

The Mindful Body of the True Self

Name: _____ Date: _____

Our bodies are the vehicles that carry us through this journey we call life. The more you can learn about your body, the more you will know about yourself.

Picture your True Self in your mind's eye. Hold this image of your True Self in your mind for a moment as you answer the questions below.

How does your True Self manifest itself in your body?

Are there any aspects of your True Self that are not currently manifesting in your body?

Example: Does your body posture indicate confidence? If it does not, what would it take to change that? How could you change your body posture to move more into alignment with your True Self?

Are there aspects of your True Self that are already manifesting in your body? In the way you carry yourself? In your posture? In the way energy flows through your body? How can you have more of these manifestations of True Self in your body?
