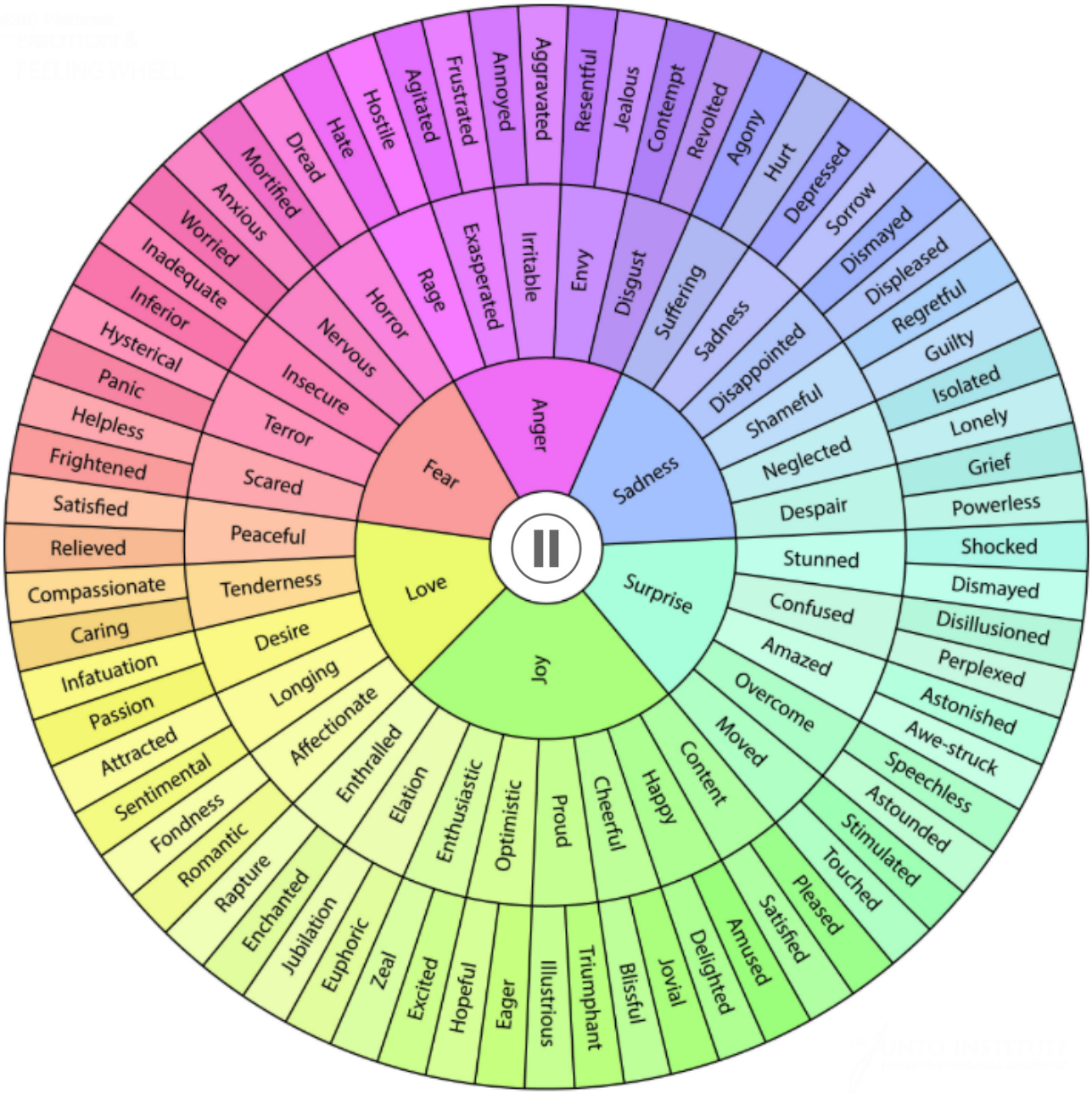
WHEEL OF *Emotions*

As you continue to develop greater awareness of your emotions (during meditation AND as you move through your daily life) you can explore this wheel to develop further insight into the various emotions you might be experiencing. Remember, curiosity and kindness are key!