

Whole Being Awakening Reflection

This is an opportunity to explore your practice or your teaching within the context of a holistic approach to awakening.

The intentions for the framework are to become more directly in touch with the full range of experience from a wholehearted place. This framework is designed to guide you towards a more holistic inclusion of the different dimensions of experience.

Intention-Setting

I always recommend setting intentions. Before you start the reflection write a short summary of your intentions, including why you practice or teach.

If you would like to explore this in more depth, I have an [intention-setting exercise for practitioners](#) and [an exercise for teachers to get clear on their values](#).

Exploration

The table below provides an exploration of the different aspects of being. Each row is a dimension of experience and the awakened quality that you are practicing towards in that dimension; for example, presence in the body.

When filling in the table, stay in an explorative and curious mode and allow yourself to be surprised by what comes up. The point of the exploration is not to find a correct answer but to discover and clarify your experience, and how you like to share that with others.

Once you've completed the exploration, reflect back on what you've written and identify a couple of things you would like to focus on developing in your practice or teaching.

	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 or teaching 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					