

DUALITY

Mental & Intuitive Clarity
Week 2



YOUR OFFICIAL PROGRAM WORKBOOK

Week 2

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.

2-1. 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?

2-2. Cultivating Intuition & A Balanced Mind

☐ Complete

☐ Favorite

☐ Watch again

Intuition & Sensing Energy

- Finding **Answers** is different than finding **Objects**
- **Physical world** - active, effort, searching
- **Energy world** - ask, wait & listen, trust the timing
- Why?
 - You are **not physically connected** to all objects
 - You are **energetically connected** to all energy
 - But... object are energy too...

Intuition & Sensing Energy

- YES !!
 - Requires **Deep Listening**
 - Requires **Trust & Patience**
- No...
 - Effort & Stress
 - Perfect Track Record or Perfect Abilities



What Is The #2 Reason Why People Can't Sense Energy?

Too much noise.

What's the Biggest Internal Noise?

Over Thinking!

Too much of a good thing

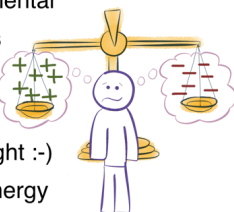


Examples of Over Thinking

- Noticing unimportant **details & patterns**
- Extreme **precision**
- Want the **right** way or **optimal** way for everything
- Waiting for a break in the conversation to start talking
- Long, imaginary sequences of consequences
- Stories about people you don't actually know

Results of Over Thinking

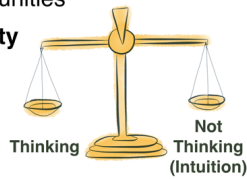
- Difficult Personal or Work Relationships
- Others find you critical or judgmental
- Argue about unimportant things
- Hard to Make Decisions / Finish
- Stress Related Health Concerns
- Poor Listener (you are always right :-)
- Trouble visualizing or sensing energy



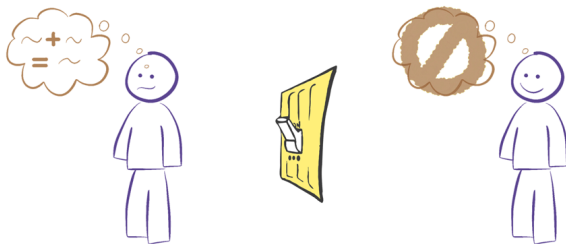


Benefits of Balanced Thinking

- **Improved Creativity** - Thinking & Intuition together!
 - Open to new ideas and opportunities
- **Improved Intuition & Sensitivity**
- **Improved Relationships**
 - Better listener
 - Deeper understanding
- **Less Stress** on your Body



Turning Down Your Analyzer



Analyzer ON

Details & Precision
Assemble information
Plan how to get there
 Write software
 Look **Smart**



Analyzer OFF

Seeing the **Big Picture**
Holistic understanding
Know where to go
 Learning a language
 Look **Wise**



Physical Sense Vs Energy Sense

Physical perception – feels real.

Specific, detailed, static (book).

Assemble parts into a big picture.

You have TONS of practice!

Energy perception – like a dream.

Subtle, deep, changing (clouds).

Holistic – know the answer rather than assembling clues.

You may not be what you expect!

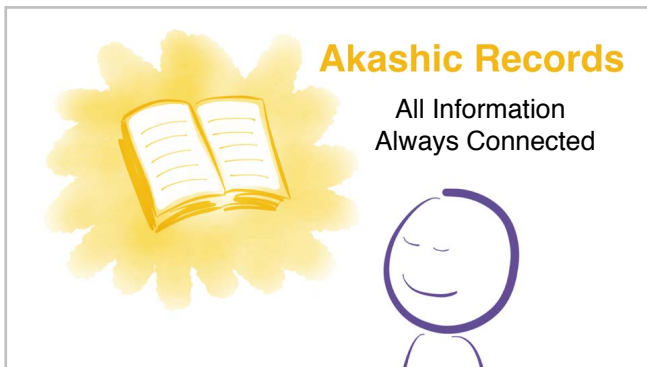


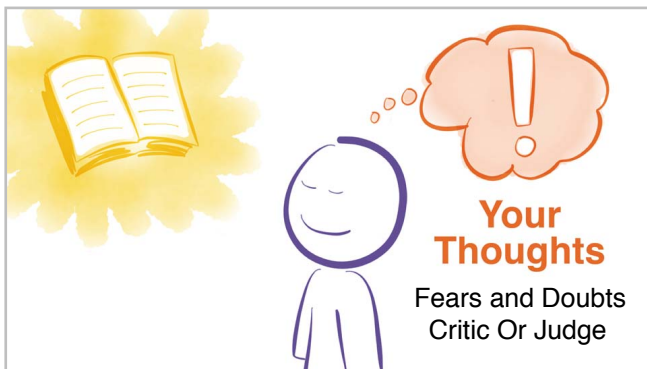
2-3. Clearing Your Mental Distractions

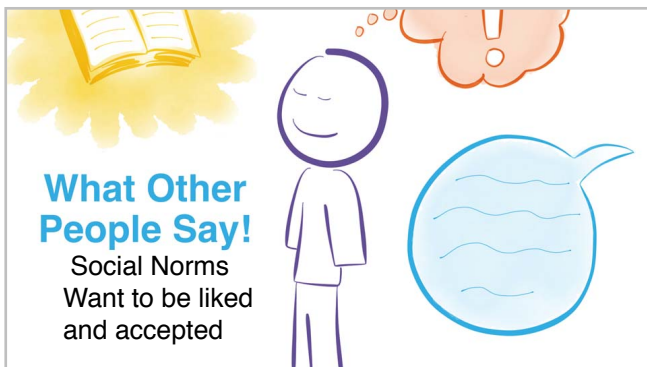
☐ Complete

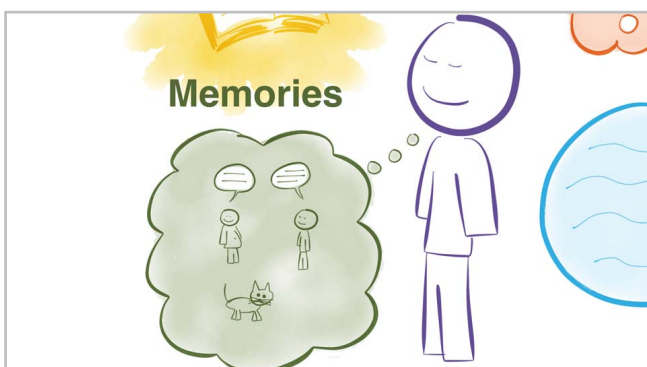
♡ Favorite

☆ Watch again

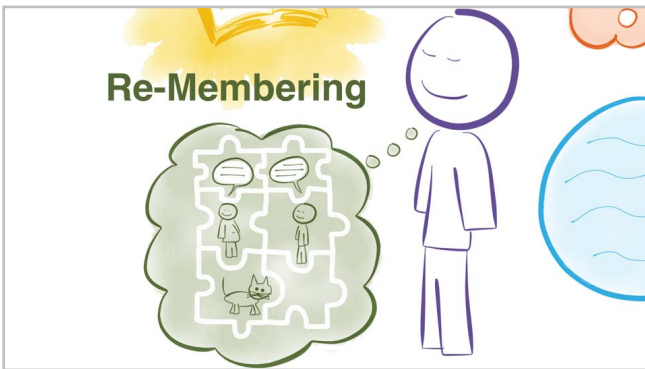






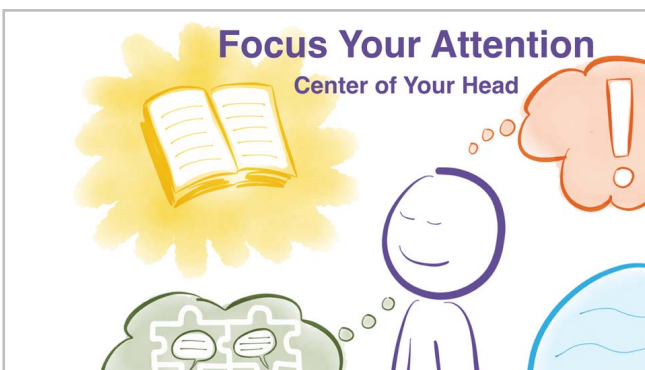




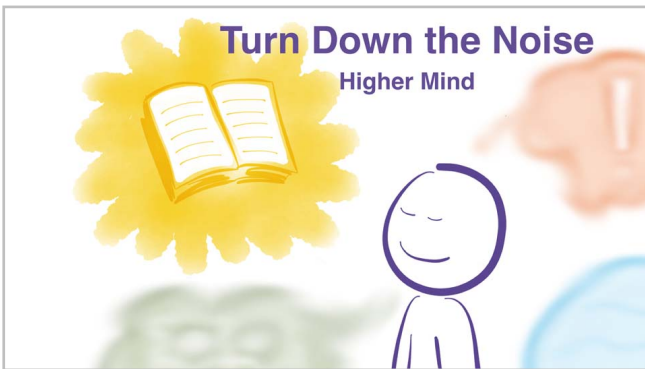




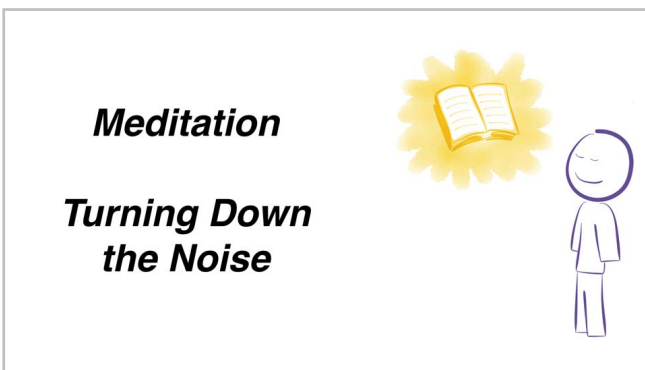












How are you feeling? Calm & Relaxed? Slow & Present? Aware & Tuned in? Spacey?

What did you experience?



Sleep-itation

- Unconscious Energy
 - Falling Asleep in Meditation
 - My Voice is really far away
- This is a good thing!
 - Clearing your energy
 - Big Healing Benefits
 - Try Again Later *(optional)*



2-4. Deepening Your Clarity

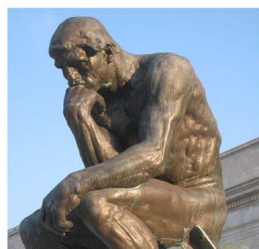
☐ Complete

☐ Favorite

☐ Watch again

Who has a Relaxed Mind?

- Animals
- Deep Thinkers
- Slow Talkers
- People Performing or Acting in the Moment
- People who feel Yummy!



Center of Your Head

- Focusing Your Awareness
 - Like grounding for the mind
- Benefits
 - Slowing Down the Mind
 - Clear Thinking
 - Receiving Insights

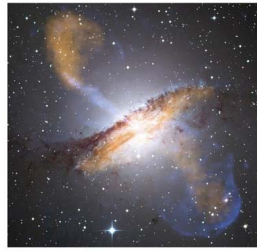
Higher Mind

- Observing Your Thoughts
 - Up & Back from the Center of Your Head
- Benefits
 - Reducing Your Internal Noise
 - Letting Go of Attachments
 - Finding a New Perspective



Akashic Records

- All Information is available from anywhere
- We are each connected to everything on a quantum level
- Zero point - center of atoms, stars, galaxies, ...



Using Your Awareness

- **Your awareness** is what you consider “You”
- Your awareness *moves independently from your body*
- 3 ways to focus on something
 - Projection - **Move your awareness** to it
 - Remote Viewing - **Observe** it from a distance
 - Psychic Reading - **Bring** Information **to you**

Guided Journey - Spring Cleaning for the Mind

What does the center of your head look like? Was there anyone in there with you?

How was your Journey to the Akashic Records?



2-5. How To Practice Mental Clarity

☐ Complete

♡ Favorite

☆ Watch again

Self Practice Exercise

1. Start each morning with two minutes of observing your thoughts from the Higher Mind. What are you thinking before you even start your day?

You can use the daily meditation as your guide.

2. Play with moving your awareness.

First move it around in your head (one ear, other ear, up, down, front, back).

Next observe your hand or foot while staying in the center of your head (with your eyes open).

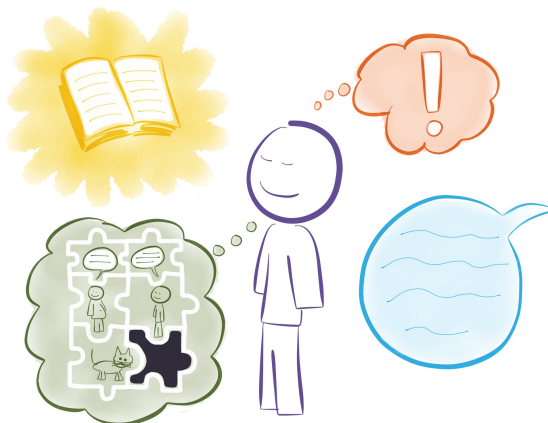
Close your eyes and try to travel to your hand or foot. Travel back to the center of your head, then see your hand or foot as a movie in front of you.

Try rotating it and rewinding it. Have fun. There's no perfect way to do this.

3. Throughout the week, notice what's happening in your mind.

Notice your own thoughts, other people opinions (real or imagined) and the memories you are drawing from.

Practice observing your thoughts without attachment= from the Higher Mind.

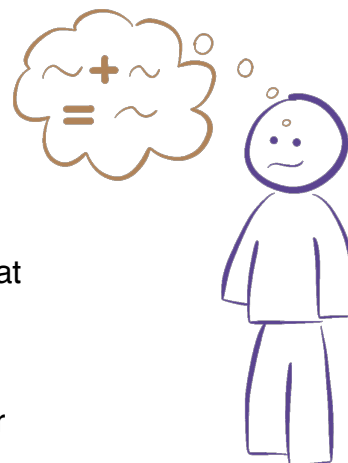


Partner Practice Exercise

During normal conversation with a friend, our thoughts tend to move from one topic to next unconsciously. We might be talking about work, then remember something from childhood, then a funny story from recently, etc.

When you notice this happening, play a game with your friend. See if you can remember how you got to the current topic. What were you talking about before this? Continue to retrace your conversation backwards as far as you can.

This is great practice for bringing the unconscious mind to your conscious awareness.



Practice Exercises

- **Observe thoughts** from **Higher Mind**
- Practice **Using Your Awareness**
 - Move around in your head
 - Go to your hand (or foot or anywhere)
 - Observe your hand (from center of your head)
 - Watch a movie of your hand (rotate & rewind it)
- Try **Turning Down** your **Analyzer**

Symptoms of Over Thinking

- Unimportant **details & patterns**
- Thoughts or words **racing**
- Extreme **precision**
- Feeling **judgmental**
- Doing everything the **“best way”**
- Stories about things that didn't happen yet
- Stories about people you don't actually know



Benefits of Clearing The Noise

- Improved Mental **Clarity** and **Creativity**
 - Open to new ideas and opportunities
- Improved **Intuition**
 - Stop guessing! Know your answers!
- Improved **Relationships**
 - Better listener. Less distracted. Less critical.
- **Less Stress** on your body

One More Cool Benefit!

**Other People Will
Feel Really Good
Around You!**





Practice Tips

- Listen to Daily Meditation
- Don't try to do it perfectly
- Find a healthy, happy pace
- no rush!
- Practice in your "real life"
- Practice with Friends
- *Have Amusement !!*



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

