

# MIND / BODY

DO YOU FEEL A DIVIDE BETWEEN YOUR MIND AND YOUR BODY?

---

---

WHAT CAN YOU DO TO BECOME MORE AWARE OF YOUR MIND?

---

---

---

---

---

---

WHAT CAN YOU DO TO BECOME MORE AWARE OF YOUR BODY?

---

---

---

---

---

---

WHAT CAN YOU DO TO IMPROVE RELATIONS BETWEEN THEM?

---

---

---

---

---

---

HOW CAN YOU DISTINGUISH YOUR HANDS FROM SOMEONE ELSE'S?

---

---

---

---

---

---

IF YOU WOKE UP IN ANOTHER BODY, HOW WOULD YOU TELL?

---

---

---

---

---

---

IF YOUR BODY USED WORDS, WHAT WOULD IT BE SAYING?

---

---

---

---

---

---

DESCRIBE YOUR BACK:

---

---

---

---

---

---

---

---

DESCRIBE YOUR TOES:

---

---

---

---

---

---

---

---

DESCRIBE HOW YOU FEEL ON THE INSIDE:

---

---

---

---

---

---

---

---

HOW DO YOU USE YOUR MIND TO WRITE?

---

---

---

---

---

---

---

---

HOW DO YOU USE YOUR BODY TO WRITE?

---

---

---

---

---

---

---

---

THINK WITH A PART OTHER THAN YOUR HEAD:

---

---

---

---

---

---

---

---