

Four Bodies Examples

On this example worksheet you will see how when a thought is believed it triggers an emotion and physical sensation, this then leads to an action. The spiritual or 'Truth' body is then experienced as either open or closed, it is closed when the thought believed is limiting.

Thoughts	Emotion/s	Physical Body	Physical Action(behaviour)	Spiritual (Truth)
Thoughts believed	Note emotion/s experienced	Note physical sensations	Note action or behaviour	Note if open or closed
✓ I don't understand	Anxious, worried	Shaky	Withdraw, don't ask any questions	Closed to my employer
✓ I've got to get this right	Panicky, very anxious	Heart racing, tense all over	Delay doing the task. Over thinking.	Closed to the task
✓ They are not listening to me	Angry, irritated	Tense, hunched shoulders, furrowed brow	Raised voice, angry tone, glaring, not listening to the group	Closed to the group of people
✓ I'm not good enough	Fear, anxious	Feel sick, sweaty palms	Eat to feel better, withdraw from life/people.	Closed to everyone
✓ I hate tests	Annoyed, scared	Slumped	Study but don't give it my full attention	Closed to studying
✓ I can't do this it's too difficult	Scared	Feel tired, body feels heavy	Give up, don't make any attempt to even try - go to sleep	Closed to the situation
✓ I'm not clever enough	Sad	Crying, frozen	Sit and cry whilst looking at my work	Closed to my abilities, to my friends and colleagues
✓ I can't afford to pay my bills	Anxious, Worried	Feel sick, shaking	Avoid looking at the bill and put off paying	Closed to my financial situation and the bills
✓ I don't want to admit I have a problem with addiction	Depressed, anxious	Shaking	Find a way to feed the addiction, lie and hurt people	Closed, can only see the addiction nothing else matters
✓ I should get better salary than this	Annoyed, irritated, self-righteous	Body stiff, standing up, pacing	Talk about my failure to friends, talk about the unfairness	Closed to everyone, I can only see my point of view
✓ I've got no friends	Upset, sad	Crying	Look at social media, lock self in bedroom	Closed to family and friends.