no longer serves you, awaken your inner wisdom, and embody the confidence, clarity, and balance you seek.

Whether you're exploring free sacred resources, joining a sacred dance ritual, or immersing yourself in personalized coaching and mentoring, each offering is designed to empower and inspire you. From chakra healing and sacred dance rituals to Goddess archetypes and spiritual alignment, these pathways provide tools and guidance to harmonize your body, mind, and soul.

With programs like Sacred Becomings, Soulful Expansion, and Divine Transformation, you'll uncover the profound wisdom within, cultivating emotional healing, personal growth, and a deep connection to your Divine Feminine energy. This journey is your invitation to reclaim your confidence, ignite your creativity, and live with passion and purpose.

**The outcome?** A life of empowerment, fulfillment, and freedom—rooted in balance and aligned with your highest self.

**Take the next step on your sacred journey.** The path to balance, confidence, power, and freedom is waiting for you. Awaken your inner wisdom, embrace your divine potential, and let your light shine.

## Meet Your Spiritual Guide

*I'm Charleen M. Michel, and I have nearly 40 years of Human Resources experience, working with global corporate clients as a coach and mentor specializing in leadership, organizational and personal development, diversity and inclusion, and talent management. My career was shaped by intellectual decision-making, life-long learning, and a sharp, responsive mindset.*

*In 2016, I began a spiritual journey and discovered the transformative power of the chakras through yoga. This path taught me to blend intellect with intuition, make empowered decisions, and trust the deep wisdom of my body, mind, and soul.*



*I'm a certified Spiritual Coach, Mentor, and Chopra Vedic Educator, specializing in Chakradance™, Moonology™, Ayurvedic Health, Primordial Sound Meditation, and Chopra Yoga. I've poured my passion for spiritual healing into Wisdom Unleashed with Charleen Michel – Intuitive Paths to Self-Discovery, where I guide my soul clients in cultivating confidence, connecting with their inner wisdom, and transforming their lives.*

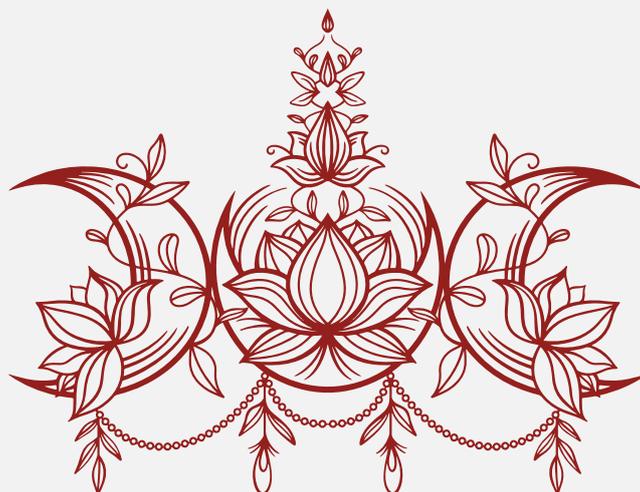
*My approach weaves together the wisdom of chakra energies, lunar cycles, and goddess archetypes with Western and Eastern teachings for a holistic journey to fulfillment.*

*Let's embark on this path to your highest potential together—I look forward to connecting with you!*

Schedule a discovery call at [www.calendly.com/charleen-michel](https://www.calendly.com/charleen-michel).

Visit my website at [www.wisdomunleashed.ch](https://www.wisdomunleashed.ch).

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*“You have no need to travel anywhere.  
Journey within yourself, enter a mine of rubies, and bathe in the  
splendor of your own light.” - Rumi*

Unleash your wisdom, embrace your intuition, and embark on a transformative journey to live a happy, healthy, and fulfilled life.

I look forward to connecting with you.

*Namasté*

FOR MORE INFORMATION

[explore@wisdomunleashed.ch](mailto:explore@wisdomunleashed.ch)

[www.wisdomunleashed.ch](http://www.wisdomunleashed.ch)

SCHEDULE A DISCOVERY CALL

[www.calendly.com/charleen-michel](http://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 spiritual 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.