



Lesson 4:

\*Closed captions are available on all lessons if needed\*

## Free Flow of Awareness

Awareness is a skill we can cultivate.

What does it mean to *toggle or loop* your awareness?

Name ten layers of experience that you can loop through.

Name two qualities that describe options for how we can utilize our awareness.

What does it mean to have a *balanced loop*?

Spend some time with looping inside your body with your eyes open. What is that like for you?

What are some areas of your body that you have not looped into lately?

