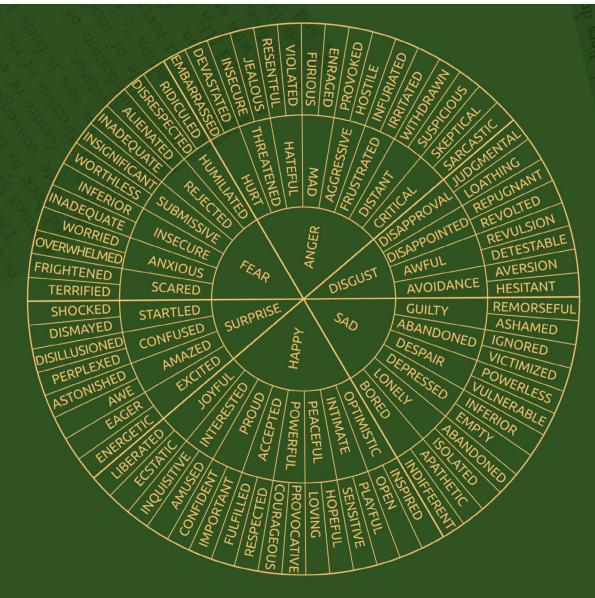


SEPTEMBER 2023

THE GARDEN WITHIN - FEELINGS WHEEL



As we get more comfortable with embracing the complexity of emotions, it is important that we understand the language to describe them and be able to identify them in the body.

This adaptation of the emotions wheel and what the corresponding bodyresponses can be, can serve as a supplemental tool to help give you the language you need to become more of an owner of your emotional experience, helping to cultivate a powerful experience in your own garden.