

5 senses reality practice

In this practice you learn how to take your desire into a practical exploration to discover obstacles in manifesting your desire.

The name of the practice is Body-mind mapping.

The goal of the body-mind mapping is to uncover unconscious or subconscious belief systems, emotions and sensation that prevent you from achieving your desire (goal).

You do this by scanning your body and look for sensations, emotions, thought patterns or areas of numbness, stuckness or blockage in relation to achieving the desire.

The body-mind mapping has three steps, and through them all, you want to scan your body and mind to find out:

- sensations, emotions and thought patterns
- the location of these
- any other information that feels relevant

Step 1: Envision the goal and scan your body-mind

While envisioning the goal scan your body to find out if there is any part of it, that isn't comfortable with having this goal.

Step 2: Envisioning being just about to get your goal

While envisioning that the goal is really close, approaching it or just about to become realized, and find out if there is any part of the body-mind that isn't comfortable with having the goal.

Step 3: Envision taking action to realize the goal and scan your body-mind

Imagine that you are taking action to find out if any part of the body-mind isn't comfortable with having this goal.

With this information, you can create a body map of all the objections and fears. I encourage you to scan and go deep. Make the unconscious fears and objections become conscious, and the way to the goal becomes more clear.

Things you might encounter:

- you don't feel anything
- you don't have any objections and are all good to go

