



Aware Of Awake:

Mind Your Body Centers



A Guide for Students of Mind Your Body Centers

LEGAL DISCLAIMER: Mind Your Body Centers and its staff are not doctors or licensed healthcare providers. We specialize in meditation and "Awake Mind-Body Balance" through dedicated meditation practices. This checklist is an educational tool for your personal knowledge. Always consult with a licensed medical professional before making any changes to your diet, exercise, or medical treatment.

You are here because you feel it—a stiffness in your back, a flutter in your chest, or a fog in your mind. At Aware of Awake, we believe these aren't just random symptoms. They are signals from your specific biological and energetic systems.

Part 1: The Assessment: Check the box if this sounds like you:

Zone 1: The Exterior (The Skeletal System)

- I wake up feeling stiff or “locked up” in my lower back or neck.
- Moving my body feels heavy, like walking through water.
- I catch myself clenching my jaw or shrugging my shoulders when I drive.

Zone 2: The Interior (The Involuntary System)

- I feel a “knot” in my stomach or digestive issues when I get stressed.
- My heart races or flutters even when I am sitting still.
- I feel a low-level hum of anxiety that I can’t “think” my way out of.

Zone 3: The Foundation (The Root Chakra)

- I feel “flighty,” ungrounded, or unable to focus on just one thing.
- I worry constantly about survival (money, safety, the future).
- I feel like I am floating through life without a clear purpose.

Part 2: Your Results Explained: Here is the science (and the wisdom) behind what you are feeling.

If you checked Zone 1: Your Skeletal Muscles are Overworked.

- **The Science:** Skeletal muscle fibers are attached to your skeleton and are under *voluntary control*. They appear striated (striped).
- **The Problem:** When you are stressed, you unconsciously tighten these muscles to “protect” yourself, creating chronic pain.
- **The Fix:** You need ALIGN (Yoga). We use specific Asanas to signal these voluntary muscles to let go, releasing the physical armor you’ve been carrying.

If you checked Zone 2: Your Smooth & Cardiac Muscles are Reactive.

- **The Science:** Cardiac muscle is found in the heart walls, and Smooth muscle lines your hollow organs (like the stomach). These are under *involuntary control*—you cannot just “tell” them to relax.
- **The Problem:** These muscles react to your subconscious stress, causing indigestion and rapid heart rates.
- **The Fix:** You need BREATHE (Adi Yog). The breath is the only “remote control” we have to access the involuntary system. Our Himalayan breathing techniques soothe the smooth muscle fibers and slow the cardiac rhythm.

If you checked Zone 3: Your Root Chakra is Blocked.

- **The Wisdom:** “Chakra” is Sanskrit for “wheel.” The Root Chakra connects us to the earth, pulling in the energy we need for basic survival.
- **The Problem:** Without firm roots, you cannot open your intuition. You feel unsafe and unable to flush out what no longer serves you.
- **The Fix:** You need GROUNDING (Coaching & Retreats). Whether it is a coaching session to design a stable life or a hike in the Himalayas to touch the earth, we help you reconnect your roots.

Mind Your Body Centers Specializing in Meditation & Awake Mind-Body Balance

Website: mindyourbodycenters.com

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