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Six Bodies Methodology





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Six Bodies Check In

“The Six Bodies Check In” was created by my teacher Hali Love, and is a tool that can be used daily to connect to your whole experience in any moment, at any time. It is recommended to start by journaling morning and again at night. Each time you journal you will start to create a new healthy habit and become familiar with “The Six Bodies” and how they relate to you in every area of your life. Eventually with time and practice the “Six Bodies Check In” will come naturally and you can do so mentally throughout the day when needed. The purpose of this practice is to help one become more mindful and aware of each body and create changes when and where necessary.

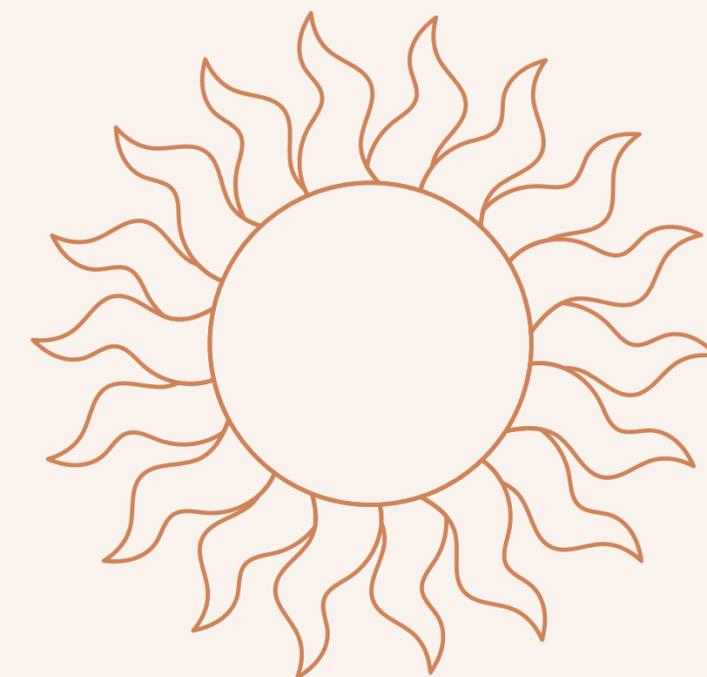




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Six Bodies

- 1) Physical Body
- 2) Mental Body
- 3) Emotional Body
- 4) Energetic Body
- 5) Intellectual Body
- 6) Spiritual Body



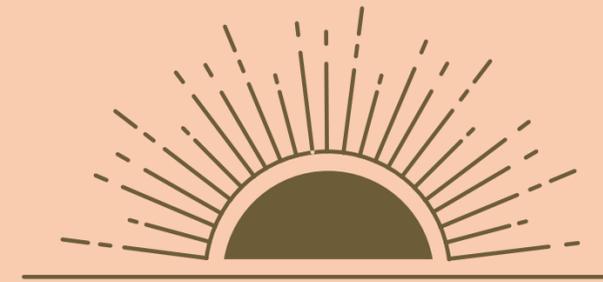


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Physical Body

All systems of your physical body.
What you put on it and in it. How you feel
physically.



Mental Body

Your thinking mind - all of your thoughts.

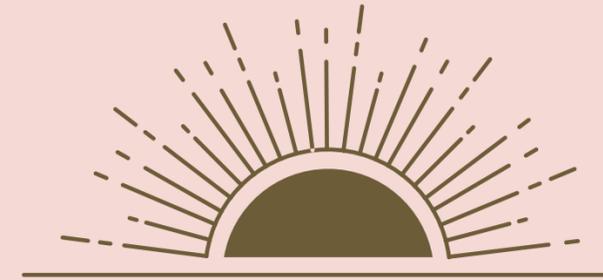


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Emotional Body

All of the 6 human emotions, which are;
fear, anger, joy, contentment, discontentment,
and sadness.

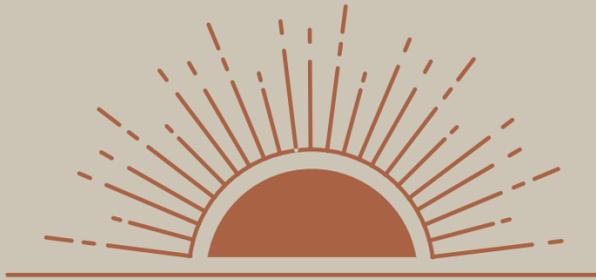


Energetic Body

The energy you give off. The energy you take in.
Your vibe.

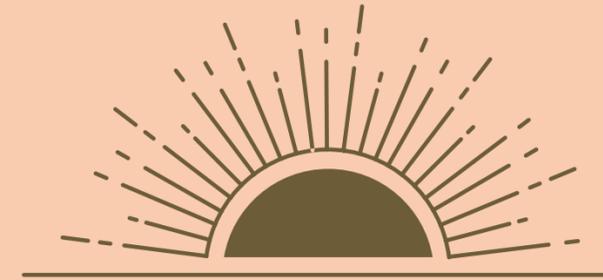


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Intellectual Body

Any new knowledge, learnings, insights or ah ha moments



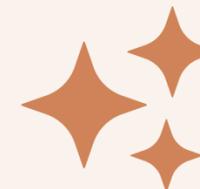
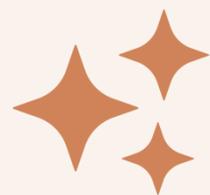
Spiritual Body

This is self defined (there is no right or wrong answer). Faith, intuition, Devine Nature, The Universe, God, Jesus, Buddha.

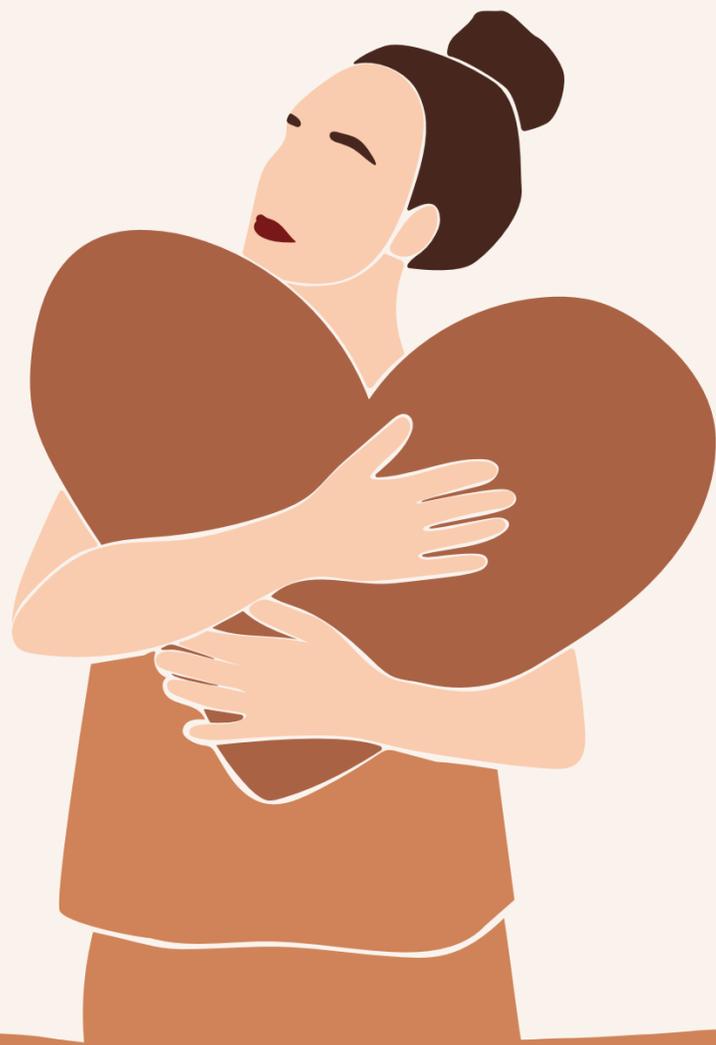


Six Bodies Check In

Begin by journaling with your “Six Bodies Check In”. You can do this morning and evening. This can also be done before any event such as a yoga class, meditation, work out, surf session, public speech, etc. The idea is to learn about your habits and patterns to better understand where you are feeling balanced and imbalanced.



Please remember there are no right or wrong answers. This is just you becoming a witness to your own experience.





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Thank You

