

Qualities (Gunas) for Taking Sensate Inventory

- **Hot/Cold**
- **Heavy/Light**
- **Cloudy/Clear**
- **Sharp/Dull**
- **Smooth/Rough**
- **Vibratory/Electrical**
- **Expanded/Contracted**

Start the day by sensing – do a body scan in the morning

Invent no meaning or judgment, it's a practice

Through sheer observation, the awareness starts to dawn - it can take time

