



Dance for Liberation

**Embodying Freedom
Through Dance, Music &
Brainspotting**
Workbook



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Table of Contents

3 ----- Exercise 1a: Dance Meditation Experience Reflection

4 ----- Exercise 1b: Dance Meditation Experience Reflection

5 ----- Exercise 1c: Dance Meditation Experience Reflection Exercise

6 ----- Exercise 1d: Music Core Message

7 ----- Exercise 1e: Music Core Message

8 to 11 - Reflection questions

12 ----- Exercise 2a: Dance Meditation Experience Reflection

13 ----- Exercise 2b: Music Core Message

14 ----- Exercise 2c: Music Core Message

15 to 17 - Reflection questions

18 ----- Exercise 3a: Music Core Message

19 ----- Exercise 3b: Music Core Message

20 ----- Exercise 3c: Dance Meditation Experience Reflection

21 to 23 - Reflection questions

24 to 25 - Extra Journaling Sheets

26 to 27 - Bonus Section /Essential Oils & Color Frequencies for Liberation





Exercise 1a: Dance Meditation Experience Reflection

“Freedom” – Pharrell Williams

What came up for you?

What did you notice within?

How did your parts respond to the experience?





Exercise 1b: Dance Meditation Experience Reflection

“Freedom” – Pharrell Williams

What thoughts were present?

What feelings surfaced?





Exercise 1c: Dance Meditation Experience Reflection

“Freedom” – Pharrell Williams

What memories were triggered?

What is the significance or meaning you are giving to it?





Exercise 1d: Music Core Message

“Freedom” – Pharrell Williams

“Hold on to me, don’t let me go.”

“Your first name is Free, your last name is Dom.”





Exercise 1e: Music Core Message

“Freedom” – Pharrell Williams

“Cause we come from the mountain, go back to the fountain.”

Reflection Questions

- How did your parts respond?
- What parts of you are longing to embrace freedom?
- How did your system react to dancing as an act of liberation?
- How did your parts feel as they broke free from old constraints?
- What needs to be explored or processed?





Exercise 2a: Dance Meditation Experience Reflection

“I’m Coming Out” – Diana Ross

(Write your thoughts and observations)

What feelings surfaced?

What memories were triggered?

What is the significance or meaning you are giving to it?





Exercise 2b: Music Core Message

“I’m Coming Out” – Diana Ross

(Write your thoughts and observations)

“I’m coming out, I want the world to know, gotta let it show.”

“There’s a new me coming out, and I just have to live!”





Exercise 2c: Music Core Message

“I’m Coming Out” – Diana Ross

(Write your thoughts and observations)

“I’m completely positive, I think this time around I’m gonna do it!”

Reflection Questions

- How did your parts respond?
- What parts of you are longing to come out?
- How did your system react to wanting to let the world know, letting it show?
- How did your parts feel about doing it, taking action?
- How does your body respond when you hear “I’m coming out, I want the world to know?”
- What parts of you are ready to step forward and be seen?
- Can you dance as if you are fully embracing your authentic self?
- How does movement support the energy of confidence, self-expression, and liberation for you?





Exercise 3a: Music Core Message

“Walking on Sunshine” – Katrina & The Waves

(Write your thoughts and observations)

“I'm walking on sunshine... and don't it feel good?”

“I feel alive, I feel the love, I feel the energy.”





Exercise 3b: Music Core Message

“Walking on Sunshine” – Katrina & The Waves

(Write your thoughts and observations)

“I'm on top of the world, and nothing's gonna bring me down.”

Reflection Questions

- How did your parts respond?
- What parts of you are longing to come out?
- How did your system react to wanting to let the world know, letting it show?
- How did your parts feel about doing it, taking action?
- How does your body respond when you hear “I’m coming out, I want the world to know?”
- What parts of you are ready to step forward and be seen?
- Can you dance as if you are fully embracing your authentic self?
- How does movement support the energy of confidence, self-expression, and liberation for you?





Exercise 3c: Dance Meditation Experience Reflection

“Walking on Sunshine” – Katrina & The Waves

What came up for you?

What did you notice within?

How did your parts respond to the experience?

What thoughts were present?





Bonus Section

Essential Oils & Color Frequencies for Liberation

Essential Oils for Embodying Freedom

- Frankincense – Expands spiritual awareness and dissolves limitations.
- Bergamot – Uplifts, relieves fear and self-doubt, and inspires confidence.
- Lemon – Clears stagnant energy, refreshes the mind, and promotes new beginnings.

Healing Colors for Liberation

- Gold – Radiates spiritual empowerment, confidence, and transformation.
- Turquoise – Represents freedom, clear communication, and self-expression.
- Vibrant Orange – Encourages joy, movement, and breaking free from old patterns.

Hertz Frequencies

417 Hz – Clearing Old Patterns & Emotional Blocks

Purpose: Clearing old burdens

- Removes negative energy and emotional blockages
- Helps release trauma, guilt, and unprocessed emotions
- Facilitates new beginnings and transformation

528 Hz – Cellular Healing & DNA Repair

Purpose: Healing on a deep cellular level

- Promotes deep transformation and self-healing
- Encourages inner harmony and emotional balance
- Known as the "Miracle Frequency" for restoring health





Bonus Section

Essential Oils & Color Frequencies for Liberation

639 Hz – Heart Expansion & Self-Compassion

Purpose: Expanding the heart and Self-energy

- Strengthens self-love and inner connection
- Enhances relationship healing and emotional harmony
- Encourages deep connection between parts & Self-energy

963 Hz – Awakening Higher Consciousness & Self-Energy

Purpose: Stepping fully into liberation

- Activates higher awareness and deep spiritual connection
- Helps align with Self-energy and inner wisdom
- Encourages a sense of wholeness and liberation

Please do us a favor!

We hope you enjoyed your Dance for Liberation Experience. Please complete our 2-minute survey. Let us know what you would like to experience more of and what we can do to make your next experience even better.



Thank you!

