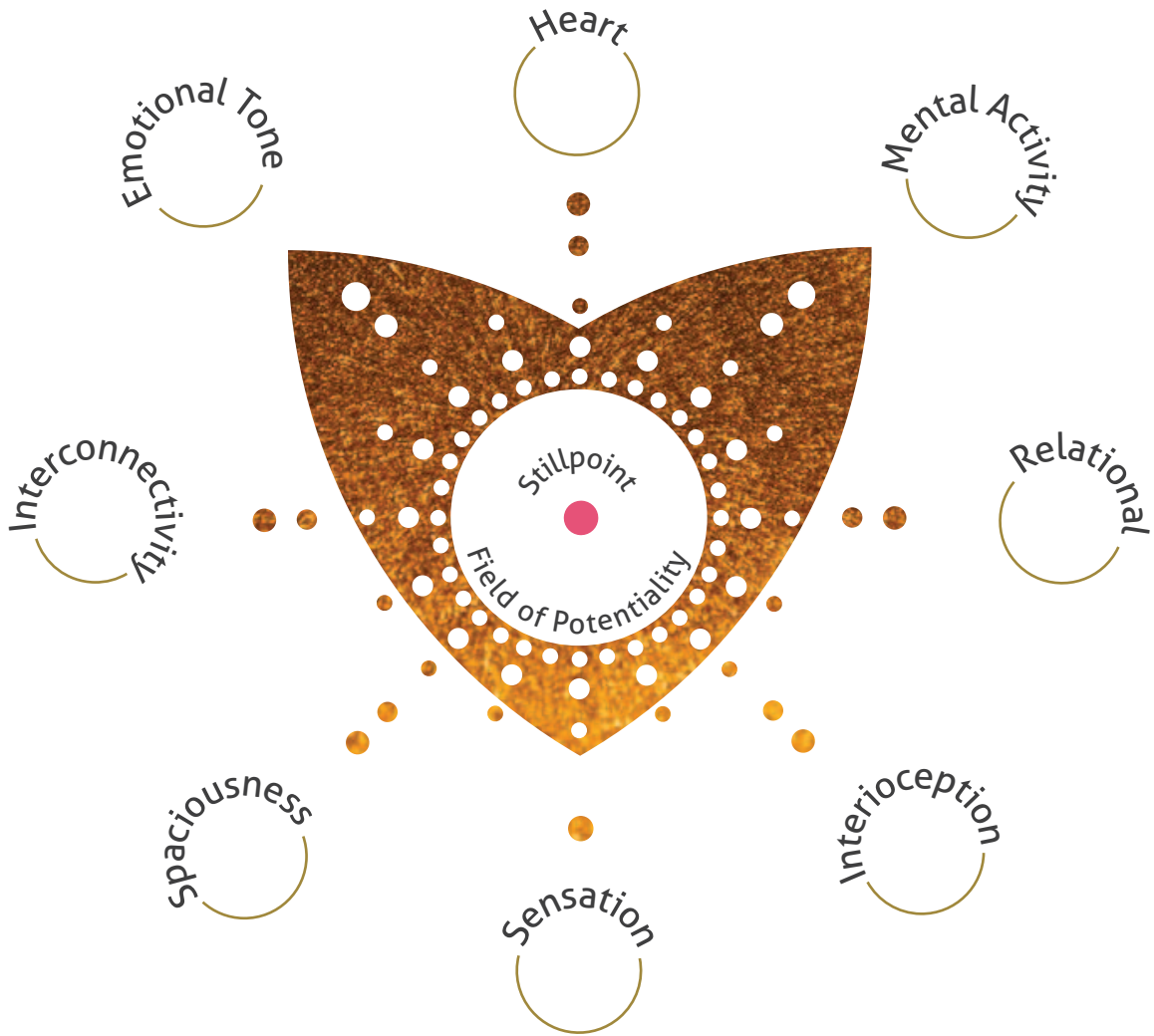


SUN OF WHOLENESS AWARENESS: SHEDDING LIGHT ON CONSCIOUSNESS



"Where attention goes, neuro firing flows and neuro connection grows."

~ Daniel Siegel

Stillpoint = Restpoint
All movement arises from Dynamic Stillness.

***Inspired by Daniel Siegel's Wheel of Awareness*



Biodynamic Movement, a **cardiocentric approach**, shares a similar philosophy to the ancients such as the Stoics, the Egyptians, and the Greeks (Aristotle being the most known for this) that the heart is the center of poetic intelligence, wisdom, and is a seat for the Spirit.

The heart, just like the sun, nourishes itself and when you orient yourself to any one of these awareness rays, you begin to feed yourself too. Bringing your attention to and staying present with any of these rays of orientation ushers in a full sense of coherence, self-organization, centeredness, grounding, peace, and wholeness.

As you meditate on any one of these experiences of perspective, you align with your unique resonance or signature vibe. The result is a felt sense of belonging and 'right place-ness' in the world, a centeredness, as well as an increased state of presence and ignition of your creative intelligence.

AWARENESS WINDOWS/RAYS INTO CREATIVE POTENTIAL AND SELF-ORGANIZATION:

- ▶ **SENSATION**
(Includes sense of gravity and breath)
- ▶ **INTEROCEPTION**
(the felt sense of inner movement and perception in one's own body)
- ▶ **SPACIOUSNESS**
(within and around oneself)
- ▶ **HEART**
(Physical and energetic heart awareness, includes orientation to Spirit or a 'feeling spirited, inspired')
- ▶ **RELATIONAL**
(the orientation to people in and not in one's physical presence) Refer to "Mapping Out Your Playground: Map of Intimacy & Geographical Location" worksheet
- ▶ **MENTAL ACTIVITY**
- ▶ **EMOTIONAL TONE/VIBE**
- ▶ **INTERCONNECTEDNESS**
(felt sense of connection with nature, including ALL living and nonliving things)