

Empowering Your Three Intelligence Centers

Mindfulness Worksheet

Date / Time:

What have you brought mindful awareness to today? Check all that apply.

☐

Heart

☐

Mind

☐

Body

☐

Breath

☐

Environment

To begin this Meditation, please bring kind awareness to

- why you chose this topic
- how your belly, chest, and head each feel when you reflect on this topic
- the emotions that you can associate with these visceral feelings
- the positive or negative impact of any stories you believe in regarding this topic
- the fact that many others are feeling similarly about this topic as you
- how you might feel with increased awareness around this topic
- when you can apply increased mindfulness to this topic in your day-to-day life



Head clear seeing, connection to the transcendent

Heart integration of experience, deep connection to my path

Body presence, groundedness, detector of personal truth

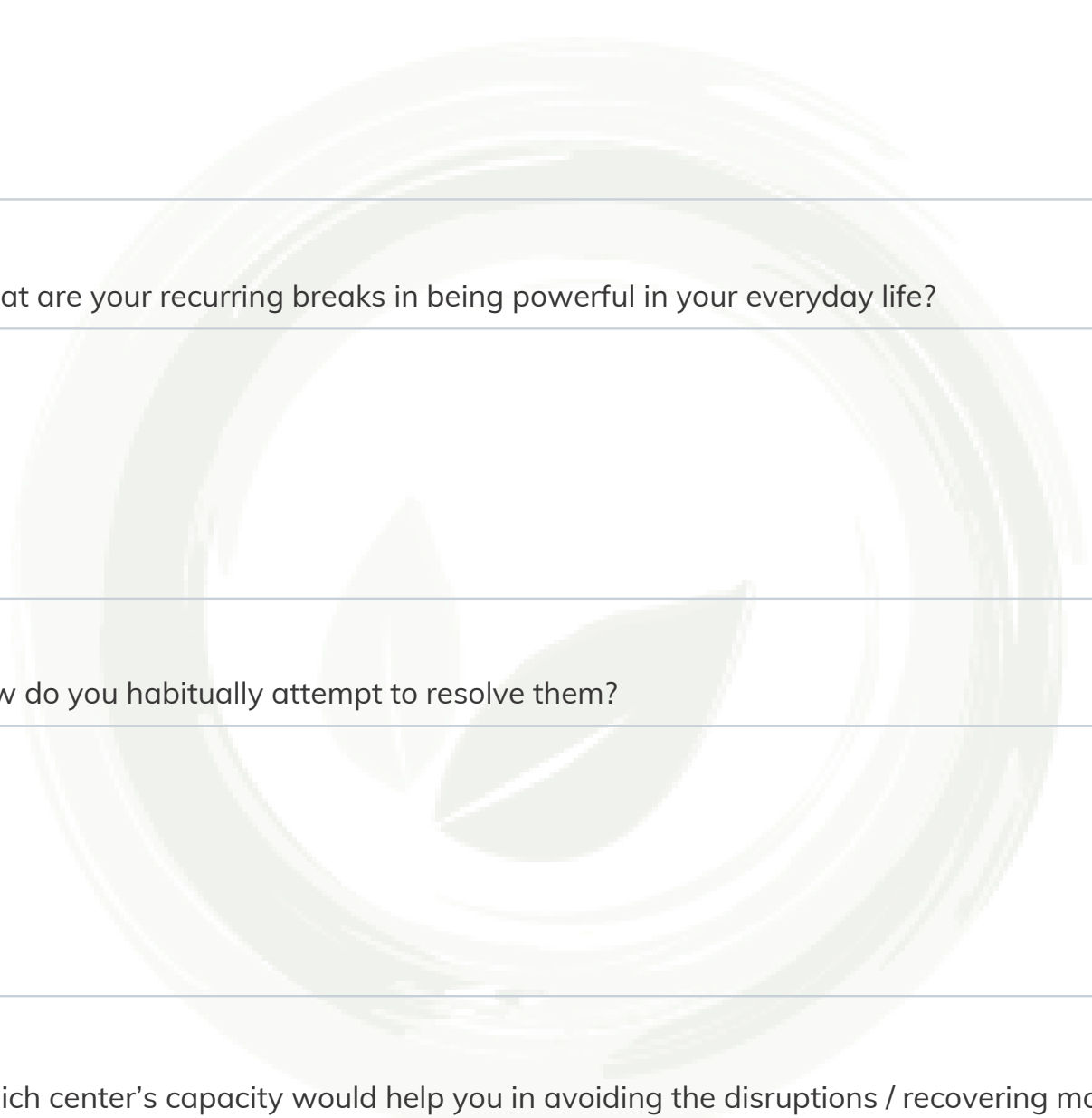
Regarding the three intellectual centers above, please write out your answers to the following questions.

1. Which center's power do you rely on most in your daily life? Cite some examples.

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2. Which center's development is most important for you in becoming more powerful? Why is that?



3. What are your recurring breaks in being powerful in your everyday life?

4. How do you habitually attempt to resolve them?

5. Which center's capacity would help you in avoiding the disruptions / recovering more quickly?

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6. How will you take what you learned from this forward into your life?

