

Emotional Sensory Core Questions

The 7 Regions of your Emotional Sensory Core and the questions you can ask to become more aware of your current InBodied experience.

1. Mind - Thought and Imagery - What do you hear your mind think about this experience, or what images do you see?

2. Voice - Speech - What would you normally say about this experience?

3. Collar Bones (notice unconscious movement toward or away) - Impulse to Behave - How would you normally behave in relationship to this experience?

4. Heart - Sensations and Emotions - What emotions or sensations are awakened with this experience?

5. Lungs - Breathing - How do you breathe when having this experience?

6. Upper Gut - History - What past experiences are similar to this? What meaning did you place on that?

7. Lower Gut - Purpose and Potential - How has this been an influence in your life, and what does that unconsciously make you believe about your potential future?

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