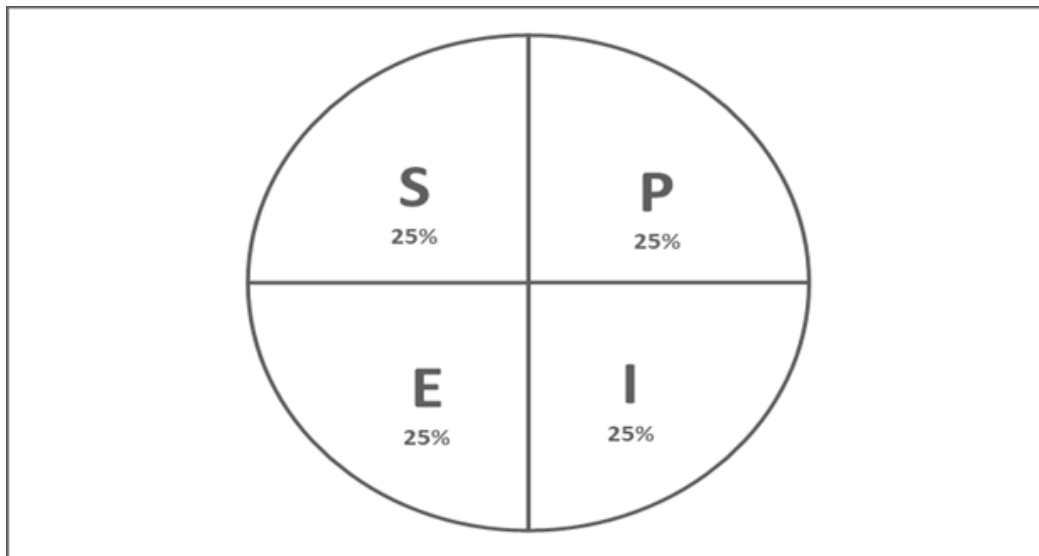


CIRCLE OF WHOLENESS

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The Circle of Wholeness exercise is a tool that expresses the state of balance of your health, taking into account the physical, intellectual, emotional and spiritual aspects of your being. Although the human being is multi-dimensional and complex, the Circle of Wholeness is a beginning that simply communicates this dynamic balance.



PHYSICAL: The physical quadrant refers to your body and all its activities and care involved.

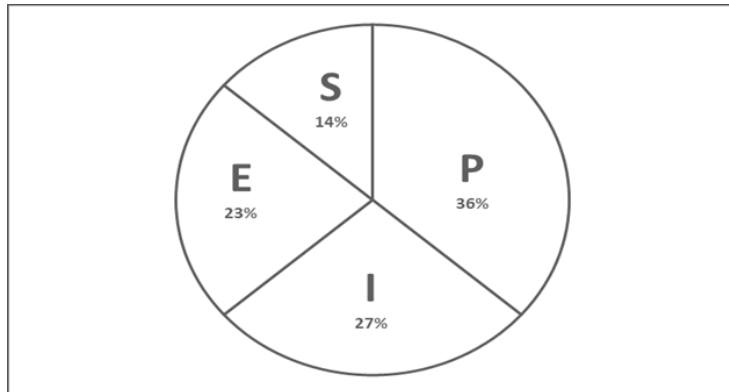
INTELLECTUAL: The intellectual quadrant pertains to your logical and analytical faculties.

EMOTIONAL: The emotional quadrant refers to your feelings and may include your relationships with others.

SPIRITUAL: The spiritual quadrant refers to your sense of connection with God or “Higher Power” and/or the rest of creation. Spirituality is usually a private matter and may or may not be nurtured by organized religion. Spiritual issues involve the sense of meaning and purpose you may have in your life.

The key to optimal health is appropriate **BALANCE** of the 4 quadrants. Although we strive for this

balance, we are often out of that balance, causing our Circle of Wholeness to be lopsided. As an example, the norm in our society might look something like this:



Con't Circle of Wholeness

The Circle of Wholeness is dynamic; its proportions change as we go through different stages of life. It may even change with each day! For example, a young mother with a little infant would have a large physical quadrant, because of the physical demands in caring for her baby. There would also be a big demand on her emotions, 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. Thus the young mother's emotional quadrant is typically large. Due to the demands on her physical and emotional energies, she would not have as much time to expand her intellect. For example she would not have as much time to leisurely read the newspapers nor stay on top of emails. Nor would she have as much opportunity to nourish her spiritual life with prolonged prayer or meditation, unless these activities held a high priority in her life. With time as the infant grows up and goes off to school, the mother is then afforded more time and energy to spend on other things, as the demand on her physical and emotional quadrants diminish. For instance, she may return to work or to 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 clean her house spotless, 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.

The Circle of Wholeness is dynamic and is generally affected by the following: 1) The external demands, 2) The expectations that others and we place on ourselves, and 3) The choices that we make, given these expectations.

Please approach the Circle of Wholeness Exercise as an objective loving act, without judgement or shame:

1) Draw your Present C.O.W. and divide the pie to reflect the proportionate time and energy that currently goes into each aspect of your life. Please indicate how your resources of time and energy are spent in each quadrant. Indicate which items you would like to maintain by checking them and an "x" in front of those which you would like to change (adjust or delete)

2) Draw your Goal Circle, dividing the pie up as you would like to see it in one year, taking into account your tendencies and areas you wish to grow and refine. Make this Goal C.O.W. an appropriate balance, given the circumstances you would like in your life in a year. You may also list your specific goals and the things that need to happen for you to reach them. Please list obtainable goals that you can commit to, given your resources and intentions.

3) In each quadrant of your Goal Circle, please jot down some words that describe how you want to feel in the respective aspects of you, Physically, Emotionally, Intellectually and Spiritually.

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. Feel free to be creative, as this hand out is simply a spring board for your own expression. Chrysalis Partners have infused color, drawings, collages, poetry, etc. Enjoy!!!