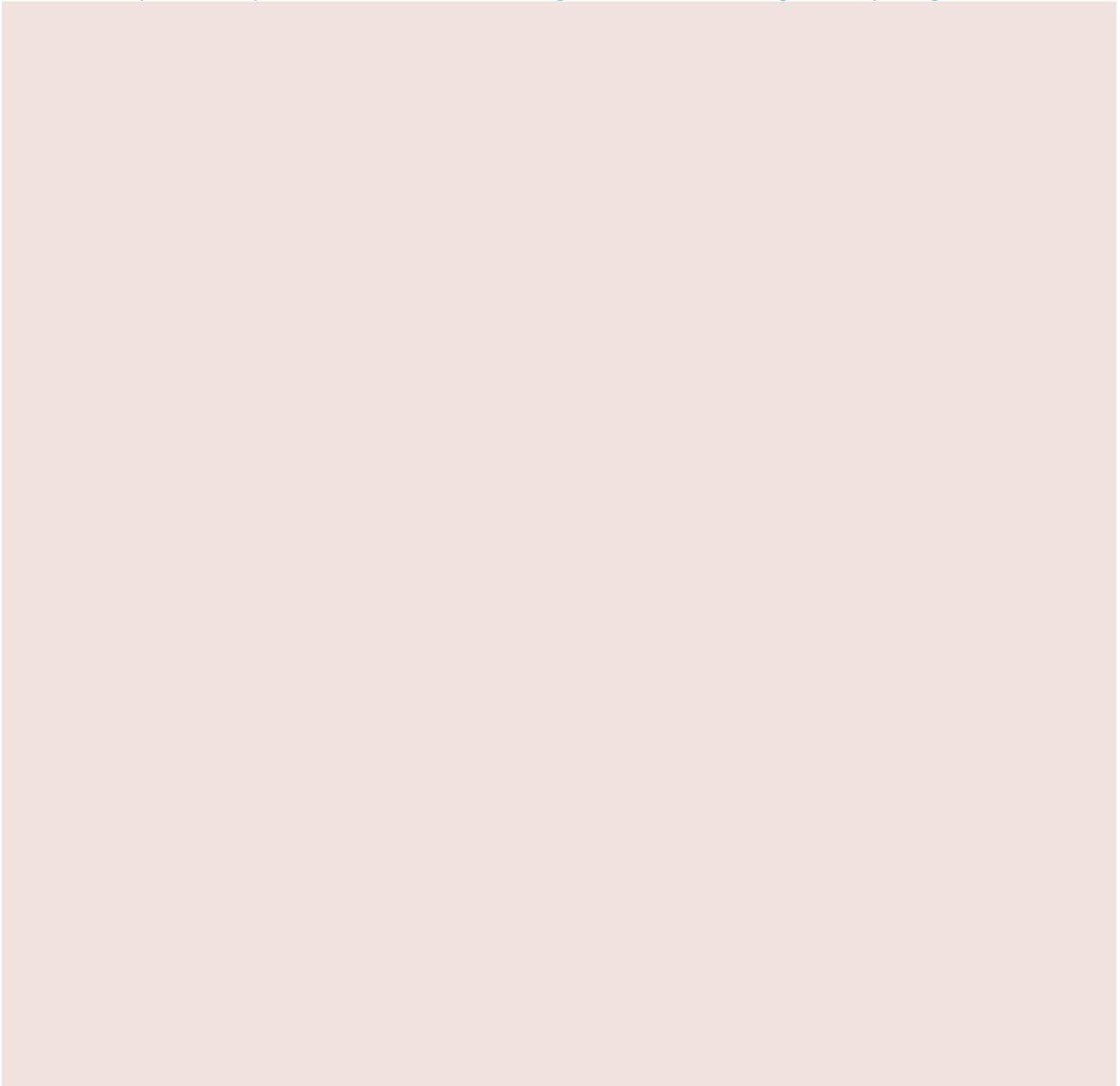


Reflection

By becoming more aware of your subtle body, you will come to realize that your physical body is simply a collection of sensations that are in constant flux. Try the following exercise:

Try to become aware of your heart and the area around it. Once you are comfortable with this visualisation, next move onto attempting to get in touch with whatever sensations are there.

Observe the sensations for a while – are they stable, or do they change according to different times and stimuli? Do you see any association with the feelings – a sound, an image, or anything like that?



WORKSHEET – Homework – The Subtle Body & The Chakras

*with Kevin Naidoo | TRMBW Module 3:
Session 1*

Which part of your body do you struggle to connect with and move into? Opportunity to reflect on why this might be.

And what would be the most open?

Do you tend to lead more from your masculine or feminine side?

What are the 3 Gunas?

When looking at the Gunas, what would you say you are in order?

Are you disconnected from your feeling center?

“Studying these different layers, specifically the subtle and causal body is a gateway into witnessing our soul underneath all the chaos and chatter of the world” (and our minds).

Reflection

A large, empty rectangular area with a light beige background, intended for writing a reflection. The area is completely blank, providing space for the user to write their thoughts.