

Whole Being Awakening Framework

This is an opportunity to explore your practice or your teaching and understand how it fits into a holistic approach.

There are large parts of everyone that are blind spots, shut down or in shadow. This framework is designed to take into account every aspect of your being.

You are moving towards being present, open-hearted, empty and in flow.

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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Intention-Setting

Whether you are a teacher or practitioner, it's worth understanding what your intentions are.

Intentions are where all your actions and desires flow from so getting some clarity on this is incredibly helpful.

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

If you would like to explore this in more depth, there are exercises to do this on my website - [for practitioners](#) and [for teachers](#).

My intentions are



Exploration: How to Fill This In

It's important to stay in an explorative mode, driven by curiosity, to allow yourself to be surprised by what comes up.

The point of the exploration is not to find the correct answer but to discover your own personal experience and how you like to share that with others.

Use the language and meaning-making style that comes most naturally to you. It can be interesting to notice what that is.

For example, some of the things you may naturally focus on:

- technical or practical aspects of practice
- felt, subjective and experiential aspects
- qualities or traits
- relational aspects of experience
- traditions or modalities
- metaphysical or conceptual ideas
- knowledge that can be shared
- things that you want to embody and model

Filling it out, you may notice gaps in your current practice or it may help you recognise 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 barrier to you and/or other people being able to access this is...	How does your practice support you or other people to access 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:

