

WHOLENESS WORK SESSION NOTES: BASIC FORMAT

Beginning Feeling or Experience: _____	
Location	
Size & Shape	
Sensation Quality	
1st 'I'	
Location	
Size & Shape	
Sensation Quality	
2nd 'I'	
Location	
Size & Shape	
Sensation Quality	
3rd 'I'	
Location	
Size & Shape	
Sensation Quality	
4th 'I' (optional)	
Location	
Size & Shape	
Sensation Quality	
5th 'I' (optional)	
Location	
Size & Shape	
Sensation Quality	

Comments

WHOLENESS WORK SESSION NOTES: MEDITATION FORMAT

Beginning Feeling or Experience: _____	
Location	
Size & Shape	
Sensation Quality	
1st 'I'	
Location	
Size & Shape	
Sensation Quality	
2nd 'I' (optional)	
Location	
Size & Shape	
Sensation Quality	
3rd 'I' (optional)	
Location	
Size & Shape	
Sensation Quality	
4th 'I' (optional)	
Location	
Size & Shape	
Sensation Quality	
5th 'I' (optional)	
Location	
Size & Shape	
Sensation Quality	

Comments

WHOLENESS WORK SESSION NOTES: RECLAIMING AUTHORITY FORMAT

Beginning Experience: _____	
Location	
Size & Shape	
Sensation Quality	
1st Authority (A₁)	
Location	
Size & Shape	
Sensation Quality	
A₂	
Location	
Size & Shape	
Sensation Quality	
A₃	
Location	
Size & Shape	
Sensation Quality	
A₄ (optional)	
Location	
Size & Shape	
Sensation Quality	
‘I’	
Location	
Size & Shape	
Sensation Quality	

Comments

WHOLENESS WORK SESSION NOTES: “WHAT’S MISSING” FORMAT

Beginning Experience: _____	
Location	
Size & Shape	
Sensation Quality	
What’s Missing (M₁)	
Location	
Size & Shape	
Sensation Quality	
M₂	
Location	
Size & Shape	
Sensation Quality	
M₃	
Location	
Size & Shape	
Sensation Quality	
M₄ (Optional)	
Location	
Size & Shape	
Sensation Quality	
‘I’	
Location	
Size & Shape	
Sensation Quality	

Comments