

The Six Channels of Awareness (<http://www.dougsilsbee.com/>)



Compare the focus of your attention to a radio receiver and adjust the frequency to 6 different channels that are each broadcasting different information about your experience:

Perception

Sensory experience of the world around us... sight, sound, smell, touch, taste

Interoception

Sensory experience of ourselves... breath, energy, constriction, pulsing, tension, numbness, hunger, craving, action impulses

Cognitive

Images, words, thoughts, process constructions, narratives, identifications, etc.

Emotional

Joy, anxiety, anger, fear, happiness, contentment, etc.

Relational

Trust, mistrust, connectedness, resonance, boundaries

EcoSomatic / Spiritual

Felt sense of meaning, purpose, spirit. The bigger view of ourselves in the passage of time and the felt awareness that our actions count and leave an imprint on the world.

This more accurate perception of the world, coupled with allowing ourselves to be affected by it, leads to a much greater sense of meaning and purpose as we identify and fulfill our contribution to our world. This is clarity. What we are able to see and to notice fills our awareness, energizing various pathways in our nervous system.