

# **Women's Embodiment of the Feminine: An Exploration through Movement**

**by**

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This study explored the effects of dance/movement on deepening embodied connection to Feminine psychological consciousness through the lens of eight Feminine archetypes.

The study was based on an 8-session, two-group model of 15 women, ages 32-63. Quantitative and qualitative data were analyzed using an integral inquiry method. Analysis of Phenomenology of Consciousness Inventory (PCI) data using a paired sample *t* test between preassessment baseline scores and weekly scores showed statistical significance ( $p < .05$ ) for several subdimensions by archetype such as Affect, Sexual Excitement, Meaning, Altered State, Absorption, Joy, Love, Positive Affect, and Volitional Control. A paired samples *t* test for the Profile of Mood States pre- and postassessment data was not statistically significant. A paired samples *t* test performed on the Body Intelligence Scale (BIS) pre- and posttest scores was statistically significant ( $p = .019$ ) indicating that participants did experience increased body intelligence. The Change and Transformation Assessment (CATA) demonstrated that change and transformation occurred in the areas of the body (2.07), awareness to all aspects of the self (2.33), and openness to other aspects of the self (2.27) in the moderate to greatly increased range. Quantitative results of self-reported transpersonal experiences showed that 80% of participants experienced Mystical experiences, 86% Psychic experiences, 40% Encounter and Death-Related experiences, and 73% Exceptional-Normal experiences.

Qualitative thematic analysis indicated that all participants (100%) came to embody the Feminine as a sense of self. This occurred through thoughts, feelings, movement, and body

sensations that gave rise to a sense of self. All of the women participants (100%) reported experiencing a relationship with one or more archetypes over the course of the 8 weeks.

This study provides evidence to the role of dance/movement techniques on embodiment, and specifically to the embodiment of the Feminine, and a phenomenological perspective into the nature of the experience of the Feminine psychological principle.