GUIDELINES FOR DEBRIEFING YOUR MOVEMENT PILGRIMAGE / TRANSFORMATIONAL RITUAL

Divide your written debrief into 3 PARTS: 1) BODY, 2) MIND, 3) SPIRIT

1. BODY – What did you do? Describe the actions, movements, movement *itinerary, e.g.,* “I walked an inward spiral, 3 revolutions, to the center, where I fell in a heap. I flexed and extended my fingers, palms down, clawing or digging into the ground.”
2. MIND – What do the physical/kinetic body movements mean or signify? E.g., “The inward spiral was a breaking away from my home; the journey away is a journey inward, away from [something], and toward [something]. I dug into my own soil and uncovered…” (known or unknown)
3. SPIRIT – Resolution, synthesis, insight. What is resolved through your journey? What dualities, inner or outer conflicts, etc., are resolved, or organized (differently) in your mind, heart, soul, or understanding? What was accomplished? Is there/was there a ‘higher purpose’? E.g., “I realized that I had misjudged/ misunderstood… “ or “I realized that I was correct about…”