

Worksheet for Uncovering Sensory Experiences for Meditation Reprogram Brain for Feel Powerful



Step 1: Think of an event that is currently causing you to feel powerless without judging if your feelings are justified or not. Maybe imagine that you declared to people you know how powerful you are and some didn't agree with you. Close your eyes and notice how you experience it. Do you see it as an image? Do you feel or sense it in some way? What feelings do you feel? (hints feeling: rage, weak, unsafe, not loved, uncourageous, lack of joy, not valuable, or not at peace). Do you hear it somehow either in sounds or people saying things to you? Write these down here.

Step 2: Now where do you sense it in relationship to you? Is it in front of you? Is it straight on or to the right or the left? Is it upward or downward? Note where that sensing is. Note the images you may see. Note any sounds you hear. Note the feelings or other senses you feel or sense.

Step 3: Now imagine how you would experience your life if you are feeling powerful. If you imagined telling others how powerful you are and some agreed with you, what did you experience? Close your eyes and imagine for a moment. Are there any images you see? What do you hear? What feelings do you feel (hints: strong, safe, loved, courageous, joyful, valuable, or peaceful)? Note all of these.

Step 4: Now where do you sense this in relationship to you? Is it in front of you? Is it straight on or to the right or the left? Is it upward or downward? Note where that sensing is.

Keep both of these sensing's and their locations in mind as you go about doing the Reprogram Your Brain to feel Powerful Meditation