

The Wheel of Harmony

Explorers Edition — Ages 7–12



A guide for parents and young learners

Based on the Integral Harmony System — integralharmonysystem.com

For Parents & Educators

Between seven and twelve, something fundamental changes. The child moves from sensory-narrative immersion into conceptual reasoning. They can categorize, compare, and self-reflect. "I've been on screens all week and haven't been outside" is a diagnostic act. The Wheel becomes a tool they can use.

How to Use the Explorers Wheel

Weekly check-in: 10–15 minutes once a week. The child rates each pillar: strong, okay, or needs attention. Over time, patterns emerge.

Diagnostic conversations: When something feels off, the Wheel provides vocabulary. "Let's look at your Wheel — where does the tightness live?" Vague unease becomes actionable diagnosis.

Activity integration: Help the child see that one activity can serve many pillars. A family hike is Health + Nature + Relationships + Recreation. The Wheel is about awareness, not scheduling.

The journal: One page per week with seven pillars listed. What happened? What was missing? What do I want more of?

For the Explorer

What Is the Wheel of Harmony?

Imagine you could see your whole life on one page — not just school or sports or friends, but everything that matters. That is what the Wheel of Harmony does. It is a map of a complete human life, and it has eight parts.



At the center is **Presence** — the quiet, aware part of you that notices everything else. When you eat breakfast and actually taste the food instead of staring at a screen, that is Presence. When you listen to a friend and really hear them, that is Presence.

Health — Your body, your energy. Sleep, food, water, movement. Center: *Monitor* — paying attention to how your body feels.

Matter — The physical world around you: home, belongings, tools. Center: *Stewardship* — taking care, not just consuming.

Service — How you contribute and create value. Center: *Dharma* — your unique purpose.

Relationships — The people in your life. Center: *Love* — the practice of caring deeply.

Learning — Everything you study, discover, and master. Center: *Wisdom* — understanding what knowledge means.

Nature — Your relationship with the living world. Center: *Reverence* — wonder and respect.

Recreation — Music, art, stories, sports, travel. Center: *Joy* — genuine delight in being alive.

How to Read Your Wheel

Ask yourself: which pillars are strong right now? Which are weak? Which have I been ignoring? Most kids your age are naturally strong in Recreation and Nature, moderate in Learning, and weaker in Service and Matter. That is normal. The point is to notice and slowly fill in the gaps.

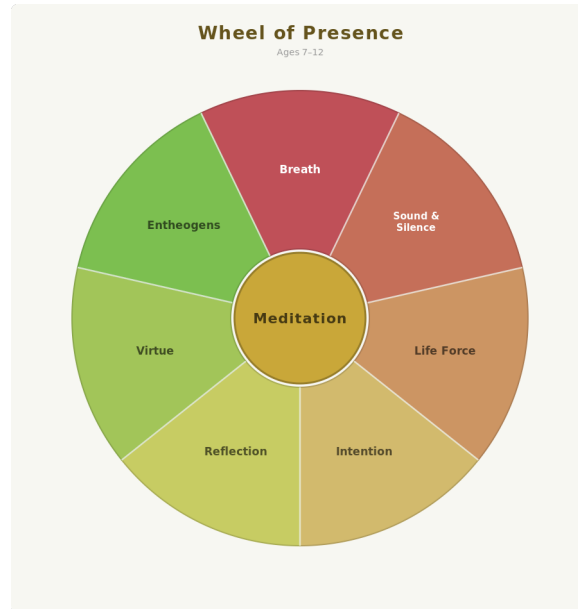
The Sub-Wheels

Each pillar has its own wheel inside it. If a pillar feels weak, the sub-wheel tells you exactly where to look. The Wheel gives you the vocabulary to be precise.

Health (center: Monitor) — Sleep, Recovery, Supplements, Hydration, Purification, Nutrition, Movement.



Presence (center: Meditation) — Breath, Sound & Silence, Life Force, Intention, Reflection, Virtue, Entheogens.



Matter (center: Stewardship) — Home, Transport, Clothing, Technology, Finance, Provisioning, Security.



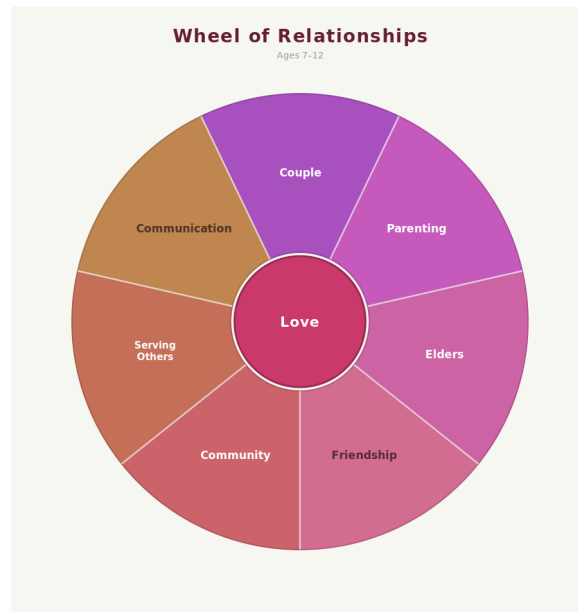
Service (center: Dharma) — Vocation, Value Creation, Leadership, Collaboration, Ethics, Systems, Communication.

Wheel of Service

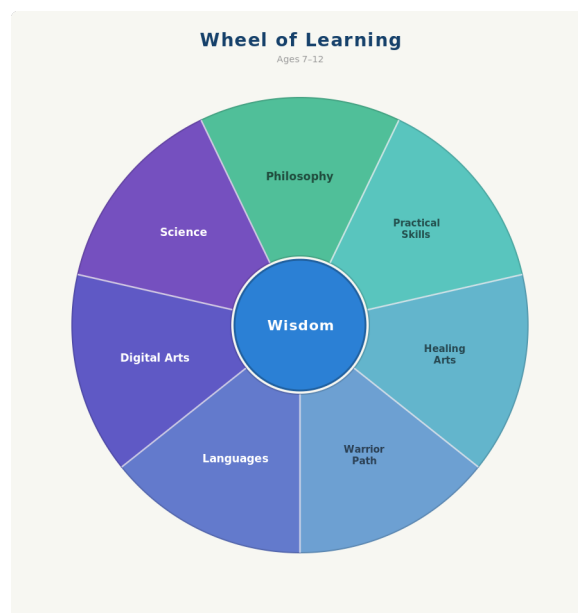
Ages 7-12



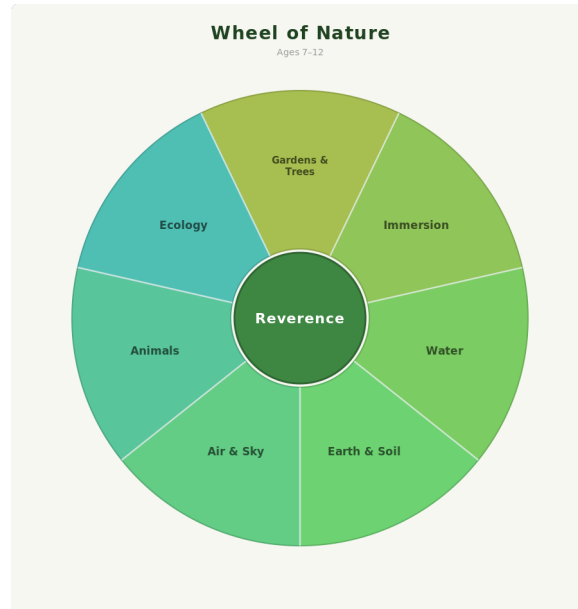
Relationships (center: Love) — Couple, Parenting, Elders, Friendship, Community, Serving Others, Communication.



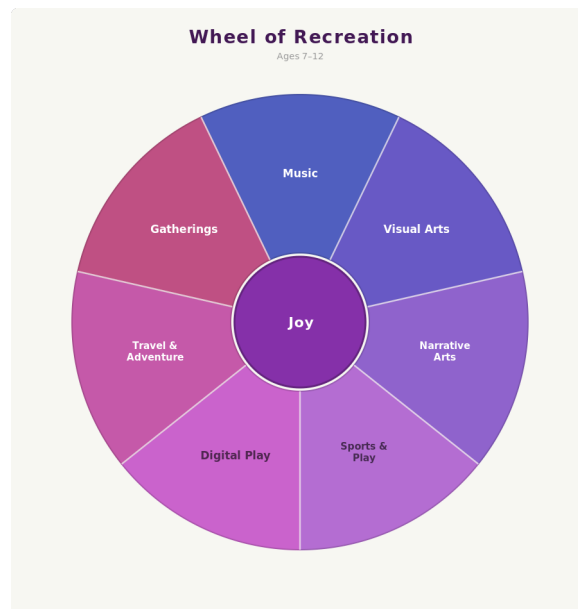
Learning (center: Wisdom) — Philosophy, Practical Skills, Healing Arts, Warrior Path, Languages, Digital Arts, Science.



Nature (center: Reverence) — Gardens & Trees, Immersion, Water, Earth & Soil, Air & Sky, Animals, Ecology.



Recreation (center: Joy) — Music, Visual Arts, Narrative Arts, Sports, Digital Play, Travel, Gatherings.



The Secret of the Wheel

Activities can serve many pillars at once. Swimming in a lake with your family is Health + Nature + Relationships + Recreation + Presence. The Wheel does not ask you to do seven separate things every day. It asks you to be aware of all seven dimensions and to notice when one has been neglected too long.

Part of the Integral Harmony System — integralharmonysystem.com