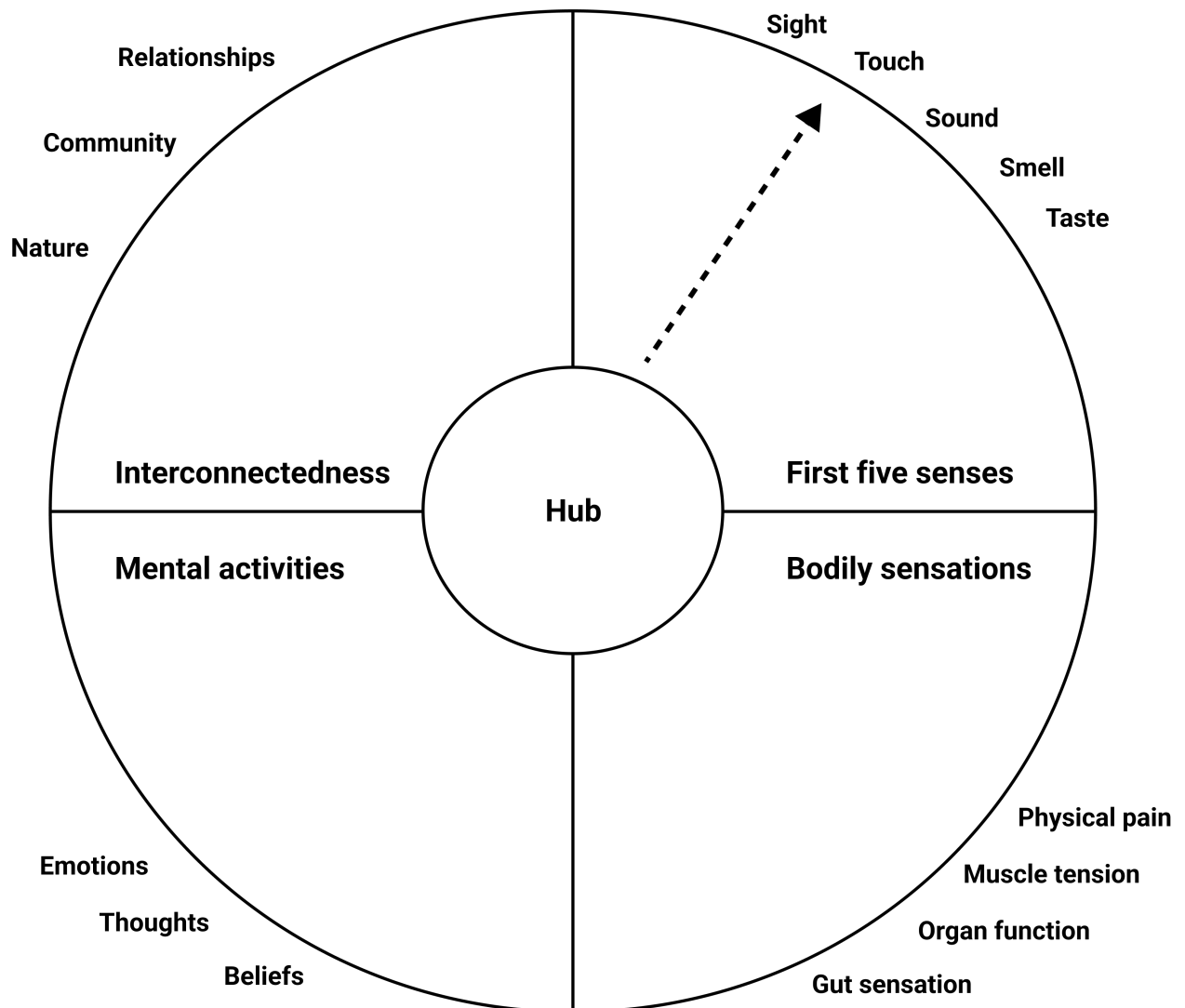


# Wheel of Awareness

The Wheel of Awareness is a visual tool that can help you explore different aspects of your consciousness. This is done by guiding you through sensory awareness, bodily sensations, thoughts, emotions, and relationships, all while staying centered in the present moment.

Remember when you are using the Wheel of Awareness that the spoke should be visualized as moving around the wheel.



Curealab Health (n.d.) *The wheel of awareness*. <https://www.curablehealth.com/podcast/dr-dan-siegel-wheel-of-awareness>