



DANCING WITH THE ELEMENTS™

LIBERATION WORKBOOK



RETURN TO THE JOY WITHIN

Michelle Dyett - Welcome

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WELCOME TO YOUR JOURNEY

Inside you lives a dancer made of stars, rivers, flames, winds, and dreams. This is your invitation to return. To remember how it feels to move without fear and create without apology.

HOW TO USE THIS WORKBOOK

- Complete one movement experience per day.
- Take two days each week to rest, reflect, deepen, and listen to what emerges.
- Trust your body, your parts, your joy.
- No right or wrong way to experience this — only feeling, creating, and liberating.

DAILY FLOW OVERVIEW

Complete one movement experience per day. Take two days each week to rest, reflect, deepen, and listen to what emerges. Trust your body, your parts, your joy. There is no right or wrong way to experience this — only feeling, creating, and liberating.

Step	Activity
1	Meditation Invitation
2	Song for the Soul
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DAY 1: DANCE WITH EARTH

Meditation Invitation: Root to Rise

Imagine your feet growing roots deep into the Earth. Your body sways like branches.

Song for the Soul

Earth Song by Michael Jackson (or a drumbeat-based song).

Somatic Dance Prompt

Let your feet lead your dance.

- How would it feel if the Earth were dancing through your feet?

Reflection Journal

- How did grounding feel today?
- What part of me came forward?
- Where in your body do you feel most grounded today?
- What parts of you came alive when moving?

Creating Meaning

- What is Earth trying to teach me?
- What did the Earth teach me about stability or trust today?

Artistic Expression

- Draw your Earth roots.
- Sketch a symbol or image that represents your "earth dance" experience.

Liberation Challenge

Dance barefoot today (indoors or outdoors), even if only on your balcony or lawn.

DAY 1: DANCE WITH EARTH

Vision Creation

- If I trusted the ground beneath me, I would...
- If my life were grounded and free, I would move through my days like...

Declaration

I am rooted, unshakable, I am strong, I am alive in my dance.

Self-Contract + Creative Action

I honor my grounding by choosing joy daily. I promise to ground my joy and dance into every corner of my life.

Challenge

Share a photo of your bare feet on the earth to celebrate!)

DAY 2: DANCE WITH WATER

Meditation Invitation: Flowing Rivers

Close your eyes. Feel your breath becoming a river inside you. Flowing from your heart, through your arms, into your fingertips. Notice how water moves without resistance, soft and powerful at once. Let your hips and arms flow like a river.

Song for the Soul

River by Leon Bridges or another flowing song you love.

Somatic Dance Prompt

Let your arms, spine, and hips move like currents of water. Explore circular, swaying, and spiraling movements.

Reflection Journal

- Where in my body did I feel the most flow?
- What emotions bubbled up?

Creating Meaning

- What did Water teach me today about ease, surrender, or persistence?
- What do I want to carry with me from this experience?

Artistic Expression

- Sketch a wave or raindrop shape.
- Draw a swirling river, waterfall, or your own water movement symbol.

Liberation Challenge

Dance outside under the rain, near water, or imagine it if you can't be near it.

DAY 2: DANCE WITH WATER

Vision Creation

If I trusted the flow of life, I would...

Declaration

I am fluid. I move through all things with grace.

Self-Contract + Creative Action

I promise to allow my emotions and creativity to flow freely.

Sign and date _____

Challenge

- Move near water today — a river, the ocean, a lake, even a bathtub or shower.
- If you can't be near water physically, imagine the sound and feel of water as you dance and let your body ripple.

DAY 3: DANCE WITH FIRE

Meditation Invitation: Ignite the Flame

Picture a small golden flame in your belly. As you breathe and move, feel it growing larger, brighter, fiercer, and warmer, filling your whole body with passion.

Song for the Soul

Girl on Fire by Alicia Keys or a fierce, empowering song.

Somatic Dance Prompt

Let your core — your stomach, chest, hips — initiate the movement. Dance like you are on fire and unstoppable.

Reflection Journal

- What passions came alive during my dance?
- Where did I feel the most energy?

Creating Meaning

What does Fire inside me want to create, destroy, or ignite?

Artistic Expression

Draw a flame, a sunburst, or a fire dance pattern.

Liberation Challenge

Take a bold action today. Speak your truth, wear something vibrant, and express yourself fearlessly.

DAY 3: DANCE WITH FIRE

Vision Creation

If my passion led the way, I would...

Declaration

I am bold. I ignite my dreams into reality.

Self-Contract + Creative Action

I choose to honor the fire inside me every day.

Sign and date _____

Challenge

- Wear something bold today — a fiery color like red, orange, or gold.
- Move with fierce, unapologetic passion, even for just 3 minutes, wherever you are.

DAY 4: DANCE WITH AIR

Meditation Invitation: Breath of Freedom

Feel the breeze entering your body with each breath. Imagine your arms are wings, lifting you. Lightness and freedom fill your chest.

Song for the Soul

Weightless by Marconi Union or a light, floaty tune.

Somatic Dance Prompt

Move your hands, arms, shoulders, and breath as if you were flying.

Reflection Journal

- Where in my body feels light?
- What did I need to let go of?

Creating Meaning

What is Air teaching me about freedom, expansion, and release?

Artistic Expression

Draw clouds, feathers, kites, or birds soaring.

Liberation Challenge

Go outside, feel the breeze, spin in circles like a child.

DAY 4: DANCE WITH AIR

Vision Creation

If I lived lighter, freer, I would...

Declaration

I am free. I move with the winds of change.

Self-Contract + Creative Action

I release what no longer serves me and rise

Sign and date _____

Challenge

- Dance outdoors if you can — feel the breeze on your skin.
- Let your body spin, twirl, and float with the wind for at least 5 minutes.

DAY 5: DANCE WITH ETHER

Meditation Invitation: Dancing with the Invisible

Sense the space around you — beyond skin, beyond thoughts. Dance with the invisible world. Imagine the unseen energies dancing with you.

Song for the Soul

Aqueous Transmission by Incubus or an ethereal instrumental.

Somatic Dance Prompt

Dance slowly, intuitively, without planning — like moving through the stars.

Reflection Journal

- What unseen forces did I sense?
- How did mystery feel in my body?

Creating Meaning

What wisdom is hidden in the unseen?

Artistic Expression

Draw stars, galaxies, or dreamscapes.

Liberation Challenge

Dance blindfolded today to trust your other senses.

DAY 5: DANCE WITH ETHER

Vision Creation

If I trusted the unseen beauty in life, I would...

Declaration

I move with wonder, trust, and limitless possibility.

Self-Contract + Creative Action

"I honor the mystery and the magic within me.

Sign and date _____

Challenge

- Dance blindfolded today (even loosely closing your eyes works).
- Trust your body to move without visual input — dance with your intuition, your inner vision.

DAYS 6–7: REFLECTION & INTEGRATION

Gentle Journaling Prompts

- What elements felt most natural to me?
- Where do I feel more freedom in my body?
- What parts of me were most awakened?

Suggested Activity

- Rest, stretch, freestyle dance lightly, or walk in nature.
- Write a letter to your inner child about what you're discovering.

DAY 8: DANCE OF JOY

Meditation Invitation: The Laughing Light

Imagine sunlight filling every cell in your body, warming you with laughter, play, and lightness.

Song for the Soul

Pick a song that makes you smile instantly! (ex. Happy by Pharrell Williams)

Somatic Dance Prompt

Move like you are made of laughter. Jump, spin, wiggle, giggle!

Reflection Journal

- Where did I feel pure joy?
- What memories or parts of me surfaced?

Creating Meaning

What brings me joy beyond reason?

Artistic Expression

Draw a big sun, a laughing face, or a colorful dance explosion.

Liberation Challenge

Make someone else smile today through movement or presence.

DAY 8: DANCE OF JOY

Vision Creation

If I made room for joy every day, I would...

Declaration

I am joy! I dance from the inside out.

Self-Contract + Creative Action

I vow to welcome joy into my life every day.

Sign and date _____

Challenge

- Dance to a spontaneous playlist. Hit shuffle and move to whatever plays, laughing and flowing with it.
- Bonus: Invite someone else to dance with you if possible (even virtually!).

DAY 9: DANCE OF COURAGE

Meditation Invitation: The Lion Within

Breathe into your chest and belly. Feel the lion's strength there. Stand tall, claim your space through movement.

Song for the Soul

Something powerful! (ex. Roar by Katy Perry)

Somatic Dance Prompt

Dance as if you are a warrior of love and truth.

Reflection Journal

- What fears melted away during movement?
- Where did I feel strongest?

Creating Meaning

What is one brave step I am ready to take?

Artistic Expression

Draw a shield, sword, or roaring lion.

Liberation Challenge

Take a courageous dance video or movement selfie today.

DAY 9: DANCE OF COURAGE

Vision Creation

If I moved through life with courage, I would...

Declaration

I am brave. I move through fear into freedom.

Self-Contract + Creative Action

I choose courage, again and again.

Sign and date _____

Challenge

- Film a 15-second dance video (just for yourself).
- Watch it afterward with love, not judgment. Celebrate your bravery.

DAY 10: DANCE OF FREEDOM

Meditation Invitation: Shatter the Walls

Feel every wall, fear, or hesitation crumble as you move freely.

Song for the Soul

Any wild, unchained anthem! (ex. Unstoppable by Sia)

Somatic Dance Prompt

Dance with abandon, no rules — leaps, falls, spins — however you wish.

Reflection Journal

- How did freedom feel today?
- Where in my life do I need more freedom?

Creating Meaning

- Where am I ready to set myself free?
- When will I start?

Artistic Expression

Draw a pair of open hands, broken chains, or birds flying.

Liberation Challenge

Dance in a new place: a park, a parking lot, a forest.

DAY 10: DANCE OF FREEDOM

Vision Creation

If I trusted my freedom, I would...

Declaration

I am limitless. I am free.

Self-Contract + Creative Action

I claim my right to move, create, and live freely.

Sign and date _____

Challenge

- Dance in a new, unfamiliar space today — outside, in a different room, on grass, anywhere you normally wouldn't.
- Let the new environment inspire your movement.

DAY 11: DANCE OF THE HEART

Meditation Invitation: Opening the Heart Space

Place your hands over your heart. Breathe into your chest, feeling it expand with love, compassion, and connection. Imagine your breath as a golden light filling your heart and flowing outward.

Song for the Soul

Stand By Me by Ben E. King (or any soulful, heart-opening song you love.)

Somatic Dance Prompt

Let your chest, arms, and hands lead the movement. Move as if offering your heart to the world with every motion.

Reflection Journal

- What emotions rose when I led with my heart?
- Did any parts of me resist being seen or vulnerable?

Creating Meaning

What does it feel like to dance from a place of openness rather than protection?

Artistic Expression

Draw an open heart, golden light beams, or flowing ribbons from your chest.

Liberation Challenge

Offer a dance of gratitude to someone you love today — even if it's just in your heart.

DAY 11: DANCE OF THE HEART

Vision Creation

If I lived with my heart open, I would...

Declaration

I am love in motion. I dance from my heart's deepest truth.

Self-Contract + Creative Action

I honor the courage and tenderness of my heart.

Sign and date _____

Challenge

Send a voice note, video, or written message of love, appreciation, or gratitude to someone close to you — letting your heart dance through your words.

DAY 12: DANCE OF SPIRIT

Meditation Invitation: Sacred Movement, Sacred Breath

Close your eyes. Imagine yourself surrounded by a soft, shimmering light. Each breath invites Spirit deeper into your body. Each movement is a prayer, a poem, a song.

Song for the Soul

Spirit Bird by Xavier Rudd (or another sacred, expansive song.)

Somatic Dance Prompt

Move as if you are in conversation with the Divine. Slow, intentional movements. Eyes closed if it feels safe.

Reflection Journal

- What did Spirit whisper to me through movement?
- How did my body respond when I surrendered fully?

Creating Meaning

What is the sacred story my body is telling?

Artistic Expression

Draw a spirit bird, a beam of light, or your body dancing among the stars.

Liberation Challenge

Dance at sunrise or sunset today — honoring the day, the light, and yourself.

DAY 12: DANCE OF SPIRIT

Vision Creation

If I trusted the divine flow in my life, I would...

Declaration

I am a vessel of light, dancing the language of my soul.

Self-Contract + Creative Action

I align my movements with the sacred rhythms of life.

Sign and date _____

Challenge

- Dance at sunrise or sunset today.
- Offer your movement as a prayer of gratitude to life, to Spirit, and to yourself.

DAYS 13–14: FINAL REFLECTION & CELEBRATION

Deep Integration Prompts

- What has shifted in me after 14 days?
- Which parts feel most alive now?
- What new dances want to emerge in my daily life?

Suggested Activity

- Freestyle dance to a whole playlist of your favorite songs.
- Create an "Elements Collage" to represent your journey.

FINAL SELF-CONTRACT

Deep Integration Prompts

I vow to honor my body's wisdom, my inner child's joy, and my soul's dance every day that I can.

Sign and Date _____

