

The Soul Movement Method®

BODY INTELLIGENCE AND SAVVY STRATEGY TO HELP YOU MOVE FROM WHERE YOU ARE TO WHERE YOU WANT TO BE



STEP 1: MY INTENTION AND VISION

What is your intention for this session? You may also want to focus on a quality or qualities you would like to feel or experience.



STEP 2: MY SOUL MOVEMENT MAP™

“Which soul movement map™ will most support my deepest level of healing, growth and resolution as it pertains to my intention?” Write your epiphanies, ahas and learnings as they pertain to the map you explored.

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STEP 3: MY SOUL FIELD™

This is the diagnostic phase of your process. What showed up in your soul field™? Which realizations, epiphanies, feelings, memories, associations came up during your process?



STEP 4: MY SOUL MOVEMENT™

Which is the core *soul movement* that, if fully allowed to express and complete its course, will allow healing and alignment in your soul field™?

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STEP 5: STRATEGY AND NEXT STEPS

Which **strategy** will ground your alignment and learnings?

What are **5 actions steps** you can take this month to put your learnings/strategy into motion?

#1:

#2:

#3:

#4

#5: