

The Circle of Life

The Circle of Life is a powerful way to bring your life into its best alignment with who you are. Using a visual representation and words to describe the essence that is You, the Circle of Life shows you where you are doing well and where you might consider focusing your energy in support of living a life that is more perfectly aligned. The more aligned your life is, the easier manifesting becomes, and the faster you will move into who you are, what you want, and enjoy all of life in the fullness that it is meant to be.

Using the metaphor of baking a cake, as we have done in the *A Recipe for Living* video and audio series, the Circle of Life becomes even more powerful! Think of the Circle as the oven in which you will bake the cake you've collected ingredients for throughout the series. You've got the ingredients and you have put them together in the right configuration, but if your oven is off the cake isn't going to turn out! By using the Circle of Life, you can ensure that your oven is in tip top shape that the oven is going to make the best possible use of your ingredients.

Are you ready? Getting started is easy! Here's what to do:

- Take a few minutes to quiet your mind and take a few deep breaths. Then say your full name three times out loud. Take another breath or two, deeply, exhale slowly, and begin.
- Think for a few minutes of some words that you believe represent the core of who you are. If you remember, we are using a BioPsychoSocialSpiritual model. So think of words in each category that speak to you. Words that feel like they represent things that are so important to you in each area that when you experience them you know you've had a great day, and when they are absent it is all too clear that something is amiss.

My words are, *Peace... Integrity... Service... Balance... Connection... Learning/Knowledge... Authenticity... Compassion... Joy... Expansion... Expression... Harmony... Fitness.*

You may have some of these same words, different ones, more, or fewer. What matters most is that the words that you choose feel like core values, ways of being in the world, and are ideals that are simply essential to your very being. Added up, they paint a picture of who you are. You may or not be expressing them fully right now. That's okay! They are your ideals, your core values.

Write these words in a list to the right side of the circle on page 3 of this handout. Don't worry about filling it completely; you can add words anytime as you use your Circle. You are a work in progress!

- Now move to the Circle. Label each segment as an Aspect of your life. For instance my spokes read, *Partnership/Marriage, Spirituality, Career, Home, Education, Social Ties, Health, Finances, Family, and Leisure*. Label each segment and be sure that every aspect of your life either has its own segment or is incorporated in another segment.

Now the power begins!

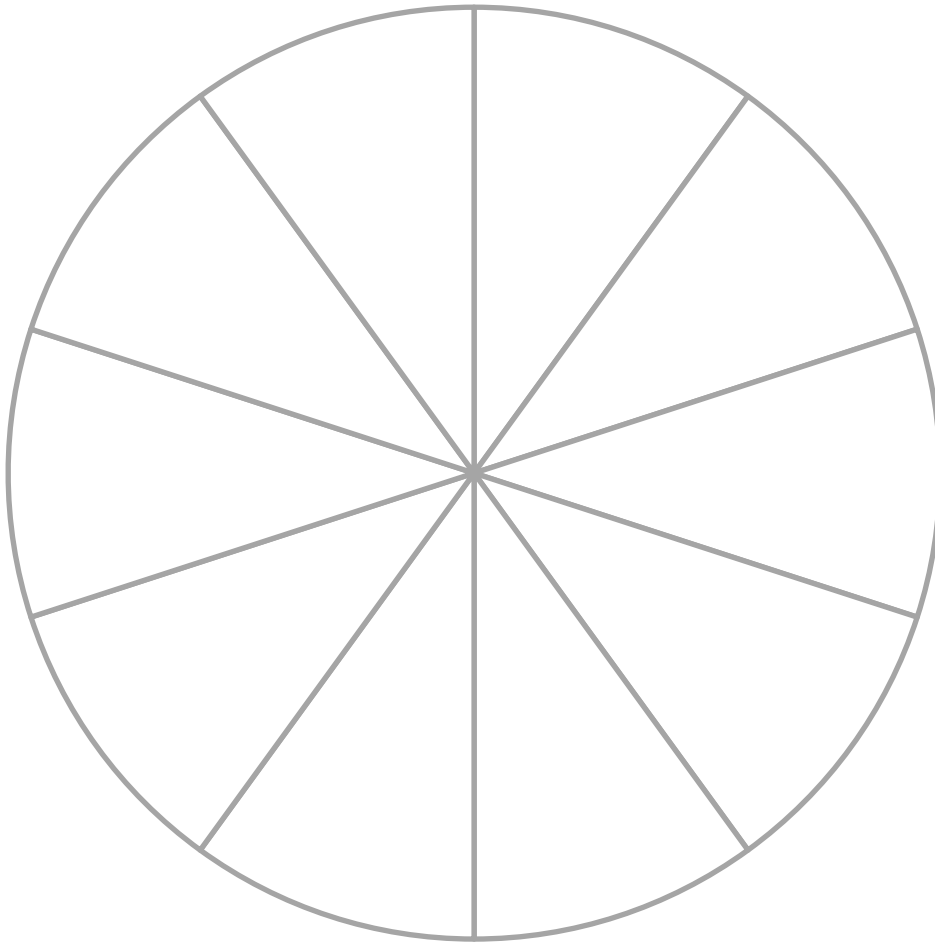
- First, set an intention that you will use your Circle of Life in a way that supports you in moving into a greater and greater everyday expression of who you are.
 - Something like, “I hereby intend that by virtue of creating this Circle of Life, I will use it daily to guide me and to move me ever closer to the greatest expression of who I am. And so it is!”
 - Adopt this intention, or create your own. Then, say it aloud with conviction!
- Next, look at the list of the right side of the page and ask yourself for each one, “Is this value fully represented in my life or must I do something to better connect with it?”
 - If there is an imbalance with any, resolve to correct it and identify something you can do to give that value a better expression. For example if *Fitness* is one of your values as it is mine, is it well-expressed in your life today? If not, in what areas in your Circle can you resolve to do more toward fitness and what will you do? Resolve to do so.
- Go through each value in the Circle and make a list of all things you can do be sure that every value is well expressed somewhere in your Circle of Life.
- Once you do this, your oven will be in perfect working order! And all of the ingredients that you have collected as you moved through *A Recipe for Living* will have a proper, nurturing place for transformation in the cake that is your life.

Make a commitment to use your Circle of Life on a daily basis! Read it over completely at least once a day so that you stay intimately familiar with it. Modify it, as you may feel called. Consult it when making decisions about where to put your energy — what values need work? Put your energy there. Are goals not coming together properly? Review the list of values to see which are not well expressed in your life and put your attention there. Once balance is restored your goals will manifest effortlessly!

For a review of the full *A Recipe for Living* program, go to drmarkarcuri.com and click on the Resources tab. From there, you can review each of the 12 videos or if you prefer you can download the corresponding podcasts.

Let us know how it goes in the video or audio comments at drmarkarcuri.com or scroll to find the videos on Facebook at facebook.com/drmarkarcuri and comment there. We look forward to sharing in your experience!

MY A RECIPE FOR LIVING CIRCLE OF LIFE



WHO AM I?

Biopsychosocialspiritual model

*My Core Physical, Emotional,
Social, and Spiritual Values*
