

Stages on the Path to Wholeness

	Inspiration	Trust	Compassion	Empowerment	Wholeness
Body	Tension in body Restlessness Lack of aliveness in the body	Grounded 1 st chakra Antidote to fear Centered 2 nd chakra Antidote to guilt Confident 3 rd chakra Antidote to shame Embodiment is trusted	4 th Chakra Antidote to separateness Appropriate boundaries Feeling of openness and spaciousness in heart	5 th & 6 th Chakras Tantra-Antidote to untruth & delusion Energy of the universe manifested through the body	7 th Chakra Antidote to attachment All is One All is the body of God
Spirit	Yearning for the Sacred/the Beloved Addiction to fear Disconnectedness of the heart	Heartfelt petition for connection Prayer/mantra Trust in the reality of the Sacred	Sense of connectedness Warmth toward self and others Empathy	Merge with the Sacred/the Beloved	All is One All is sacred/All is the Beloved
Mind	Addiction to thought The Four Motivating Truths: 1) We all die but we don't know when 2) Life is precious 3) Karma, 4) Suffering	Trusting choiceless awareness vs analysis and fixing Taking refuge in: The Buddha The dharma The sangha	Mental understanding that everyone wants happiness, that compassion is our true nature Wish for all to be happy and free	...Wisdom mind Surrender to Divine Will	All is One All is the One Mind