



Spins on the Wheel

History of the Spin on the Wheel

Many years ago, when I discovered the holographic nature of the wellness wheel, I found that I could use each dimension as a structure for self-exploration that helped me to better pull all the parts of my life together. Jim discovered the same phenomena independently. When we began working together and compared notes, we realized that we had a powerful tool for whole person integration. We've expanded our initial discoveries greatly over the last couple of years and our students have contributed some excellent ideas in its application.

What Is A Spin?

It's a simple process using well-identified, specific questions to explore your experience and the benefits within each dimension of wellness. Because the wheel is a hologram wherein each dimension affects all the other dimensions, as you become more aware of your life through this holographic form of inquiry your total experience becomes greater than the sum of the parts. The results are usually a calmer, more centered, and more effective you.

This holographic exercise can't be figured out or explained; it can only be experienced by going through the process. The more spins you do, the more integrated you become.

Suggested Spins

This is a partial listing of various kinds of spins on the wheel. The variety of spins is limited only by our creativity. Please share with us your creative uses of the spin as you discover them and we will do the same.

- ❖ **Activity Spin:** To build awareness about a desired wellness activity, be aware how the 12 dimensions are supported by the activity or by the results of the activity.
 - How does ___ (activity) support me in ___ dimension of wellness?
- ❖ **Action Step Spin:** Here is a great way to put more "fire in the belly" about a desired action step and to make the end result of the action step more real.
 - How might ___ (action step) benefit ___ dimension of wellness?
 - In what ways might ___ dimension of wellness support ___ (action step)?

- ❖ **Stress Spin:** Focus on an issue that causes stress and find possibilities for ameliorating or eliminating the stress.
 - How does ___ (issue) impact the ___ dimension of my wellness?
 - How might ___ dimension potentially improve ___ (issue)?

- ❖ **Life Audit Spin:** Here are several methods to look more closely at where you are and where you want to be.
 - Where am I now in regard to the ___ dimension of wellness?
 - Where will I be in the ___ dimension if nothing changes in ___ years?
 - Where do I want to be in the ___ dimension in ___ years?

- ❖ **Vision Spin:** This spin is close to the Life Audit Spin, but has more of an emphasis on getting an emotionally infused present-time experience of what you can be, do and have.
It sets up powerful possibility thinking that allows you to more effectively build your dream.
 - In the ___ dimension of wellness, I am ____. (Build a very specific experience/story using as many of your senses and positive emotions as possible.)

Using the Spins Most Effectively

To get the maximum benefit from doing the spins, it's essential to correctly identify what the issue is in a succinct phrase. The brain is hardwired to look for answers to questions that are posed. But it's very much a "garbage in / garbage out" phenomena. The better the question, the better the answer. You may have to break it down a little or get underneath the surface of your issue. Get as specific as possible. You will know when you have correctly identified it by checking the phrase in your body's felt sense. You tune into your body and then bring to mind the phrase and check your body's response. There should be a feeling of "yes" or "bingo" or a slight sense of relief or relaxation. The body/mind really likes finding the truth. When you take care to do this initial step, you get a lot more bang for your buck in the spin.

Here's an example: I want to do a spin on my communication. But that might be too broad and vague. So what is it exactly that I want to address? It's when I communicate with my mother. OK. That's closer. But what exactly is the stress? Oh, it's when she has that certain tone in her voice and I go into protecting mode. So what actually happens? I associate that tone with her disapproval of me and I get angry because I think she should always approve of me. Hmmmm... So really the issue is me believing that she should always approve of me. That's actually more what it is. Yes, that's it.

So you can see that doing a spin on a vague issue of communication is very different than doing a spin specifically on the stress that arises from the belief that your mother should always approve of you. The results of the spin will be vastly different.

More on the Stress Spin

There's one more important issue when doing a stress spin. With some kinds of spins it is appropriate to just look at how the dimension of wellness can positively affect whatever the topic is, without first identifying how the topic has affected your wellness in a particular dimension. However, when the topic is an unwanted thought, belief, or behavior, it is usually most helpful to do both levels of spins: how the pattern is affecting each dimension of wellness and then how each dimension can positively affect the desired change.

When we are stressed about an issue, it's often difficult to let it go. Doing the full stress spin has been a powerful way to first notice what is happening, as is, without trying to change it.

That's using the question, "How is ___ stress affecting ___ dimension?" first, then following with "How can the ___ dimension positively affect ___ stress?"

Remember the formula "acknowledge reactivity, validate ability." It has been my repeated experience that first noticing what is without trying to change it yields, by far, superior results to immediately trying to change.

I've noticed in their personal portfolio projects that some graduates have incorporated both questions for each dimension (i.e. This is how ___ pattern has affected ___ dimension, and this is how ___ dimension can support me in making the changes I want.), rather than doing one full spin on how the stress is affecting the dimensions and then returning again and doing the spin on how the dimensions can change the stress. Their approach seems to have yielded very illuminating experiences for them. I'd love to see a comparative study with the two approaches to see which is more effective.

Spin Tips

- ❖ **Be clear about the purpose of the spin.** Be clear that this is a form of brainstorming; you're just looking at possibilities and building awareness. It can be overwhelming if this hasn't been made clear and you or your client feels that the result should be an action step for each dimension. Yikes!
- ❖ **Get a correct identification** (accurate naming) of the subject of the spin and get confirmation from your felt sense (or your client's). This can't be emphasized too much. Remember that we are human biocomputers and the same "garbage in, garbage out" rule applies for us as it does in computing. To get accurate results, we need accurate input.
- ❖ **Write it down.** Once you've established the correct identification of the subject of the spin, write it down so you are able to ask the question exactly.
- ❖ **Use the precise wording** of the correctly identified subject of the spin as you repeat the question. The reason for this has to do with how we are wired. The very foundation of why coaching works so well is the fact that when the mind is asked a question, it will automatically start looking for an answer. We can't help it. So the accuracy of the question really matters. If we ask real questions, we'll get real answers. It's that simple.

Applications

- ❖ Use the form provided for you as you learn to do spins. It's very effective to get it in writing. It makes the inquiry real and requires that you look more deeply to be able to externalize thoughts, feelings, and sensations.
- ❖ Print out a small copy of the colored wheel and carry it with you in your wallet while you are learning.
- ❖ Have someone you trust ask you the questions. He or she doesn't need to fully understand, they just need to care about you and be present with you. (The questioner doesn't need to understand what the dimensions are, but the spinner does. So make sure your client has at least a good idea about what each dimension means before you take him or her on a spin.)
- ❖ You can expand the spin out into very long periods and very deep inquiry. Take a whole day, week, or month to do a deep exploration. Use each question in a particular dimension as a depth meditation or simply as a point of focus as you go through your normal day.
- ❖ You can condense a spin down into a matter of moments. With practice, you can do a quick spin before an important presentation, difficult phone call, or just to center yourself throughout your day.
- ❖ Do a spin in the morning as you set your intention for the day.
- ❖ Do a spin at night before you go to sleep as an appreciation, gratitude, or blessing focus.
- ❖ Each time you receive your email reminders about your action plan, do a quick spin to remind you how your action steps are positively affecting your entire life. This is a wonderful reinforcement and motivator to stay on course.
- ❖ Do a partial spin if you are short on time. Select just the dimensions that are most important to you. You'll probably still experience how all the dimensions are interrelated. It's just the nature of a hologram.

By using the spin on the wheel regularly, we are building a whole-person awareness of our lives which integrates us in mind, body, and spirit. It's another powerful tool for wellness coherence. The more we use it, the better we are at helping others on their wellness journeys. We have to own it to give it.

Happy spinning!