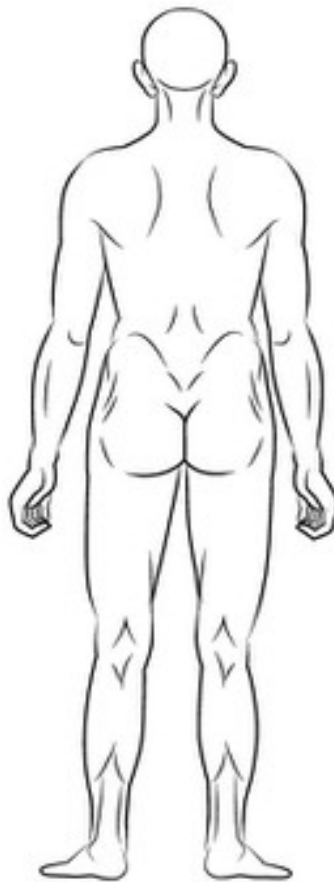
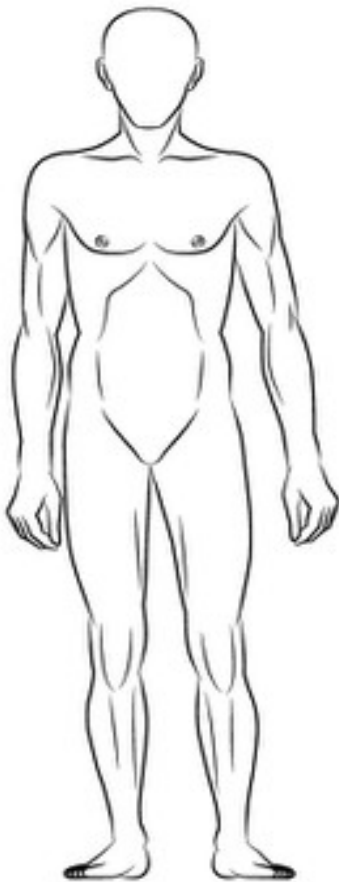


Date:

ASSESS WORKSHEET

Begin each day by using embodiment practices to assess what is coming up to heal within the body and your subtle energy fields. Use the questions below to guide your unraveling, beginning with the first question and going in order. Feel your energy field all around you and connect to your breath as you float around the room. Let your movement be easy, fluid, slow, and internal. Be your own observer: Watch for repeated movement patterns and stillpoints. Use pendulation, rebounding, your breath, and spinal waves to reset your system when you feel stuck in your head. The body expresses itself in images, colours, emotions, sensations, vibrations, feelings, and one-word concepts. Draw whatever comes up on or around the body forms below WITHOUT INTERPRETATION as soon as you are done.



1. What feels unnoticed?
 - a. What's connected to it?

2. What's tight or painful?
 - a. What's connected to it?

4. What feels important in my body today?

3. Pan out in your awareness

5. What's coming up to heal?