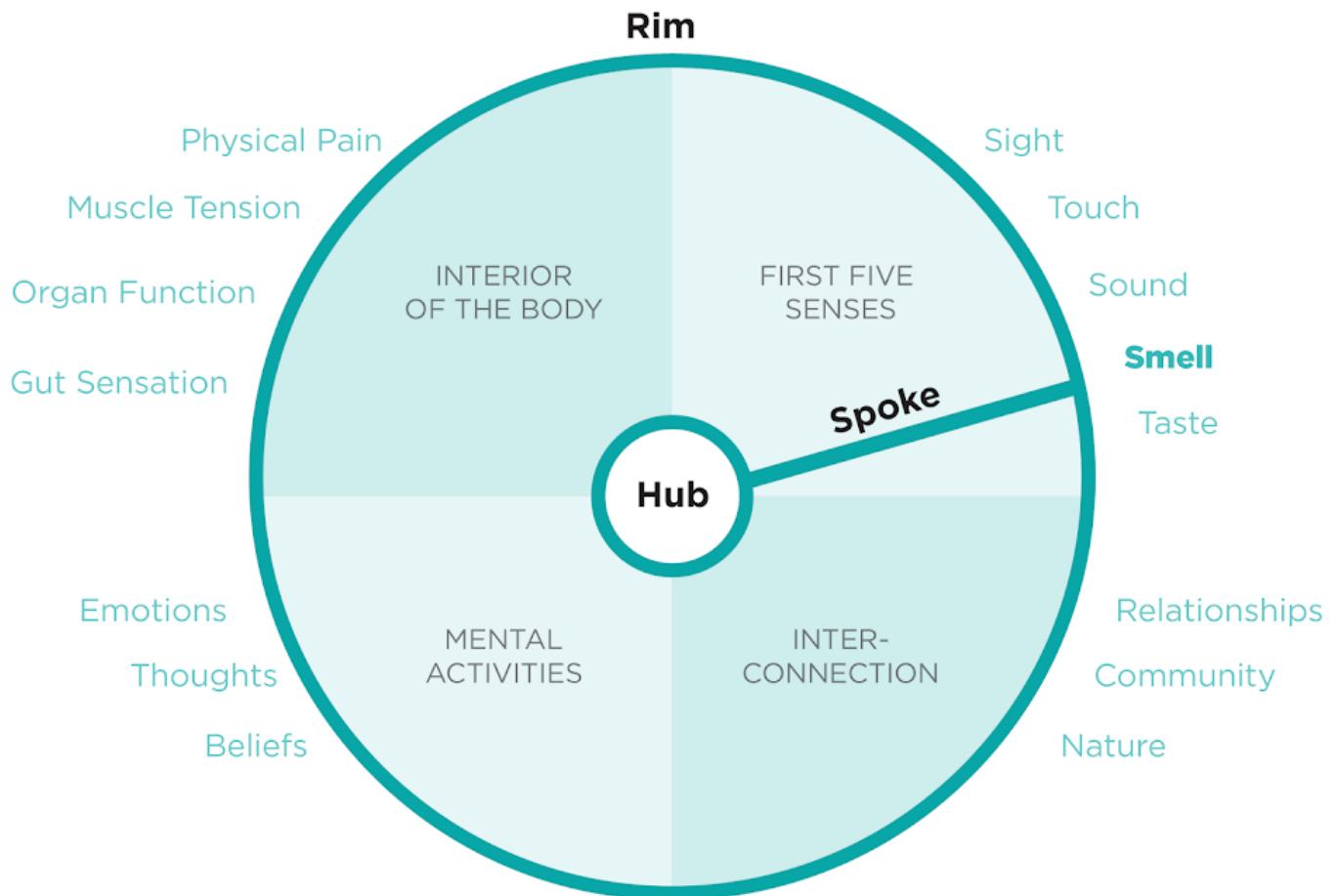
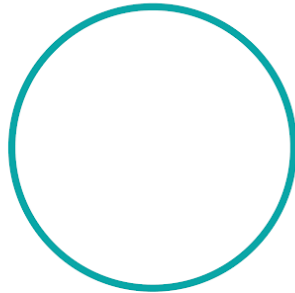


the wheel of **AWARENESS**



The Wheel of Awareness

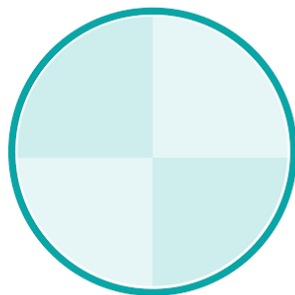
DECONSTRUCTED



THE RIM

“Knowns”

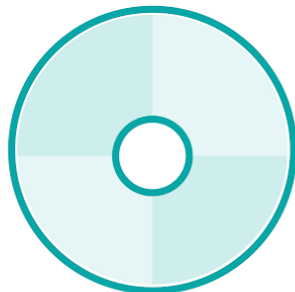
Everything that you can be aware of sits on the outer rim of the wheel



THE QUADRANTS

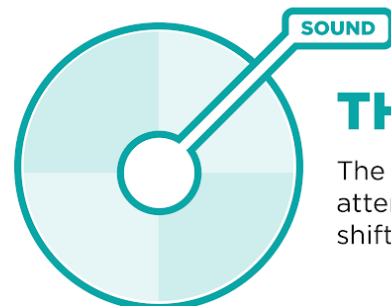
Everything that is “known” can be divided into four quadrants:

1. What you take in through your 5 senses
2. The inner sensations of your body
3. Activities of the mind
4. Connection to things outside of you



THE HUB

The hub represents the experience of awareness itself. It is the place of clarity and calm from which you become aware of things.



THE SPOKE

The spoke represents your directed attention and focus, and can be shifted around the wheel at will.