



The PEMS Practice for Self-Awareness

Self-Awareness is the First Step Required for All Change, Growth and Healing

Benefits: The PEMS Self-Awareness practice has many multi-dimensional benefits. It takes less than two minutes and can be done anywhere, anytime! It teaches you mindfulness. The practice deepens your connection to your true core self and to the Divine. It fosters a sense of well-being on all levels. It amplifies and propels forward any personal development efforts. It can save you from burnout and depletion on any level by giving you warning signals for you to act upon for your increased well-being. It helps you become more awake, aware and available to yourself!

Once you have taken your inner inventory, you can better determine what specific action is required to strengthen you on every level. Your sense of well-being will immediately go up!

Activate Your PEMS Scanning Device—Like an Inner X-ray Scan

Ask yourself the four inner awareness questions and measure your experience at that level on a scale of 1 to 10. Ten represents the highest state of well-being on each level. Center yourself with a few gentle breaths, close your eyes and focus inwardly. This is a radical act of self-respect & love!

P How am I experiencing myself **Physically** right now? *Then notice what you notice!*
1= Ill, injured, exhausted, depleted, lethargic **10=** Best you have ever felt in your body, strong and nourished

E How am I experiencing myself **Emotionally** right now? *Then notice what you notice!*
1= Depressed, suicidal, despairing, closed **10=** Joyful, happy, positive, enthusiastic, sense of well-being, open

M How am I experiencing myself **Mentally** right now? *Then notice what you notice!*
1= angry, self-judging, guilt, shameful, suicidal, foggy brain **10=** Alert, present, awake, positive, participative, accepting

S How am I experiencing myself **Spiritually** right now? *Then notice what you notice!*
1= Contracted, defensive, lonely, disconnected, hateful **10=** Open, expansive, connected, inspired, peaceful, loving

Kindfulness Moment: Take a moment to connect with your inner child; place your hand over your lower belly area and tell him/her that he/she is loved, lovable and loving. Thank him/her for helping you in so many ways. Be kind to your mind and to your whole self. Breathe in the Love!

*He who knows others is wise.
 He who knows himself is enlightened.
 ~ Lao Tzu*

