

The logo features a light blue circle on the left, partially overlapping a cluster of small orange dots. Below these elements is a horizontal bar that is dark blue on the left and transitions to orange on the right.

Wheel of Awareness

The Wheel of Awareness

The Wheel of Awareness is a guided meditation from Dr. Dan Siegel. The practice of the Wheel of Awareness helps you focus your attention, integrate your consciousness, and become more aware of your feelings as they arise.

Listen to Dr. Dan Siegel audio of the Wheel of Awareness Practice [here](#).