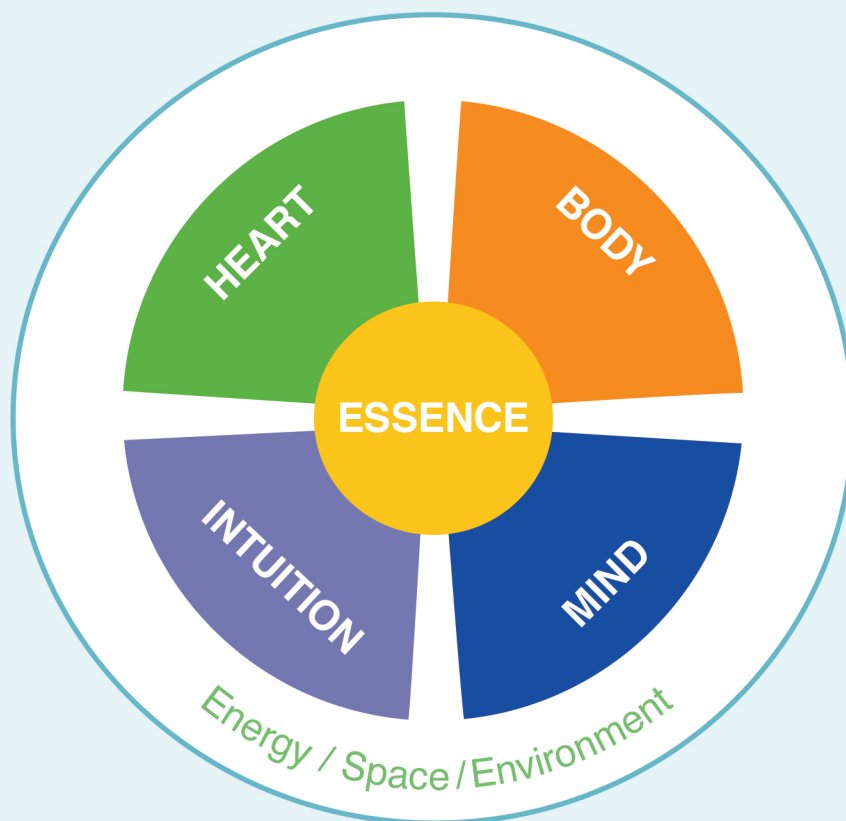


The Whole-being Scan

Become Conscious in 6 Zones of Experience



Check in to each zone of your experience and use 1-3 words to describe each zone; they can be seemingly opposing things.

In my _____, I feel _____, _____, and _____.

Ex: In my heart I feel: sad, curious and hopeful.

Presence & our essences give us the capacity for awareness into all 6 zones.