

SOMATIC
INQUIRY
PROCESS

bangka healing arts



TABLE OF CONTENTS

PART I

How to Use this Section	1
Prompt 1	2
Prompt 2	6

PART II

How to Use this Section	11
Journal	12

PART I

HOW TO USE THIS SECTION

These prompts assist in the somatic-cognitive process of integration by creating a guide or road map for the most easeful, pleasurable, desirable, and delighting ways to inhabit our bodies.

As we know, our responses have become automated, even when they are clearly getting in the way! By filling up this section with ideas & confirming them as solutions that work, we can refer to this book when we are ready to try something different and remember all the creative ways that we love to be as a living, feeling, moving creature.

Enjoy!

- Nawa

HOW DO YOU GET INTO THE ZONE?

HOW DO YOU GET INTO THE ZONE?

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UNDER WHAT CIRCUMSTANCES DO
YOU SUCCEED & THRIVE IN YOUR
CURRENT LIFE

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PART II

HOW TO USE THIS SECTION

These prompts assist in the somatic-cognitive process of integration by increasing our awareness of our internal state & giving our cognitive processing some help in determining a different choice to our automatic one.

By recording the physical & emotional disturbances we are feeling at any moment, we are externalising this experience & giving ourselves the chance to comprehend our experience with more information. What actions might we like to try in order to address our current state? Is that a better result than our normative way?

Enjoy!

- Nawa

Date:_____

What physical sensations & emotional experiences am I feeling in this moment?

How would I like to respond or act in this moment, after having considered them?

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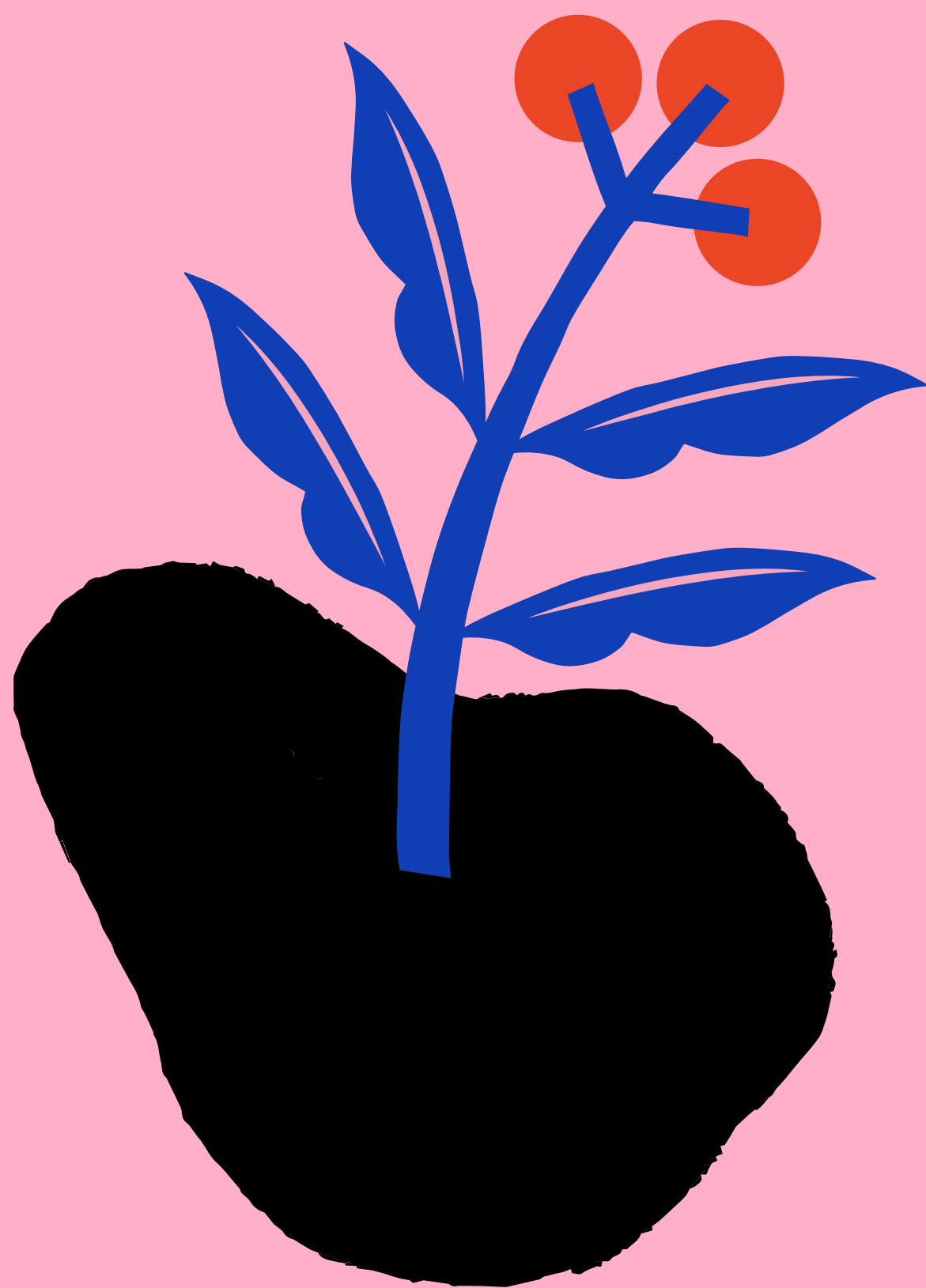
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