

6 Portals for Balanced and Masterful Practice – Personal Development

Place your studies and practices in the third column where you imagine they fit. How do your chosen practices complement and balance each other? In the 6 Portals, where are your strengths? Where are your gaps? Where could your practice find more balance?

Portal	Examples	My Practices
Body - Somatic Gross body, kinesthetic	Biochemistry, proper diet and rest, posture shift, physical congruence, movement. Examples: Alexander technique. Weight training. Strozie-Heckler. Massage. Physical therapy. Rolfing. Feldenkreis. Aryurvedic diet. Kinesiology. “Blink” facial muscle mapping.	
Action - Behavioral Actions, practical, doing	Strategies, goal setting, task lists, planning, communication techniques, behavior modification. Examples: Habit replacement, strategic planning.	
Mind - Cognitive Thoughts, beliefs	Inner dialogue, paradigm shifts, rules, contracts, reason, intellectual understanding, story, assessment, analysis. Examples: Talk therapies. Deductive reasoning.	
Heart - Subtle Emotion, Energy	Visualization, intendo, rescripting, pre- and post- hearsal, energetic alignment with a commitment, limbic resonance, Examples: Chakra work. Reiki. Emotional intelligence. Family constellation work. Clearing karma.	
Gut - Bridge Life force, Values, Needs	Universal, benevolent underlying intentions, core motives, yearnings, underlying commitments, value discernment. Modality examples: Rosenberg’s “needs consciousness”, Kegan/Lahey change process	
Spirit - Causal Inner guide, Spirit	Intuition, Divine inspiration, nondual, Witness, peak/peek experiences, inner knowing, flow, expanded consciousness, state shift work, experienced interconnectedness. Modality examples: Big Mind practices. Meditation.	