

she who moves
FIELD GUIDE



to embodied knowing

*Your portal into the practice of somatic
wisdom, primal flow & deep body truth.*

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Welcome to the field

This is not a manual.


It's an invitation—
a guide for those ready to know truth
not through thought,
but through sensation,
rhythm, & breath...

for the part of you ready to listen with
the soles of your feet,
the pulse in your belly,
the ache in your chest—
after ignoring your knowing
for too long.

you don't need to follow steps—
just follow the sound
of your own body calling you in.

Let's begin.





How to use this field guide

This guide is not for rushing through.

It's meant to be savored, rather than devoured.

Sip. Linger. Unwrap slowly.

You might:

- read a passage and sit in silence
- underline a phrase that stirs something
- follow a prompt with your whole body
- close your eyes and notice your breath shift

Look around. Stay a while. Come back later.

Let your experience unfold on your body's timeline—
not the world's. Come back anytime.

You are always welcome here
at the home of sensation.

That's where She Who Moves lives.

THE FOUR PILLARS OF *embodiment*

*these are the gateways.
simple. ancient. always available.
begin here. return here.*

Awareness

*The doorway.
What is here now?
Notice without naming.
Sensation. Space. Subtlety.*

Breath

*The bridge between body & mind
Let it deepen. Let it move you.
Feel where it catches.
Follow it.*

Movement

*Not performance—presence.
Micromovements count.
Let your body speak
in spirals, trembles, pauses.
No choreography. Just truth.*

Sound

*Your body's echo.
A sigh, a growl, a hum.
Let it come from the deep.
No need to sound beautiful—just real.*

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Somatic Inquiry Prompts

Let your body answer these. Not your brain. Read one. Then pause. Breathe. Notice where your attention goes— not what you think, but what you sense.

- Where in my body do I feel most awake right now?
- What sensation is present that I've been ignoring?
- If this feeling had a sound, what would it be?
- What movement wants to happen, even if it's small?
- Is there a place in me that feels silent? Loud?
- If my body could speak without words, what would it say?



BEGIN WITH STILLNESS. FEEL
WHERE YOUR WEIGHT TOUCHES
THE GROUND. WAIT UNTIL
SOMETHING MOVES YOU.

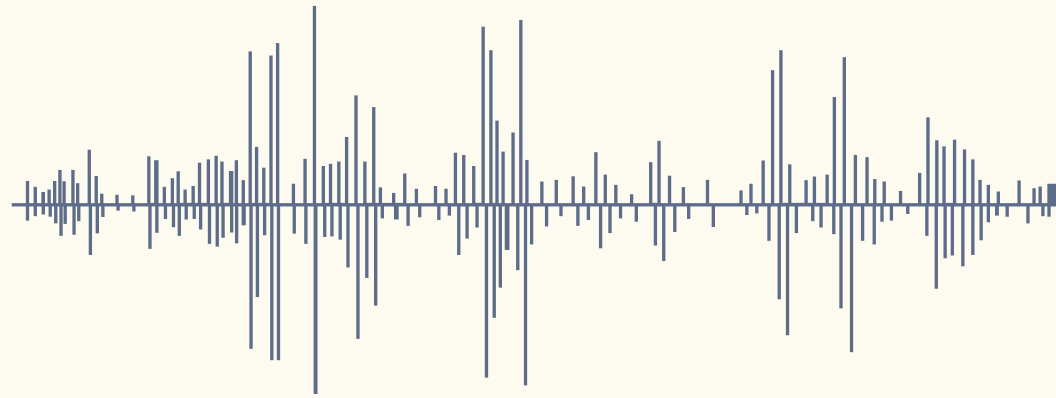
FOLLOW THE IMPULSE. LET IT BE
STRANGE. LET IT BE SLOW.
LET IT BE WILD.

USE THE FLOOR. ROLL, PRESS,
DRAG, MELT. EXPLORE WITH YOUR
BACK, YOUR RIBS, YOUR HIPS.

CLOSE YOUR EYES.
SEE WHAT YOUR BODY
SEES INSIDE

*This is where thinking stops, where
truth comes through the body. You do
not need choreography, just curiosity.
Allow yourself to move like someone
who is remembering...*

Movement as a doorway



express yourself

LET YOUR OWN SOUND RISE FROM YOUR ROOT. LET
IT COME THROUGH YOUR BREATH, BONE, BELLY.
LET IT SURPRISE & DELIGHT YOU.

■ Start with a whisper. Allow air to move through your throat
like wind through grass.

■ Let the sound follow sensation. If you feel tight, what sound does
that make? If you feel joy, what vibration wants to come out?

■ Use repetition. Hum the same note until it changes you.

■ Include your face. Mouth shapes. Eyebrow tension. Jaw freedom.
Let your face participate.

■ Release control. Groan, laugh, sigh, moan, whisper, cry. You don't
need permission. Just presence.



The path ahead

You've just begun a conversation with something ancient inside you.

Let it be slow. Let it be sacred. Let it be yours.

*There is no right way, no perfect path-- only your way-- through
breath, through instinct, to come H(OM)E to your body.*

*Return to this guide when you forget. When you remember again--
let your movement be prayer.*

*And if you want to go deeper, I would be so honored to be your
Embodiment Reclamation Guide!*

TRULY MADLY DEEPLY,

Christina Maya Luna

sheshool.com
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