

Curiosity Unleashed – A journey of self-discovery

This script is designed to create a flow of energy that moves from body awareness and discovery to ecstatic freedom and finally a grounding sense of release and liberation.

Introduction

Welcome to this SPIRIT Dance Meditation, a space for exploration, movement and release. Today we will dive deep into the sensations of our body, our emotions and our energy. Allow the music to guide you. Stay curious, stay open and let the rhythm carry you wherever you need to go.

The Vibration

As the vibration comes in, take a moment to stand still. Close your eyes if you'd like. Feel the space around you and within you.

With each breath, begin to notice how your body feels today.

What are you aware of? Is there any tension? Any areas calling for attention?

Take a deep breath in through your nose

(pause)

And exhale slowly through your mouth

(pause)

Again, inhale and notice the rise of your chest

(pause)

Exhale and let your shoulders soften

(pause)

Feel the ground beneath your feet. Sense the air on your skin. With each breath allow yourself to become more aware of your body.

Tune In

Start to move slowly with curiosity. Small movements, even just a fingertip or your spine gently swaying.

Inhale and gently shift your weight

Exhale and soften into it

Let the music guide your awareness. Each sound is an invitation to explore.

Where does your body feel open? Where does it feel closed? What's asking for attention?

There is no right way to move, only your way.

As the instruments begin to unfold, allow your movements to be slow and exploratory,

almost like you're investigating your own body through sound.

Notice the subtle shifts and the tiniest movements. You are simply discovering.

Let the music be your guide as you start to feel what's there. There's no rush, no expectation, just a gentle exploration.

Can you sense where your body wants to go? Allow the wonder and interest to grow and follow the invitation of the music.

Dance

As the chimes begin to play, feel the shift in energy. A new phase begins, calling you to rise and move with freedom and joy.

Take a deep breath in and fill your belly

Hold

Exhale with a sound and let something go

The rhythm starts, inviting you to sway or step. Feel the heat rise in your body, the pulse quicken.

Let yourself go. Let yourself feel fully.

Clap with the beat. Stomp your feet into the earth. Shake your hands, your shoulders, your hips.

Release stagnant energy and feel your body come alive with the rhythm.

Lift your arms, move your hips and allow your body to flow. Feel the joy and jubilant release in every movement. This is your dance of celebration.

Big breath in

Let it go

The energy continues to rise. Let the music carry you deeper into the dance. There are no boundaries here. Stomp, clap, shake and spin. Each movement releases what's been held within you.

Now we slow, just for a moment.

Place your hands on your chest or your belly. Feel your breath.

Inhale deeply and feel the calm

Exhale slowly and sink into it

Feel your chest rise. As you exhale, release any lingering tension or thoughts. This pause is sacred, a breath between the waves. Allow yourself to reset. Notice how your body feels now after all that movement and release. Let the breath guide you into calm and grounding.

Now with your next inhale begin to rise again. Let the energy build. Let your feet lift off the ground. The music will carry you to the next peak.

Breathe in and reach

Exhale and move

Each high is higher. Each breath more freeing.

Feel the bliss, the ecstasy of being fully present in this moment. Let your body be a vessel for joy. Celebrate your movement and the connection with the music. Let yourself

feel completely alive.

As the music picks up again, allow the energy to rise once more. With each new wave, you will reach higher peaks, growing stronger and more connected to the dance.

Embrace both the intense euphoric moments and the calm reflective pauses. You are riding the wave of emotion, sensation and rhythm.

Feel the rise and fall of your body and the music as one. Every beat a step closer to liberation.

Let Go

Now we arrive at the space of relief, of release, of liberation.

Let your movements become slower, softer and more sensual.

Take a long deep breath in

And a long slow breath out

Allow yourself to begin descending toward the ground. Sitting, kneeling or lying down.

Let your body melt toward the earth.

Feel the sweetness in this stillness.

Let your breath guide the movement. Small ripples, gentle circles, swaying hands or hips.

This is freedom. This is acceptance.

This is you, released from all that was heavy.

Affirm with your breath:

Inhale: I am free

Exhale: I let go

Inhale: I accept myself

Exhale: I am whole

As the music slows, take a moment to reflect on your journey today.

Feel the space you've created within and around you.

When you are ready, gently bring your movements to stillness. Close your eyes and place a hand over your heart. Feel the energy of the dance still alive within you.

liberation, joy, freedom.

Take a deep breath in, filling your body with gratitude for this experience.

As you exhale, send out a wave of appreciation for your body, your spirit and the journey you've just taken.

Acknowledge everything you moved through today.

Take one more deep breath

And as you exhale, gently open your eyes or simply rest in stillness.

Thank you for dancing. Thank you for showing up. This journey belongs to you.