

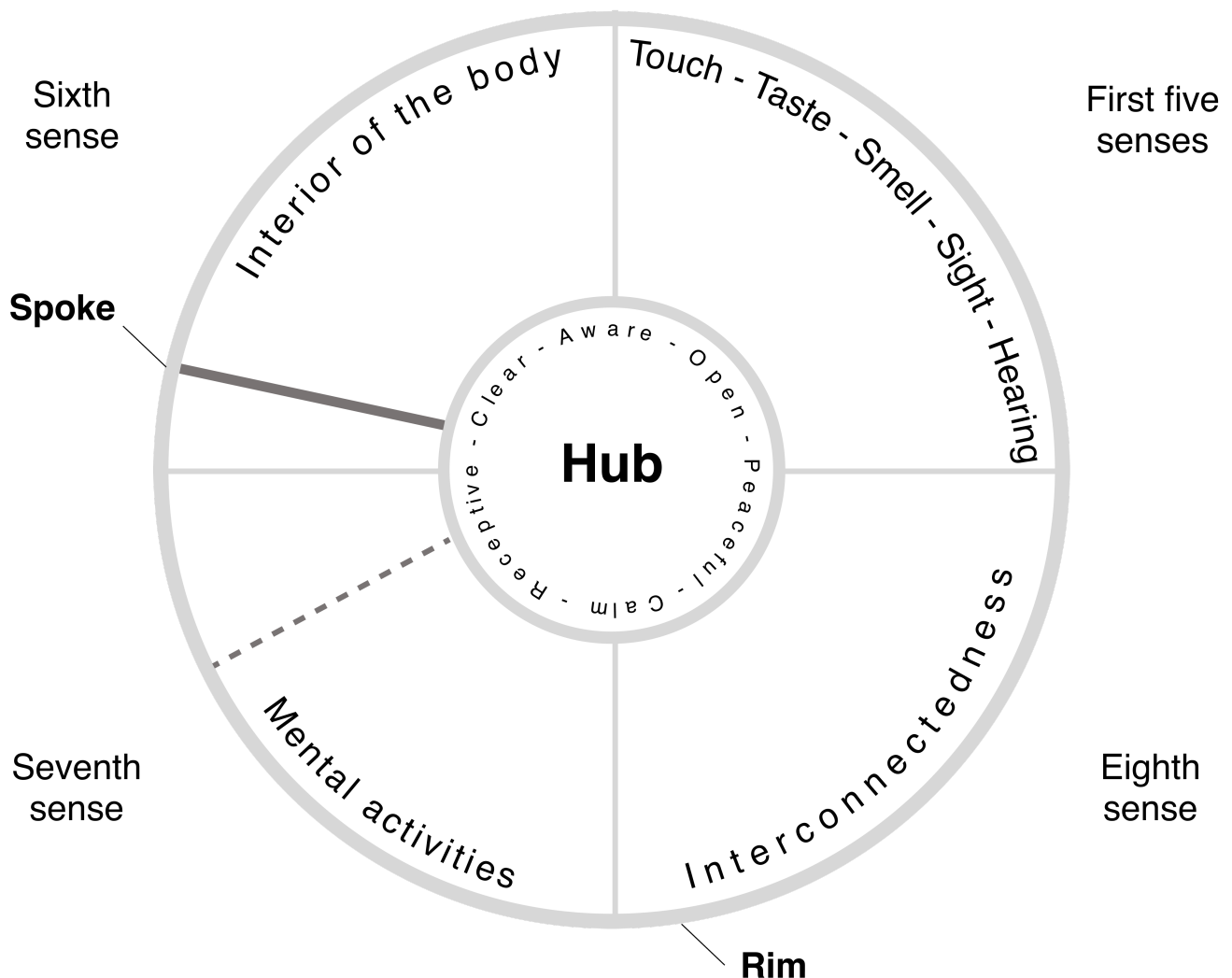
# Wheel of Awareness

Name: \_\_\_\_\_ Date: \_\_\_\_\_

## Introduction

The Wheel of Awareness is a visual tool that can help you explore different aspects of your consciousness. This is done by guiding you through sensory awareness, bodily sensations, thoughts, emotions, and relationships, all while staying centered in the present moment.

Remember when you are using the Wheel of Awareness that the spoke should be visualized as moving around the wheel.



## The four segments of the rim

1. **The five senses:** Sounds, sights, smells, tastes, and touch sensations.
2. **Bodily sensations:** Bodily sensations, such as muscle feelings, temperature, or internal sensations.
3. **Mental activities:** Thoughts, feelings, memories, emotions, daydreams, and other mental activities.
4. **Interconnectedness:** Experiences of connection to others, relationships, and social interactions.

## How to use the Wheel of Awareness

1. **Start at the hub:** Begin by feeling grounded in your awareness, the calm center of the wheel.
  2. **Move the spoke:** Direct your attention along the spoke to different parts of the rim, focusing on one segment at a time.
  3. **Explore each segment:** Spend time noticing the details in each category without judgment or analysis.
  4. **Awareness of awareness:** Once comfortable, bend the spoke back toward the hub to become aware of your own awareness itself — the observer observing.
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## Additional notes