

DUALITY

Accessing Your Higher Awareness
Week 8



YOUR OFFICIAL PROGRAM WORKBOOK

Week 8

7 Simple Tips To Get The Most Out Of This Week:

1. Print out this workbook before listening to this week's session so you can write down your notes as you listen. This workbook includes only the most important slides from the videos.
2. Review the topic outline so you know what to listen out for. Make sure you've set aside private time for this session so you'll be able to focus and fully receive the benefits of the contents.
3. While going through this week's session, write down ALL interesting and new ideas and inspiration you get while listening — that way you won't lose the information most relevant to you.
4. Think of how you can quickly implement the secrets revealed in this week's session.
5. You have 3 checkboxes next to the title of each video in this week's session. You can mark each video as either completed, favorite or watch again. This will help you keep track of your progress.
6. Listen to the daily meditation each day. Mornings are best, but anytime is ok. For best results, please start the daily meditations right away, even if you haven't watched the videos for the week.
7. Read the "Self Practice" and "Partner Practice" exercises at the end of this workbook. These real-world exercises can be practiced anytime during the week. They are an important part of integrating energy awareness and healing into your daily life.

Preparation Tips For The Meditation Part Of This Week:

- Make sure you are in a quiet place where nothing can distract you, and that you are not operating a vehicle or any other machinery. Be in a comfortable position so you can fully take part in the meditations.
- Take a deep breath. Deep breaths slow the heart rate and relax the muscles to help you have a comfortable experience during meditation.

Happy Learning :)



THE NEXT PART IS FOR YOU TO TAKE NOTES WHILE YOU LISTEN TO THIS WEEK. THESE WILL BE THE IMPORTANT TAKEAWAY POINTS FOR THIS SESSION.

8-1. Connecting With The Duality Group

- ☐ Complete
- ☐ Favorite
- ☐ Watch again

To begin each week, Jeffrey guides you in meditation to connect with the other Duality students energetically – in the present, past, and future. This is a powerful way to deepen your learning experience.

What is your intention?

8-2. Living From Your Higher Self

- ☐ Complete
- ☐ Favorite
- ☐ Watch again

Physical World & Energy World

- **Physical-only** Focus is Limiting
- **Energy-only** Focus is Limiting
- Physical & Energy Focus **Together** is **Powerful!**
- Physical Tools + **Energy Tools**
- Physical Perception + **Energy Perception**
- Physical Identity + **Energy Identity**



Living From Your Physical Identity

- **Easily Swayed** by Physical World
 - Life Goes Up → You Go Up
 - Life Goes Down → You Go Down
- **Reacting** to Events that You Didn't Knowingly Create
- Difficult to Elevate Beyond **Mundane** Concerns
 - **Stuck** in the Rat Race or Life's Dramas
- Can Feel Lonely, Hopeless, or **Unsupported**

Living From Your Energy Identity

- Your Life is **Meaningful**
 - You Have a **Greater Purpose**
 - Life's **Events** Have a Purpose
- You Feel **Empowered**
 - **Co-Creating** Your Life (with less frustration & drama)
 - Noise & Drama Fade. **Beautiful Flow** Emerges.
- You Have a HUGE **Support** Staff. *You are not alone!*

You Are More Than You Think

- I am my Physical **Body** - Bound in Time & Space
- I am my **Mind**/Thoughts - Bound by Pictures & Beliefs
- I AM Energy & **Consciousness**
 - **Not Limited** by Time & Space nor Pictures & Beliefs
- You are Much Bigger Than You Believe You Are
- Your **Higher Self** is extremely Wise & Capable
- You Can Live that More **Powerful You!**

Guided Journey - Becoming Your Higher Self

- What did you experience?



Balancing Your Identity

- There are **Many Ways** to Access Higher Self
- Keep **Expanding**, but Don't Get Lost!
 - Remember, You Are In This Life for a **Reason**
- Integrate Your **Physical & Energy** Identity
 - Enough Energy to Have a **Higher Perspective**
 - Enough Physical to Live This **Life Fully**
- *"I Love my **Higher Self**! I love my **Human Self**!"*

8-3. Meeting Your Spirit Guides

- ☐ Complete
- ☐ Favorite
- ☐ Watch again

Spirit Guides

- Your Personal Guides to the Energy World
 - With You For Your Entire Lifetime
 - Assigned Specifically to You
- Like Trusted Friends Watching from Life's Backstage
 - Goal - Help You Live the Life You Want to Live
- Advisors - Sharing Insights & Providing Options
- Concierge - Planning, Organization, Implementation

Not Working with Your Guides

- Life Can Feel **Overwhelming**
- Want to **Control** or Micro-manage Things
- **Misunderstanding** can Lead to Poor Decisions & Difficult Relationships
- Easy to Confuse **Effort** with Manifesting
- **Impatient** with Life's Timing
- **Worried** about the Future

Life With Spirit Guides

- Less Effort & **Graceful** Manifesting
- Cause Less Trouble through Misunderstanding
- Great Opportunities, Sense of Adventure
 - Fantastic Happy Accidents
- Trust that Your Life is on Track - Despite the Details!
 - Sense that "Everything Will Work Out"
- Relaxed & **Excited** about the Future



Meditation Meet Your Support Team



What did you experience?

- Could you see or feel your guides?
- How many were around you?
- Did you receive a message?
- What gift did you receive or give?

8-4. Talking With Your Guides

☐ Complete

♡ Favorite

☆ Watch again

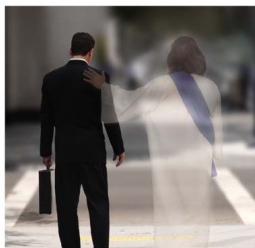
How Do Guides Communicate?

- Hearing - **Conversation**, Ringing In Your Ears
- Sight - Light, Visions, **Journeys**
- Thoughts & **Insights** - Sudden Understanding
- **Situations** - Opportunities to Learn & Grow
- Feelings - Strong **Draw** toward Something / Someone
- Any way you will **Listen** - Signs, Numbers, Systems, Images, Friends, Synchronicity
- Sometimes Simple, Sometime Very Detailed



How Do I Know It's My Guides?

- Insightful, **Kind**, Non-Judgmental
- No Agenda - **Supporting** & Responding to You
- Surprising, Light, **Funny**
- Guides Often Feel Familiar



How Can My Guides Help Me?

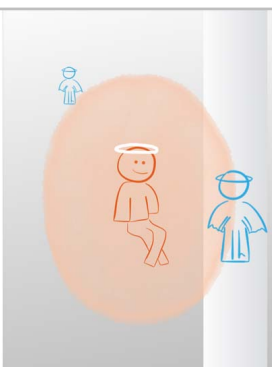
- Help You Understand **Yourself**
- Help You Understand **Situations**
- Help You Understand **Others**
- Help **Coordinate** & Organize Your Life
 - Already Happening
 - Easier if You Trust & Relax

Not Always Easy

- Your Guides are Kind, but Honest too
- Guides Have a Higher **Perspective**
 - Helping You **Understand**, Not Manipulate the World
- May Tell You Things You Don't Want To Hear
 - Clear Your **Resistance**, Consider Their Advice
- Can Be Hard to **Follow** Your Guidance
 - Might **Feel** Like You're not in Control

Talking with a Spirit Guide

- **Connect** With Your Guide
 - Location, Name, **Feeling**
- Crown Chakra **Hello**
- Column of **Light**
- Have a **Conversation**
 - Words, Thoughts, Feelings





Watch Out For...

- Pushy or Negative Messages
- Giving Up Your Seniority
- Losing Balance between Physical & Energy Worlds
 - Strong Physical & Energy Presence is Great!

Meditation: Conversation with a Guide. What did you experience?

- Where was your guide?
- Did you see, hear or feel them?
- What did they talk to you about?

Many Ways to Connect with Guides

- Conversation
- Inspiration or Writing
- Visions
- Journey
- Unique to You & Your Guides
 - Discover what style works best for you!



Benefits of Higher Self & Guides

- Show up More Powerfully in Your Life
 - Deeper Understanding of Self & Situations
- Improve Your Relationships
- Easier Transitions in Life
- Creative Ideas with Surprising Results
- Warm Feeling of Always being Loved & Supported
- Deep Sense of Joy & Amusement



8-5. Practicing Higher Awareness & Continuing Your Journey

- Complete
- ♡ Favorite
- ☆ Watch again

Self Practice Exercise

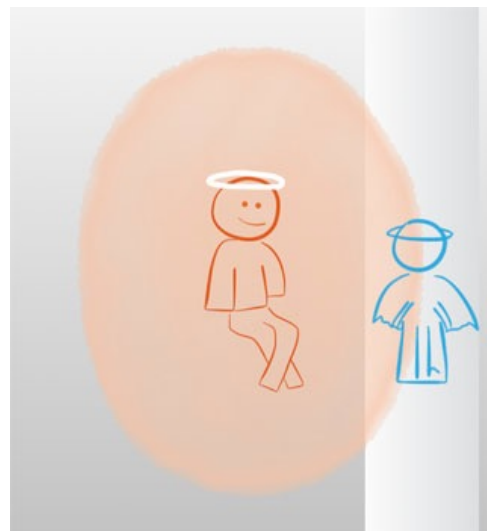
Each morning, connect with your Higher Self and spirit guides using the daily meditation.

Trust the guidance you receive, and try following it during your day. This is the only way you'll discover if your guidance is working for you.

Throughout the day, during your regular activities, move your awareness into the Higher Mind. Look for that deeper perspective behind life's surface events. What's really happening behind the scenes?

Try asking your spirit guides questions during your normal day. Add their perspective to your understanding of your day. It's often easier to connect in the moment than waiting for later.

Be gentle with your expectations and self-evaluation. Enjoy learning and growing – don't get frustrated if this awareness isn't perfect immediately.



Partner Practice Exercise

Practice having a Higher Self conversation with a friend.

1. Tune into your Higher Self identity.
Feel that beam of love and light shining down on you.
2. Imagine your friend as their Higher Self.
Either teach them the exercise, or just tell them "Imagine your highest version of you."
3. Look into each other's eyes, smile, and project your Higher Self energy. This might feel awkward or funny, but hold each other's gaze for at least 30 seconds.
4. Say hello from your crown chakra to their Higher Self. Visualize a connecting chakra loop.
5. Have a Higher Self conversation with your friend.

Focus on being present. What are you feeling or experiencing in the moment. You don't need many words. "Hello, this feels like... I'm imagining you like..."

6. Have a graceful ending.
Don't try to hold it longer than feels natural.



Continue Sharing Your Journey

To continue your journey and expansion, please share your experiences with others.

Here's a simple example of how:

In the course of normal conversation, listen to a friend talking about a concern, problem, or difficulty.

Imagine which energy tool you would use in the same situation (Grounding? Permission Rose? Chakra Clearing?). This helps you empathise with your friend, and gives you new situations to apply the energy tools to.



Continuing Your Journey

- Intermediate / Advanced Levels are all about **Practice!**
- Don't Just Study - Start **Doing**
- List of How You Want to **Apply** Your Energy Awareness
- Information, Activation, **Experience**
- **Share** with Others - Teaching is Fast Learning
- Facebook Group will Stay Open
- Study Groups - Great Idea!

You Make A Difference!





USE THIS SPACE FOR ANY ADDITIONAL NOTES, DRAWINGS, CHARTS YOU HAVE:

