



Connectedness Charts

DIMENSIONS OF CONNECTEDNESS:

- **HEART:** Who do you love? Who loves you? Who do you want to love you?
- **MIND:** Who teaches you? What are you learning? Who do you teach? Who do you think about?



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- **BODY:** Who shares your blood? Does anybody share your body? Who provides you with food and shelter?
- **SOUL:** To what or whom is your soul connected? What or who are your passions?

Connectedness Charts

COLOR CODES FOR THE LINES

- **RED** is for the heart.
- **GREEN** is for the fertile and creative mind.
- **BLUE** is for the blood that runs in the veins (body).
- **YELLOW** is for the light of the soul.

