

Whole Being Awakening Framework

This is an opportunity to explore yourself or your teaching and understand how it fits into a holistic practice approach. This framework is designed to take into account every aspect of your being.

There are large parts of everyone that are blind spots, shut down or in shadow. Here, we are opening a door for people to get in touch with every aspect of themselves.

We are moving towards presence in the body, openness in the heart, emptiness in the mind and flow in the soul-realm.

This worksheet explores these themes. If you would like to understand more about the different aspects of experience, you can find them on my website.

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Your Intentions

It's worth understanding what your intentions are for practice or for teaching. This is the place where all our actions and desires flow from so it's helpful to understand this about ourselves, even if what we find is quite nebulous.

Write a one or two sentence summary that includes what you practice and why; or if you are a teacher, what you teach, how you teach and why.

If you prefer, you can complete this after doing the exploration below.

If you would like to explore your intentions before you start, there is an exercise to do this on my website - [for practitioners](#) and [for teachers](#).



Exploration: How to Fill This In

When filling this out you can use the language and meaning-making style that comes most naturally to you.

For example, you may focus on the technical or practical aspects of practice; felt, subjective and experiential aspects; intentions or qualities you are aiming to cultivate; metaphorical descriptions; relational aspects; traditions; metaphysical and conceptual ideas; knowledge that can be shared; the things that you want to embody and model; and anything else that comes to mind.

The most important thing is that it's an exploration and a clarification, rather than a reification. We aren't getting hung up on correct definitions - we're using it to feel into our own personal Universe and how we want to share that with others.

Filling it in may make you feel curious about exploring some aspects of practice in more depth, either in your own personal practice or the way you teach. Or it may give you a sense of clarity of how you are already teaching or practicing in a holistic way.



Exploration

	When you experience a connection to this in your own practice you would describe it as...	The world would be a better place if people could experience more of this because...	The biggest resistance to you and/or other people being able to access this is...	How you practice accessing this/ support people to cultivate this...	Sum this up into a one sentence piece of advice you'd give to a previous version of yourself...
Body: Presence					
Heart: Openness					
Mind: Emptiness					

Soul: Flow					
Shared Practice: Collective Awakening					

Reflection

Having completed the exploration, reflect back on what you've written and identify a couple of things you would like to focus on.

Things you want to explore in your own practice:

Things you want to develop in your teaching:

