



Each of the 5 primary dimensions of the self (physical, emotional, mental, energetic and spiritual) can have a different level of growth and awareness, different needs and requirements. We can have a good mental balance but struggle with emotional overwhelm or feel evolved spiritually, but lack in grounding.

It is normal to have more advanced parts than others; each of us has a unique story, and these experiences contribute to our overall progress or demotion.

When we experience internal conflicts or trauma, some parts may be left behind, or others take over, creating a state of global imbalance and generating confusion.

Life is a constant flow, and so are we. What today still seems immature can ripen when we least expect it if we pay attention.

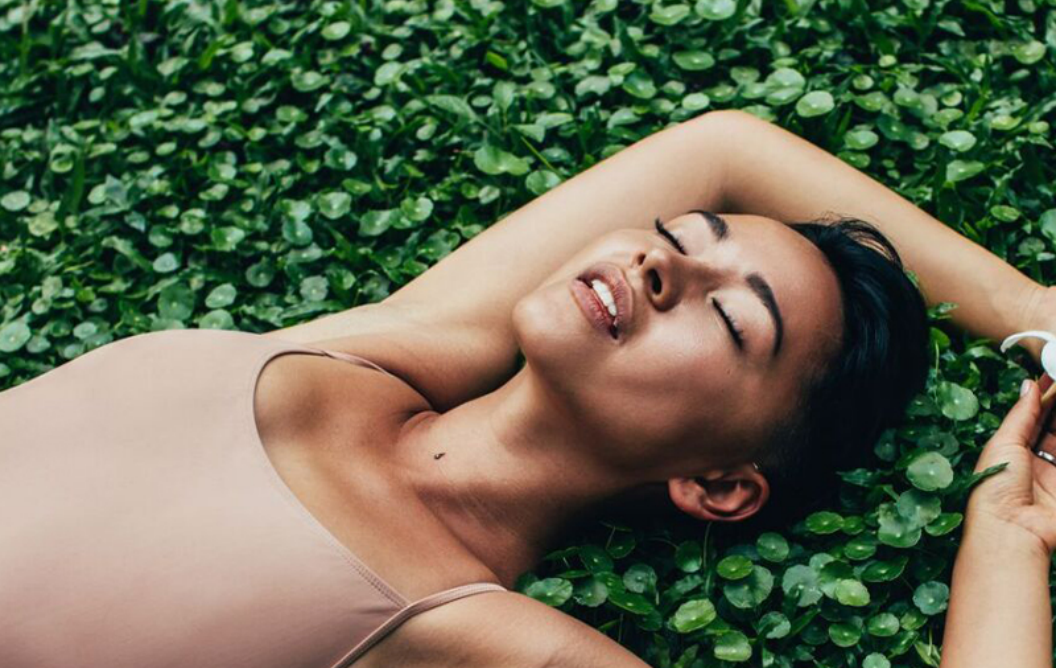
To facilitate understanding of these parts, we will explore this five main levels of the self.

Below you will find a questionnaire to help you evaluate these parts on a scale of 0 to 5. Answer honestly without overthinking. Add up the total score and reflect on the result.

Use the follow-up questions to reflect and write down any ideas that might help improve your overall wellbeing or specific parts and observe if there are inner resistances without judging and write them down. Repeat the questionnaire regularly to see if there have been any changes.

We hope you enjoy and gain clarity and precious insights from this activity. Feel free to get in touch if you wish to discuss your results, book a consultation with Maria or share feedback.

You can also practice *the five-level meditation* on YouTube. Please support my work by subscribing to my Youtube channel.



1 | Physical level

Rate individual questions on a scale from 0 to 5.

1. How much do you enjoy your relationship with your body and sexuality? _____
2. How much do you feel stable, safe and grounded?

3. How healthy are your relationships with money and material things? _____



2 | Emotional level

Rate individual questions on a scale from 0 to 5.

1. How much do you equally allow yourself to feel all ranges of emotions and feelings? (positive and negative) _____
2. How much can you establish adequate boundaries in relationships? _____
3. How much do you express yourself and your feelings authentically? _____



3 | Mental level

Rate individual questions on a scale from 0 to 5.

1. How much are you satisfied with your intellect?

2. How much do you think you are aware of your thought-forms and limiting self-beliefs?

3. How much are you open to new ideas without being overly suggestible? _____



4 | Energetic level

Rate individual questions on a scale from 0 to 5.

4. How much are you aware of your aura and subtle interactions? _____
5. How much can you pick up unbalances from your and others' energy field? _____
6. How much do you cleanse and harmonise your energy body? _____



5 | Spiritual level

Rate individual questions on a scale from 0 to 5.

7. How much do you feel connected to your higher self? _____
8. How much can you spend time quietly and alone?

9. How much do you trust the divine planes, can relax and let go without the need to control?

A photograph of six light-colored wooden blocks arranged in a row on a wooden surface. Each block has a black letter printed on its top face, spelling out the word "RESULTS" in all caps. The background is a blurred brick wall and a small green plant in a white pot is visible in the upper right corner.

RESULTS

Now add up all the individual category results to get an idea of the current overall state of that part.

1. **Physical level score** _____

2. **Emotional level score** _____

3. **Mental level score** _____

4. **Energetic level score** _____

5. **Spiritual level score** _____

- Based on the result, what part(s) of your being is/are more balanced or developed?

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- What aspects still need to be acknowledged or developed and need more attention?

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- What aspects and parts of yourself do you feel are important to improve right now and why?

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