



## The 4-Body-Baggage-Check: With How Much Baggage Do You Travel Through Life?

Have you ever asked yourself the question with how much baggage you travel through life? Many people collect more and more luggage without taking the time in between to check the inventory and probably clear some stuff out; and this does not only refer to the physical stuff. The end of the year might offer a great opportunity for that, because it is for many people the time to review the year. So how would it be for you to take the time right now in order to do a 4-body-baggage-check to then start the New Year with lighter baggage?

### The 4-Body-Baggage-Check

Take into consideration that you do not only have a physical body (consisting of bones, muscles, organs, senses), but also an intellectual body (the mind with its thoughts, stories and opinions), an emotional body (the emotional heart feeling anger, joy, sadness or fear) and a so called energetic body (the being, which has presence and vision). In each of those 4 bodies you can collect immense baggage. In the following you can check how much luggage you have already collected, by answering some questions.

Please be aware that this is not at all a judgment of your life. It is just about finding out how much luggage you have collected. The result is neither good nor bad. The invitation is to radically honest answer the question without hating or punishing yourself. Look at it from a benevolent perspective, not from a judging one.

### PHYSICAL LUGAGGE:

Luggage Point	Your Answer	Points
Which addictions do you have that harm your physical body (including the nervous system)?	<input type="checkbox"/> Fast/Junk Food <input type="checkbox"/> Smoking <input type="checkbox"/> Alcohol (on a regular basis) <input type="checkbox"/> other drugs <input type="checkbox"/> constant background noise (music, radio, etc.) <input type="checkbox"/> other addictions	10 10 10 10 10 10 (each)
How often per week do you eat chemically treated vegetables or fruits from the normal supermarket?	<input type="checkbox"/> not at all <input type="checkbox"/> 1-3 times <input type="checkbox"/> 5-10 times <input type="checkbox"/> more than 10 times	0 1 2 3
How often per month are you stressed?	<input type="checkbox"/> not at all <input type="checkbox"/> 1-3 times <input type="checkbox"/> 5-10 times <input type="checkbox"/> more than 10 times	0 1 2 3

How often per week do you eat in a rush, because you seemingly have not enough time?	<input type="checkbox"/> not at all <input type="checkbox"/> 1-2 times <input type="checkbox"/> 2-5 times <input type="checkbox"/> more than 5 times	0 1 2 3
How often per week do you eat more than necessary? (i. e. you are already full, but keep eating, because it tastes so great).	<input type="checkbox"/> not at all <input type="checkbox"/> 1-2 times <input type="checkbox"/> 2-5 times <input type="checkbox"/> more than 5 times	0 1 2 3
How many pieces of clothes do you own that you haven't worn in a year or longer?	<input type="checkbox"/> none <input type="checkbox"/> 1-3 <input type="checkbox"/> 3-6 <input type="checkbox"/> more than 6	0 1 2 3
How many dust catchers (i.e. assumed, but useless pieces of decoration) do you have at home that are just sitting there, but are not of any value to you?	<input type="checkbox"/> none <input type="checkbox"/> 1-5 <input type="checkbox"/> 5-10 <input type="checkbox"/> more than 10	0 1 2 3
How much trash do you collect in the basement or your apartment that should have been cleaned out and/or brought to the civic amenity site?	<input type="checkbox"/> none <input type="checkbox"/> few (approx. 1 moving box full) <input type="checkbox"/> some (approx. 2 moving boxes full) <input type="checkbox"/> a lot (more than 2 moving boxes full)	0 1 2 3
How often per week do you expose yourself to environmental conditions that harm you (e. g. a lot of noise, exhaust emissions, electro smog, city smog, WLAN at home, etc)?	<input type="checkbox"/> not at all <input type="checkbox"/> 10-30 minutes <input type="checkbox"/> 30-60 minutes <input type="checkbox"/> more than 60 minutes	0 1 2 3
How often per week do you do sports to keep your physical body in shape and healthy condition (without doing extreme sports)?	<input type="checkbox"/> not at all <input type="checkbox"/> 10-30 minutes <input type="checkbox"/> 30-60 minutes <input type="checkbox"/> 60–180 minutes	3 2 1 0
If you have a partner: How much time do you spend per day with your partner in physical intimacy (cooking together, going for a walk together, doing sports together, hug, kiss, having sex, etc.)?	<input type="checkbox"/> none <input type="checkbox"/> 10-30 minutes <input type="checkbox"/> 30-60 minutes <input type="checkbox"/> more than 60 minutes	3 2 1 0

**INTELLECTUAL LUGGAGE:**

Luggage Point	Your Answer	Points
How often per day do you check your Smartphone (to check new SMS, calls, WhatsApp messages, posts on Facebook, Twitter & Co, status notes of your friends, etc.)?	<input type="checkbox"/> not at all <input type="checkbox"/> 1-10 times <input type="checkbox"/> 10-20 times <input type="checkbox"/> more than 30 times	0 1 2 3
How often per week do you watch TV and/or surf in the internet?	<input type="checkbox"/> not at all <input type="checkbox"/> 1-2 hours <input type="checkbox"/> 2-5 hours <input type="checkbox"/> more than 5 hours	0 1 2 3
How often per week do you think or worry about the future?	<input type="checkbox"/> not at all <input type="checkbox"/> 1-3 times <input type="checkbox"/> 3-5 times <input type="checkbox"/> more than 5 times	0 1 2 3
How often per day are you thinking about the past?	<input type="checkbox"/> not at all <input type="checkbox"/> 1-3 times <input type="checkbox"/> 3-5 times <input type="checkbox"/> more than 5 times	0 1 2 3
How often per day do you have superficial conversations that do not nourish you?	<input type="checkbox"/> not at all <input type="checkbox"/> 1-3 times <input type="checkbox"/> 3-5 times <input type="checkbox"/> more than 5 times	0 1 2 3
How often per week do you rack your brains concerning something that you don't understand or do not know how to do it, instead of asking someone for support?	<input type="checkbox"/> not at all <input type="checkbox"/> 1-2 times <input type="checkbox"/> 2-4 times <input type="checkbox"/> more than 4 times	0 1 2 3
How often per week do you take over the problems of other people (your partner, your parents, your colleagues, your friends, etc.) and make it you own problem and think that it is your job to find a solution? (Be radically honest, especially when you have a partner. It can be something really small, e. g. you partner has the problem that he has misplaced the car keys. Do you automatically start looking for them although he hasn't asked you to help him?)	<input type="checkbox"/> not at all <input type="checkbox"/> 1-5 times <input type="checkbox"/> 5-7 times <input type="checkbox"/> more than 7 times	0 1 2 3
If you have a partner: How much time per day do you spend with your partner in intellectual intimacy (you exchange, philosophize, visit the theater or a museum, read an article together, share stories, read a book to each other, make plan together, etc.)?	<input type="checkbox"/> not at all <input type="checkbox"/> 10-30 minutes <input type="checkbox"/> 30-60 minutes <input type="checkbox"/> more than 60 min.	3 2 1 0

### EMOTIONAL LUGGAGE:

Luggage Point	Your Answer	Points
How often per day are you in low drama? (Persecutor-Victim-Rescuer dynamic)	<input type="checkbox"/> not at all <input type="checkbox"/> once <input type="checkbox"/> 2-3 times <input type="checkbox"/> more than 3 times	0 1 2 3
How often per day do you react emotionally, because your partner or another person pushed one of your red buttons?	<input type="checkbox"/> not at all <input type="checkbox"/> once <input type="checkbox"/> 2 times <input type="checkbox"/> more than 2 times	0 1 2 3
How often per week do you expose yourself in your private life to people/situations that do not nourish you on with regard to the emotional body (because e. g. the people use their feelings unconsciously and irresponsibly and try to make you small or else)?	<input type="checkbox"/> not at all <input type="checkbox"/> once <input type="checkbox"/> 2-3 times <input type="checkbox"/> more than 3 times	0 1 2 3
How many relations/situations put a strain on you at work, in which you still have a friendly smile on your face although the time of laughing has been over for quite a while (and you are actually pretty angry)?	<input type="checkbox"/> not at all <input type="checkbox"/> once <input type="checkbox"/> 2-3 times <input type="checkbox"/> more than 3 times	0 1 2 3
How often per week would it actually be appropriate to use your anger to set boundaries and create clarity, but you don't do it?	<input type="checkbox"/> not at all <input type="checkbox"/> once <input type="checkbox"/> 2-3 times <input type="checkbox"/> more than 3 times	0 1 2 3
How often per day do you use your sadness to make authentic contact and create a hear-to-heart connection with other people?	<input type="checkbox"/> not at all <input type="checkbox"/> 1-3 times <input type="checkbox"/> 4-6 times <input type="checkbox"/> more than 6 times	3 2 1 0
Of how many bigger, inner blocks are you aware that are based on emotionally charged experiences and that prevent you in your life from moving forward and following your inspiration? (You can recognize these e. g. by finding yourself repeating the same patterns in life, being stuck in your relationship or in your job, landing in burnout or having accidents).	<input type="checkbox"/> none <input type="checkbox"/> 1 <input type="checkbox"/> 2-3 <input type="checkbox"/> more than 3	0 1 2 3
If you have a partner: How much time per day do you spend with your partner in emotional intimacy (e. g. you share your feelings, deep listening without discussion, lay your wounds open, being in authentic contact with each other, warmth, compassion, openness, vulnerability etc.)?	<input type="checkbox"/> not at all <input type="checkbox"/> 10-30 minutes <input type="checkbox"/> 30-60 minutes <input type="checkbox"/> more than 60 min.	3 2 1 0



### ENERGETIC LUGGAGE:

Luggage Point	Your Answer	Points
How often per day do you give your energetic center (and thus your power and authority) away and behave adaptive?	<input type="checkbox"/> not at all <input type="checkbox"/> 1-3 times <input type="checkbox"/> 3-5 times <input type="checkbox"/> more than 5 times	0 1 2 3
How often per week are you energetically worn out (i. e. have no more energy, which is different to just being tired)?	<input type="checkbox"/> not at all <input type="checkbox"/> 1-2 times <input type="checkbox"/> 3-5 times <input type="checkbox"/> more than 5 times	0 1 2 3
Without probably understanding it, what would you intuitively say: To which degree is your personal energetic space (in which there should be only your personal energy) filled with energy from other people that probably have stepped over your boundaries and invaded your space?	<input type="checkbox"/> not at all <input type="checkbox"/> up to 5% <input type="checkbox"/> up to 10% <input type="checkbox"/> more than 10%	0 1 2 3
Do you have a vision?	<input type="checkbox"/> yes <input type="checkbox"/> no	0 3
How often per day do you follow your inspiration (that what inspires your being)?	<input type="checkbox"/> not at all <input type="checkbox"/> up to 1 hour <input type="checkbox"/> 1-5 hours <input type="checkbox"/> more than 5 hours	3 2 1 0
Do you regularly meditate or practice another sitting form?	<input type="checkbox"/> yes <input type="checkbox"/> no	0 3
If you have a partner: How much time per day do you spend with your partner in energetic intimacy (you meditate together, celebrate rituals, appreciate each other, move together in the speed of love, experience respect, growth, development in your relationship, etc.)?	<input type="checkbox"/> not at all <input type="checkbox"/> 10-30 minutes <input type="checkbox"/> 30-60 minutes <input type="checkbox"/> more than 60 min.	3 2 1 0
How often per day would you say you are present in the NOW, in the very moment	<input type="checkbox"/> what does it mean? <input type="checkbox"/> 10-30 minutes <input type="checkbox"/> 30-60 minutes <input type="checkbox"/> more than 60 min.	3 2 1 0

Now add the points shown behind the answers you marked. In the following you find a little evaluation. Please take this evaluation with humor. I don't say IT IS SO! However, you might resonate with one or the other aspect.



### **0 to 25 points: The free bird**

You already travel with very light luggage and have already cleaned quite some things in your life (if that was necessary). Whenever something feels strange or off you stop and look what it is about. You prefer clarifying things immediately instead of carrying them around for days, weeks or months. You can already differentiate between feelings and emotions and use the feelings consciously in your daily life as navigation system. You try to rather not get involved in low drama (persecutor-victim-rescuer dynamic), but stay in your power and pay attention to create fulfilling relationships with your partner, friends, family and colleagues. Also physically you prefer to travel with light luggage. You don't have useless stuff sitting at home, your physical basement, your lumber room or the space beneath your bed is not a waste dump. Instead you are a king/queen of Drala, i. e. you create clarity, elegance and magical energy in rooms through a certain order (which is not neurotic).

### **26 to 55 points: The wanderer**

You travel with medium-sized luggage, comparable to a hiking backpack. You can move with it through life rather comfortable, but moments arise from time to time where it gets harder. Then it can happen that you adapt to others, do not keep your center, and try to please other people or meet the social norms. From time to time you react emotionally, which can lead to the fact that you make your partner a swine in those moments and regret afterwards. It may happen that you sometimes cannot sleep so well, because so many thoughts occupy your mind. Probably you then like to have a glass of red wine to "calm down" a bit. However, you manage each time to get out of this mode again. Sometimes things pile up (mail, physical stuff that should be cleaned out, etc.). In most cases it gets you at a certain point of time and then you radically clean up again, because in the end you still prefer clarity.

### **More than 55 points: Santa Clause**

You travel with a lot of luggage, comparable to a huge, full sack like the one Santa Clause drags or buries his sleigh. You keep getting stuck in life and cannot move forward as you wish or realize the things easily. Maybe you even do a lot of things you don't like or you find yourself oftentimes in situations where low drama is happening so that you lose a lot of energy. You ask yourself how you can get out of it. If you had a magic wand, you would actually like to sink this huge sack in the sea and fly through life free like a bird. The good news is: the bird is already in you (otherwise you would not have done this 4-body-luggage-check). The question is: when do you finally start to look after yourself and follow your inspiration? Have you been stuck long enough? Are you willing to take responsibility and use your anger to really bring about change?

### **THE BAGGAGE-CLEAN-UP EXPERIMENT**

Take once more a look at the different luggage aspects. From those aspects where you have crossed answers with 1 to 3 points, pick one point each day for the duration of the next 4 weeks that you will change in order to travel through life with lighter luggage.

If for example you have bought a lot of chemically treated vegetables and fruits in a normal supermarket, start purchasing in an organic market.



If you watch a lot of TV, especially news and soap operas, do the experiment to not watch TV for an entire week and realize what kind of effect it has on your sleep.

If a lot of thoughts keep occupying your mind and you are not able to rest, try to give thinking a break, by sitting on a chair or a cushion for 10 minutes each day and focusing on your breath. If thoughts come up, just observe it and concentrate again on your breath. Extend this attentiveness experiment 5 minutes each week until you are able to sit like this in silence for 30 to 40 minutes.

If you expose yourself to a lot of situations or people then emotionally stir you up, stop it. Have instead conversations with people that you appreciate and with whom you can have nourishing conversations.

If you keep losing energy, eliminate the situations that make you lose energy. Instead follow your inspiration, which gives you new energy.

If you think you don't have time for all this, make time for it. To think to not have time is just a story so that you can irresponsibly stay in the old mode and not have to change anything.

Many people oftentimes think that they still need so much or still have to reach or do this and that before being able to be happy. However, what if the place of happiness is already inside of you. It might just be somewhat buried under some physical, intellectual, emotional and energetic luggage. Happiness and wellbeing is your birth right. So take care of yourself and get more and more rid of your luggage so that you can be present in the here and now, in this very moment. Cleaning out physically can often be a first, important step.

Have fun doing an overall clean up.

Best wishes,  
Nicola Neumann-Mangoldt

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