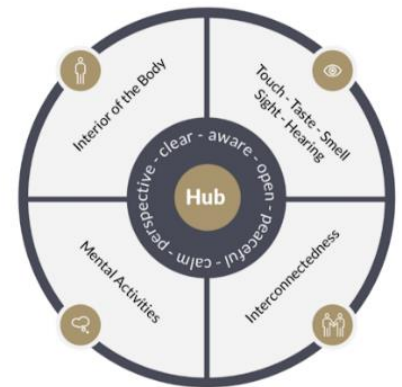


A Moment of Mindfulness and Reflection



Reflect on what you noticed during the meditation and write down as much as you can remember from each of the four sections along and your overall sense of awareness (the hub).

There are no wrong answers here! Everyone's wheel of awareness experience is unique.



Section 1: Connect to the senses

Section 2: Connect to your bodily sensations

Section 3: Mental activities

Section 4: Connect to others

The Hub: Awareness of awareness