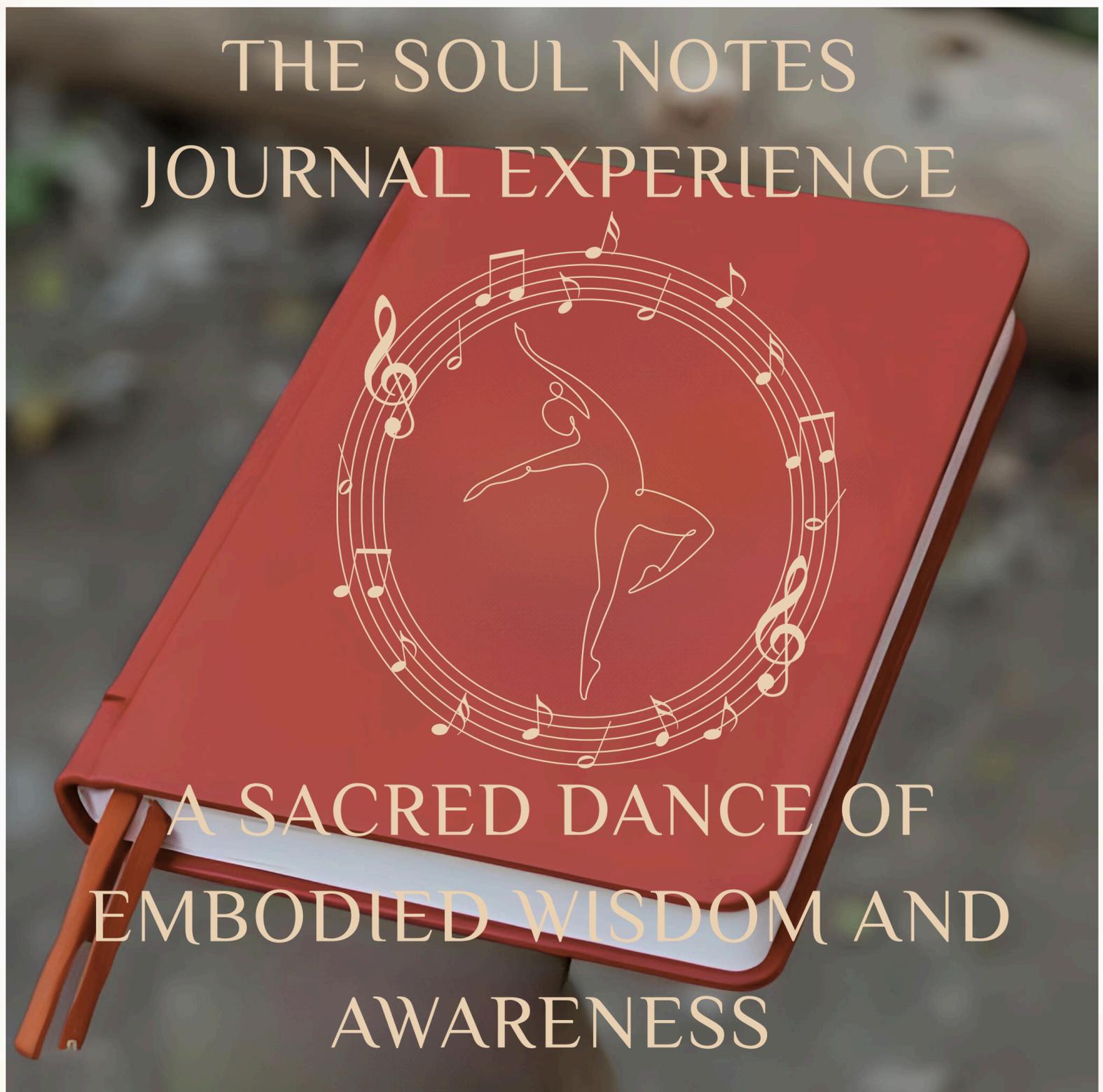




# WISDOM *Unleashed*

WITH CHARLEEN MICHEL



*CREATED BY CHARLEEN M. MICHEL, PH.D.*

# Introduction to Soul Notes

## An Expressive Dance to Liberation and Empowerment

“Soul Notes: An Expressive Dance to Liberation and Empowerment” is more than a chapter in the collaborative book, *Expressive Arts: The Ultimate Guide to Transforming Stress* with lead author, Jean Voice Dart. It’s a love letter to the journey I’ve walked—and danced—to come home to myself.

It begins in the tender innocence of barefoot dances in my grandfather’s garden, where movement felt free, playful, and sacred.

It continues through the aching beauty of Beethoven’s Moonlight Sonata, where I found refuge in music when words were not enough.

And it culminates in the profound discovery of Chakradance™, a sacred path that opened the door to freedom, self-expression, and deep remembering.

Chakradance wasn’t just another spiritual healing modality I stumbled upon—it was a revelation. It helped me release years of unspoken emotions, cultural expectations, and inherited silence. It helped me shed layers of duty and doubt, and reconnect with the rhythm of my own soul.

This journal, *The Soul Notes Journal Experience*, is born of that journey.

Within these pages, I invite you to dance, to move, to write—not as performance, but as healing.

This is a sacred space where your truth can unfold in color, rhythm, and feeling. Each chakra you explore will guide you to meet different aspects of yourself: the part that longs to feel safe, the part that desires pleasure, the part that holds your fire, your voice, your vision, and your light.

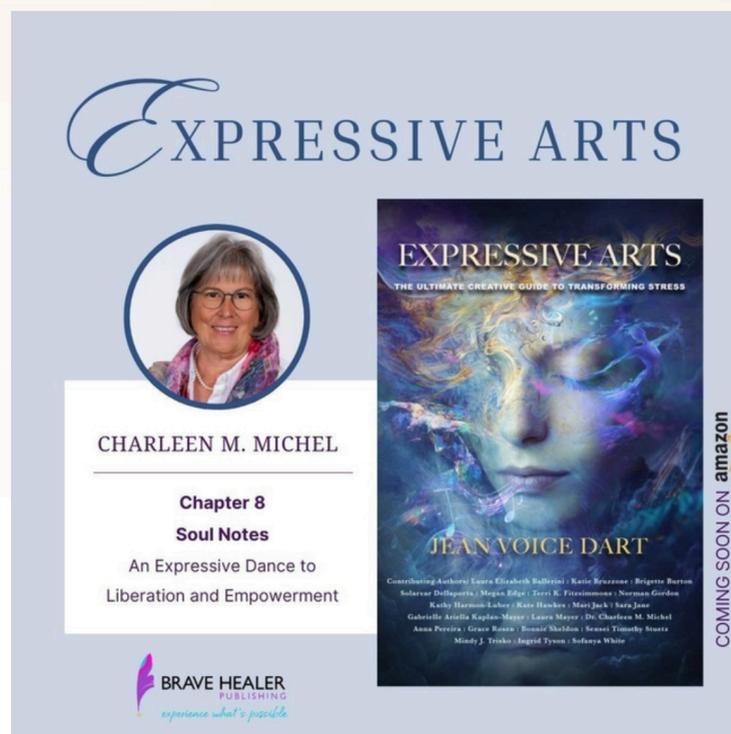
I wrote Soul Notes for every woman who has ever felt silenced, unseen, or disconnected from her body. For anyone who has wondered, Is it safe to express who I really am? I want you to know: There is a path back.

And it begins by listening to your body, by moving with what’s real, and by trusting the deep wisdom already alive within you.

Let each movement become a memory awakened.  
Let each journal entry become a truth reclaimed.  
Let this be your sacred dance back to wholeness.

Welcome home to your soul.

  
CHARLEEN M. MICHEL



# THE SOUL NOTES JOURNAL EXPERIENCE

## A SACRED DANCE OF EMBODIED WISDOM AND AWARENESS

### Introduction:

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, and
- 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.
- Cue up the music suggested (found on Apple Music) or choose your own that resonates with the chakra's energy.
- Find a space where you can move freely.

### Play the music and begin to move:

- Turn up the volume.
- Let the sound move through your body—not just in your ears, but in your bones, your breath, your being.
- Close your eyes if you feel safe to do so.
- Let the rhythm awaken your body.
- Let the vibration guide your movement.
- Let the music become your medicine.
- 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.

# THE SOUL NOTES JOURNAL EXPERIENCE

A SACRED DANCE OF EMBODIED WISDOM AND AWARENESS

## Create Your Sacred Space to Embody Wisdom

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?

# THE SOUL NOTES JOURNAL EXPERIENCE

A SACRED DANCE OF EMBODIED WISDOM AND AWARENESS

## Set an Intention for Your Journey

Today's date \_\_\_\_\_

Reflect on what you want to experience during your sacred dance.

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

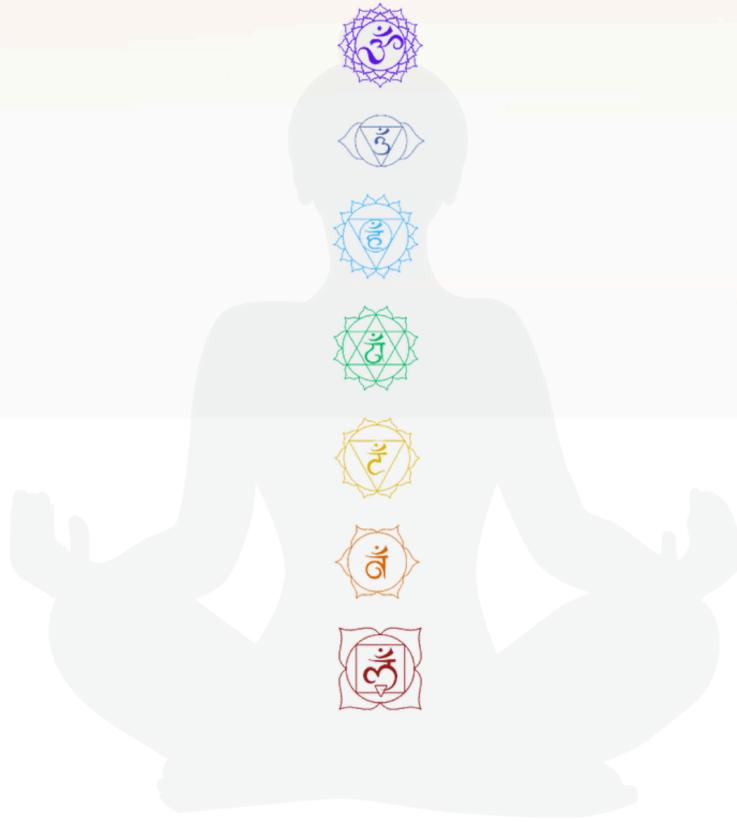
1. **Be Clear and Specific:** Reflect on what you aim to manifest through this journey.
2. **Align with Core Values:** Set intentions that resonate with your true self.
3. **Focus on the Present:** Phrase intentions in the present tense, e.g., "I am strong."
4. **Frame Positively:** Emphasize what you want to invite into your life, e.g., "I intend to express my voice with confidence and clarity."
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 embodied wisdom and awareness?"

# THE SOUL NOTES JOURNAL EXPERIENCE

A SACRED DANCE OF EMBODIED WISDOM AND AWARENESS

## 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 (Svadhishthana):** 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.

# THE SOUL NOTES JOURNAL EXPERIENCE

## A SACRED DANCE OF EMBODIED WISDOM AND AWARENESS



### 1. The Root (Base) Chakra - The Dance of Grounding

Today's date \_\_\_\_\_

#### Music Recommendation: "Rise Up" – Andra Day

- Tune into the music and let this grounding, soulful anthem guide you.
- Rise. Root. Remember your strength.

#### Movement Invitation: Rise Up with Strength

- As the first notes fill the space, begin to stomp your feet—slowly, deliberately.
- Feel the Earth beneath you.
- Let each stomp be a declaration:
  - A release. A reclaiming.
- Shake out what no longer serves you.
- Invite the body to awaken, to let go, to remember where it belongs.
- Let the rhythm move through you as you stand tall in your power.
- You are supported. You are rising.

#### After the Dance

- Reflect on your dance with the Root Chakra.
- Tune into your connection with the earth.

#### Use These Prompts to Capture Your Reflections:

- 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?

# THE SOUL NOTES JOURNAL EXPERIENCE

## A SACRED DANCE OF EMBODIED WISDOM AND AWARENESS



### 2. The Sacral Chakra - The Dance of Desire

Today's date \_\_\_\_\_

#### Music Recommendation: "Wicked Game" – Chris Isaak

- With its slow, smoldering rhythm and haunting melody, this song invites you to explore your inner landscape of longing, tenderness, and connection.
- Let the music guide you into deeper waters—where the body remembers what the mind cannot name.
- Surrender to the rhythm. Let your hips speak. Let your soul feel.

#### Movement Invitation: Flow from the Womb of Emotion

- Let your hips lead the way—softly circling, swaying, undulating.
- Move like water—fluid, sensual, intuitive.
- There is no right or wrong, only the truth of what you feel.
- Let the dance express the pleasure, pain, and beauty that live in your belly.
- Feel the stirrings of desire, memory, and emotional release.
- Allow your movement to become a sacred offering of vulnerability and self-love.

#### After the dance:

- Reflect on your dance with the Sacral Chakra.
- Tune into your feelings of passion and pleasure.

#### Use These Prompts to Capture Your Reflections:

- 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?

# THE SOUL NOTES JOURNAL EXPERIENCE

## A SACRED DANCE OF EMBODIED WISDOM AND AWARENESS



### 3. The Solar Plexus Chakra - The Dance of Power

Today's date \_\_\_\_\_

#### Music Recommendation: "Stronger" – Kelly Clarkson

- Bold. Beat-driven. Unapologetic.
- This anthem of empowerment invites you to move with fierce confidence and clarity.
- Let each word, each rhythm, ignite your truth.
- Stand tall. Dance strong.
- You are unbreakable.

#### Movement Invitation: Ignite Your Inner Fire

- Fire up your center.
- Feel the strength rising from your core—your place of personal power and radiant will.
  
- Let your movements be bold and intentional:
- Punch. Twist. Spin.
  
- Claim your space with every gesture.
- This is your body declaring: I am here. I am powerful. I am enough.
- Shake off doubt. Burn away limitation.
- Let your inner fire blaze through every muscle and motion.

#### After the Dance:

- Reflect on your dance with the Solar Plexus Chakra.
- Tune into your feelings of willpower and manifesting your dreams and desires.

#### Use These Prompts to Capture Your Reflections:

- 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?

# THE SOUL NOTES JOURNAL EXPERIENCE

## A SACRED DANCE OF EMBODIED WISDOM AND AWARENESS



### 4. The Heart Chakra - The Dance of Devotion

Today's date \_\_\_\_\_

#### Music Recommendation: "Love's Divine" – Seal

- Soulful, tender, and expansive, this track gently invites you to open the gateways of your heart.
- Let its melody wash over you, guiding you into movement that expresses vulnerability, compassion, and deep emotional truth.
- Dance as if love were your language—and your whole being is ready to speak it.

#### Movement Invitation: Open the Heart, Let Love Flow

- Lead with your heart.
- Let your chest expand as if the sky is calling you open.
- Reach your arms wide—an embrace of self, of others, of life.
  
- Move with softness, surrender, and grace.
- Feel the breath move through you, like a breeze lifting the heaviness from your heart.
- This is the dance of receiving love and offering it freely.
  
- Let each movement be a prayer, each breath a blessing.
- You are safe to feel. Safe to open. Safe to be seen.

#### After the Dance:

- Reflect on your dance with the Heart Chakra.
- Tune into your feelings of love, compassion, and connection.

#### Use These Prompts to Capture Your Reflections:

- What does love feel like 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 place?

# THE SOUL NOTES JOURNAL EXPERIENCE

## A SACRED DANCE OF EMBODIED WISDOM AND AWARENESS



### 5. The Throat Chakra - The Dance of Expression

Today's date \_\_\_\_\_

#### Music Recommendation: "Freedom" – Beyoncé

- Fierce and soul-stirring, this anthem urges you to break chains and speak out.
- Let its rhythm guide your body into bold, expressive motion.
- Let the beat open your throat and set your voice free.
- This is your declaration. This is your truth. This is your freedom.

#### Movement Invitation: Unleash Your Voice

- Move your arms like waves of sound, fluid and expansive.
- Let your body sing—not with perfection, but with power.
- This is your space to hum, chant, sing, speak, release.
- Let sound rise from within you—raw, rhythmic, real.
- Shake off silence. Melt through blocks.
- Express what's been waiting to be heard.
- Let movement and voice dance together, weaving a tapestry of truth.
- There's beauty in your sound. There's freedom in your truth.

#### After the Dance:

- Reflect on your dance with the Throat Chakra.
- Tune into your feelings of speaking your truth.

#### Use These Prompts to Capture Your Reflections:

- 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?

# THE SOUL NOTES JOURNAL EXPERIENCE

## A SACRED DANCE OF EMBODIED WISDOM AND AWARENESS



### 6. The Third Eye Chakra - The Dance of Vision

Today's date \_\_\_\_\_

#### Music Recommendation: "Dreams" – Fleetwood Mac

- Ethereal and timeless, this iconic song carries the energy of mystery and deep knowing.
- Let its rhythm dissolve the outer world and guide you into the space between.
- Let it awaken your inner oracle, as you dance your way into the truth that lives just beyond the surface.

#### Movement Invitation: Dance the Dream Within

- Move slowly and fluidly, like drifting in a dream.
- Let your eyes close, turning your gaze inward.
- As you move, let your hands paint visions in the air—symbols, memories, whispers from your soul.
- Follow your intuition. Let movement arise without thought, without form.
- This is your dance of dreaming, seeing, remembering.
- You are the seer and the seen.
- The dancer and the dream.

#### After the Dance:

- Reflect on your dance with the Third Eye Chakra.
- Tune into your intuition and insights.

#### Use These Prompts to Capture Your Reflections:

- 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?

# THE SOUL NOTES JOURNAL EXPERIENCE

## A SACRED DANCE OF EMBODIED WISDOM AND AWARENESS



### 7. The Crown Chakra - The Dance of Lightness

Today's date \_\_\_\_\_

#### Music Recommendation: "Weightless" – Marconi Union

- Ambient, spacious, and deeply meditative, this track is a portal to the divine.
- Let it guide you into the space beyond thought and form.
- Here, there is no effort—only stillness, spaciousness, and sacred connection.
- Let go. Become light. Be.

#### Movement Invitation: Enter the Silence of Light

- Move into stillness.
- Let your breath become the dance.
  
- Barely move. Just breathe.
- Feel the spine float like a thread of light, gently lifted.
- Let your hands rise with grace, fingertips open to the infinite.
  
- This is a moment of surrender—of remembering your divine origin.
- Let your crown soften and open, receiving light, wisdom, grace.
- You are not separate. You are the silence. You are the light.

#### After the Dance:

- Reflect on your dance with the Crown Chakra.
- Tune into your feelings of spirituality and connect with the divine.

#### Use These Prompts to Capture Your Reflections:

- 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?



# THE SOUL NOTES JOURNAL EXPERIENCE

A SACRED DANCE OF EMBODIED WISDOM AND AWARENESS

You are the Instrument. Your Body Knows the Way.

Are you Ready to Dance Your Soul Awake?

Chakradance is a sacred dance of remembering—  
Each step's a reclamation,  
Each breath's a truth,  
Each movement's 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.

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 with soulful music chart favorites.

Now, it's time to experience the next level and join me for a deeper journey, where sacred rhythm, authentic 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 path, a guided Chakradance journey can open portals to deeper healing, greater clarity, and authentic self-expression.

Schedule a free discovery call to explore opportunities here:  
<https://calendly.com/charleen-michel>



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

*EXPERIENCE LIBERATION AND EMPOWERMENT FROM WITHIN.*

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 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.