

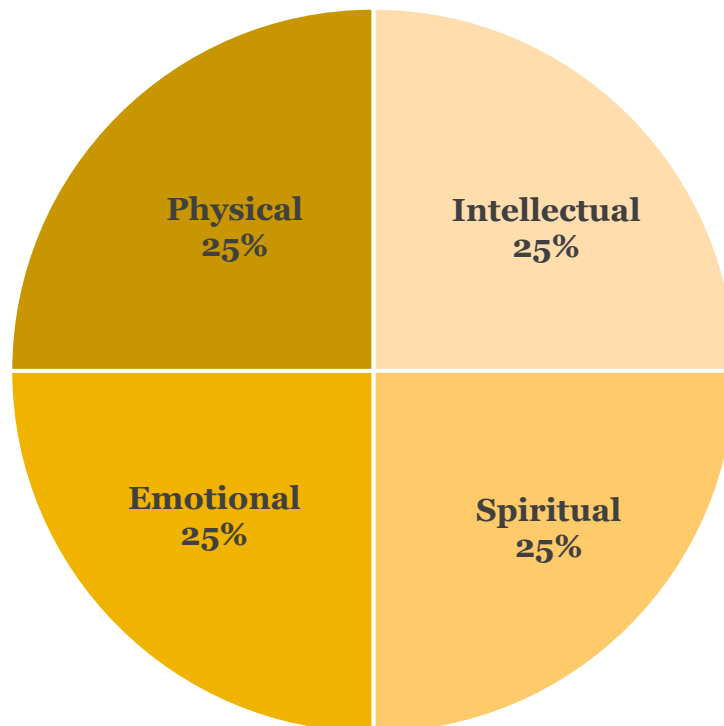


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Awaken Chrysalis Circle of Wholeness

The Circle of Wholeness exercise is a tool to help express the state of balance in your life and health. It takes into account the physical, intellectual, emotional, and spiritual aspects of your being. The Circle of Wholeness helps you begin to explore this dynamic balance.

Circle of Wholeness in Balance



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Circle of Wholeness Components

Components	Relationship to Self
Physical	The body and all its activities and care involved
Intellectual	Logical and analytical faculties
Emotional	Feelings and relationships with others
Spiritual	Sense of connection with God or “Higher Power” and/or the rest of creation. Usually a private matter that may or may not be nurtured by organized religion. Involves the sense of meaning and purpose you may have in your life.

Circle of Wholeness “Out of Balance”

The key to optimal health is appropriate BALANCE of the four components. However, factors of life (internal and external) often challenge the ideal state of balance. No matter the state of your “circle,” there is no judgment as we strive for balance.

The Circle of Wholeness is dynamic. Its proportions change as we go through different stages of life. It may even change with each day!

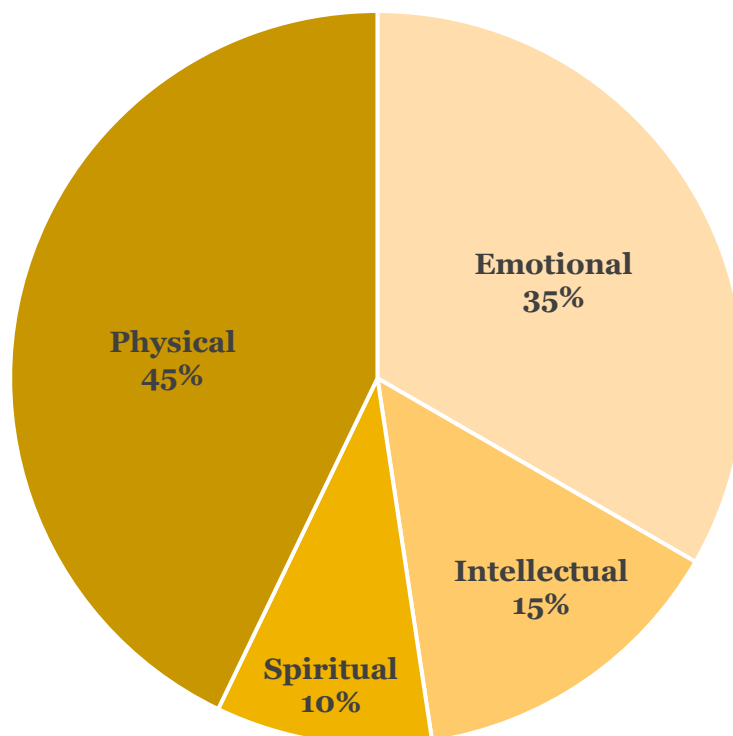
Example of Circle of Wholeness for a Young Mother

A young mother with an infant would have a large physical component because of the physical demands in caring for her baby. Her emotional component may also be large given her hormonal changes, the demand of immediate love and affection that motherhood brings, and the adjustments with the host of changes in the family dynamic.

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Due to the demands on her physical and emotional energies, she would not have as much time to expand her intellect. She may not have time to read or even participate in social networking. She probably doesn't have much opportunity to nourish her spiritual life with prolonged prayer or meditation, unless these activities hold a high priority in her life.



With time, as the child grows up and goes to school, the mother may have more time and energy to spend on other things, as the demand on her physical and emotional quadrants diminish. She may return to work or school and thus her intellectual quadrant would expand. She may also have the luxury of spending more quiet time in prayer and reflection, nurturing her spiritual life, or become more active in her community of worship if she desires.

On the other hand, another mother with freed up time may decide to spotlessly clean her house, or exercise vigorously and make weight loss her highest priority—maintaining a proportionately large physical quadrant—but filling it with activities in addition to childcare.

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Issues that Affect the Circle of Wholeness

The Circle of Wholeness is dynamic and is generally affected by the following:

1. External demands,
2. Expectations that others and we place on ourselves, and
3. Choices we make, given these expectations.

Circle of Wholeness Exercise

Please approach the Circle of Wholeness Exercise as an objective loving act, ***without judgement or shame***. Take your time to reflect on the activities and attention in your life to determine how the components in your life are currently reflected.

Your Present Circle of Wholeness

1. Draw a circle that represents your current Circle of Wholeness.

Divide the pie into sections that reflect the proportionate time and energy you currently expend in the Physical, Intellectual, Emotional, and Spiritual aspects of your life.

2. Make a list of how your resources of time and energy are spent in each component.
3. Indicate which items you would like to maintain placing a check “√” next to them.
4. Place an “x” in front of those items which you would like to change (adjust or delete)

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Your Goal Circle of Wholeness

1. Draw your Goal Circle, dividing the pie up as you would like to see it over a period of time (i.e. every 3 months, 6 months, 1 year, and/or 5 years). Take into account your tendencies and areas you wish to grow and refine.
2. Make this Goal Circle of Wholeness an appropriate balance, given the circumstances you would like in your life in the period of time you chose in step 1 above.
3. List your specific goals and the things that need to happen for you to reach them. Be sure to list obtainable goals that you can commit to, given your resources and intentions.
4. In each component of your Goal Circle, jot down some words that describe how you want to feel in the respective aspects of you—Physically, Emotionally, Intellectually, and Spiritually.

Feel free to be creative, as this tool is simply a spring board for your own expression. Feel free to adjust the circle or the number of components as it fits your life and intention. Many people have infused color, drawings, collages, poetry, etc. Use this tool as an expression of your intention—bringing what you want in your life into reality.

Please make the Circle of Wholeness Exercise serve YOU in a way that it truly reflects how you see your situation and how you'd like to evolve in your health and life. Enjoy!!!

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