

## **The Wheel of Awareness**

### *Consciousness and the Process of Change*

DANIEL SIEGEL

The Wheel of Awareness is a visual metaphor for the way the mind works and a tool to expand the container of consciousness. The Wheel can be used to reduce stress, improve cardiovascular and immune system functioning, and slow the aging process. It incorporates the three pillars of mental training: focused attention, open awareness, and kind intention. This session will demonstrate how to incorporate it into therapy to cultivate more meaning and connection in clients' lives. You'll explore:

- What the results of a study of the Wheel of Awareness involving thousands of people can tell us about how to help clients bring more awareness into the process of change
- The four parts of the Wheel: the five senses; the interior signals of the body; the mental activities of feelings, thoughts, and memories; and our relational self
- How recognizing the principles of chaos and rigidity can help us guide clients toward learning to savor the experience of life in a more balanced and fulfilling way

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### **Learning Objectives:**

1. Analyze the results of a systematic study of the Wheel of Awareness involving thousands of individuals and how what it can tell us about how to help clients bring more awareness into the process of change.
2. Analyze the four parts of the Wheel and how to use them in therapy to improve clinical outcomes.
3. Evaluate the systemic principles of chaos and rigidity and how they can help us better grasp our clients' issues and guide them toward learning to savor the experience of life in a more balanced and fulfilling way.
4. Apply the Wheel in sessions to reduce clients' stress and improve cardiovascular and immune system functioning.

### **Outline:**

A: Mind as an emergent aspect of embodied and relational energy flow

B: Integration as the optimization of the self-organizing aspect of the mind

C: Integrating Consciousness with the Wheel of Awareness

D: Discussion

E: Reflecting on the Wheel as a first-person immersion, and the Ten-Thousand Person Study

F: Linking Subjectivity, Science, and Spirituality

G: Learning, Living, and Loving from the Plane of Possibility

H: Synthesis, Discussion, and Integration

### **References:**

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