

DUALITY

Healing & Energizing Your Body
Week 3



YOUR OFFICIAL PROGRAM WORKBOOK

Week 3

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.

3-1. Connecting With The Duality Group

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To begin each week, Jeffrey guides you through a 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?

3-2. Why Do We Struggle & Get Sick?

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Healing Is Natural

- Life is **Naturally Healing** & Organizing
- Moving toward **coherency** & balance
- Your Body Knows How to **Heal Itself**
- Clear the energy & *miracles can happen*
- What Goes Wrong?

What's the #1 Reason We Struggle with Healing
& Personal Growth?

**We Don't Know How to Handle
the Growth Periods
that come from Rapid Healing**



The "Bad" Growth Period

Ask for Personal Growth	<i>Feeling Good</i>
Easy Energy Releases	<i>Feeling Great</i>
Stuck Energy Releases	<i>Grumpy & Overwhelmed</i>
Identify the Culprit	<i>Angry & Defensive</i>
Quit or Attack the Culprit	<i>Feeling Self Righteous</i>
Wreak Havoc	<i>Frustration, Struggle, Illness</i>
Slow Recovery (at best)	<i>Regret, Embarrassment</i>

“Bad” Growth Period Results

- Your Life Gets **More Difficult** (w/ Big Ups & Downs)
 - Reinforce Your Pain instead of Releasing It
- Your Body Gets **Sick**
 - Unreleased energy is **toxic** to your physical body
- **Poison** Your Good Relationships
 - Fights, Break Ups, Communication Shut Down
- Negative Feedback Loop - Spreading your Pain

There's a Better Way!

- Works for simple **Grumpiness** or full-on **Illness**
- Remember **it's just Energy**. *It's Pain & Confusion.*
 - It **Wants to Come Out** and be Healed!!
- Personal Growth **Doesn't Have to be Difficult**
 - WARNING: Simple but not Easy
- Can You Commit to Doing it Differently?
 - Will **Powerfully Change Your Life** if You Apply it!

Step 1. Stop Analyzing & Blaming

- **Reduce Your Negative Energy & Thoughts**
- **Stop Analyzing**
 - Your Growth Period is not about what you think!
- **Stop Looking for Something or Someone to Blame**
 - Blame sends you down a negative energy spiral
 - It's not your fault. It's not someone else's fault.
 - We are Always Dealing with Moving Energy



Step 2. Stop Talking About It

- **Stop Spreading Your Pain & Confusion**
- **Stop Talking** about what you THINK the Problem is
 - It's just your pain & confusion talking
 - Even if you're 100% sure, you don't know
 - Avoid Wreaking Havoc on your life :-)
- Your Answers will **Come from Inside**
 - Need to be quiet to hear them



Step 3. Admit Your Growth Period

- **Create Neutral Ground**
- **Admit You're In a Growth Period**
 - "I'm grumpy. I'm sick. I'm having a rough day."
 - "Please don't take me too seriously!"
 - People will give you a break
- **Have compassion for yourself** (*not pity*)
 - You'll start to feel better already!

Step 4. Run Your Energy

- **Shift into the Positive Flow of Energy**
- Run your **Earth Energy & Cosmic Energy**
 - Give the stuck energy somewhere to **release**
 - **Revitalize** your physical & energy body
 - **Speed** your healing process
- Focus on Healing Yourself until Energy Shifts - to +
 - Feel Relief, Not Grumpy, Deeper Understanding

Step 5. Gratitude & Amusement

- Congratulations!! You made it!! Good Job!!
 - Feeling **Lighter**, Feeling **Gratitude & Amusement**
- Feed the **Positive Energy Loop** (safe to talk to others)
 - Share your **gold**, your **insights**, your **mistakes**.
- **Apologize** if needed. Be **humble & authentic** :-)
 - I'm feeling better! Sorry I was a pain in the ...
 - CAUTION: They might be in a growth period too!



The "Healthy" Growth Period

Ask for Personal Growth	Feeling Good
Easy Energy Releases	Feeling Great
Stuck Energy Releases	<i>Grumpy, Aware, Cautious</i>
1. Stop Analyzing or Blaming	<i>Stop negative energy (you)</i>
2. Stop Talking	<i>Stop negative loop (others)</i>
3. Admit Your Growth Period	<i>Neutral Ground</i>
4. Run Your Energy	<i>Start positive energy (you)</i>
5. Gratitude & Amusement	<i>Start positive loop (others)</i>

☐ Complete

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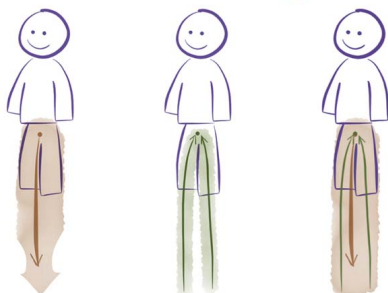
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3-3. How To Energize &

What is Running Your Energy?

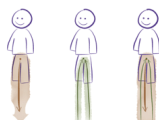
- **Physical Body** has circulation channels
 - Blood, lymph, spinal fluid, ...
 - Carry away waste. Replenish nutrients.
- **Energy Body** has circulation channels
 - Acupuncture, Chi from Eastern Medicine
 - **Carry away waste. Replenish energy (light).**
- Determines your **Health, Longevity & Vitality**
 - How much & how easily is energy flowing through you?

Earth Energy



Earth Energy

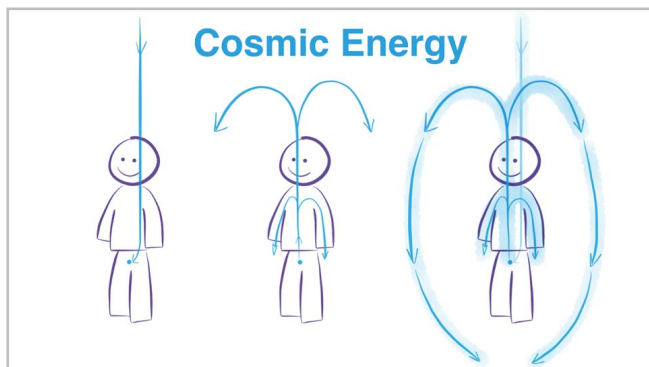
- Energy from Center of Earth
- Enters Your Feet Chakras
- Travels Upward, Filling Your Legs
- Cleans Out Your Knee Chakras
- Travels Up to your Root Chakra
- Returns Down Your Grounding Cord





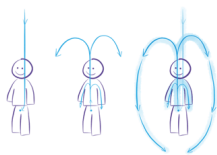
Earth Energy Benefits

- **Validate & Heal the Physical Body**
 - Improves Health & Vitality
 - Speeds Your Body's Natural Healing
- **Keep Your Root Chakra Clean**
 - Great for Money or Health Issues
- Feel **Grounded** and **Light** together
 - Not heavy or dragging



Cosmic Energy

- Enters Top of Your Head (Crown Chakra)
- Down the Back of the Body to Root Chakra
- Up the Front of Your Body
- Out Your Head
- Showers 360° Into Your Aura
- From Neck to Each Arm
- Out Your Hands



Cosmic Energy Benefits

- **Clean your Energy Body** (like circulatory system)
 - Less grumpy, less fatigue, more energy
- **Supercharge Your Vitality & Energy Body**
 - Feel Energized, Alive, and Inspired. Can't over do it!
 - More Energy means **More Impact & Creativity**
- Run More Energy for **Improved Healing**
 - Speed things up! Less achy or creaky in the body



Meditation - Running Earth & Cosmic Energy

How are you Feeling? Clear, Energized, Less Stress, Lighter

Other People's Growth Periods

1. **Stop Blaming**
2. **Stop Talking About It**
 - Don't get caught in the negative feedback loop
3. **Admit it** - "Are you having a bad day?"
 - Don't take them too seriously!
4. **Run Your Energy** - Don't match their growth period
 - Offer a Healing (or even a hug)
5. **Gratitude & Amusement**

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3-4. How To Heal Yourself With Energy

What if You're Already Sick?

- Energy Work Augments Your Traditional Treatments
- Western Medicine can be very powerful!
- Eastern Medicine can be very powerful!
- Herbal Medicine can be very powerful!
- Being Anti-Anything is not a Healing Solution
- A wise person uses all useful healing tools :-)

Energy Tools for Self-Healing

1. **Get Your Space**
 - Ground, Center of Head, Analyzer off
2. **Clear Your Current Growth Period**
 - Run Your Earth & Cosmic Energy
3. **Channel Healing Energy** into your Body
 - Healing Channel, Energy Ball or Hands-on Healing



Healing & Creative Energy

- Energy From the Earth's Healing Grid
- Enters Top of Your Head (Crown Chakra)
- Down the Back of Your Head
- From your Neck, Down Each Arm
- Out Your Hands (Hand Chakras)
 - Ball of Energy Between Your Palms
 - Directly Into the Body



Energy Ball Practice and ***Healing Yourself Meditation***



Energy Healing Results

- Sometimes Instant Results
 - You may Surprise Yourself!
- Sometimes Slow & In Layers
 - Be patient. Keep at it!
- Be Open to Miracles
 - They may not happen when or how you want.



Energy Ball Applications

- Builds Your **Energy Awareness**
 - Feeling is Believing
- Clears Your Hand Chakras & **Improves Sensitivity**
- Gathering **Energy for Healing**
- Channeling Raw **Creativity**
 - Sending Energy to Creative **Projects**
 - Great while working with hands or on the computer



Energy Work & Traditional Medicine

- Run Your Energy to Stay Healthy
- Channel Energy into Your Body as Needed
- Clear Fear & Resistance From Your Body
- Channel Energy & Intention into Your Medicine
- Visualize the Outcome You Desire
- Be Creative! Create Your Own Healing Methods
- Be Patient... I *KNOW* You Can Heal Yourself!!

Energy Work & Medical Procedures

- Set the Energy Before a Medical Procedure
 - Ground the Room, Yourself, Your Doctors
 - Clear Fear & Resistance from Your Body
 - Fill your Body & the Room with Healing Energy
 - Visualize the Outcome You Desire
- Run Energy lightly During the Procedure (effortless)
- Clear your Growth Period After a Procedure

How Do I Keep My Energy Clean Forever?

- **Physical Body** requires Maintenance
 - Hair Getting Dirty? Take a Shower
 - Out of Shape? Exercise, Change Your Diet
- **Energy Body** requires Maintenance
 - Can't Focus? Clear Your Mind
 - Grumpy? Run Your Energy
- You Can't Stay Perfectly Centered Forever

3-5. Deepening Your Healing Powers

Guided Journey - Fine Tuning Your Source of Energy

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Did you change your earth energy connection? Where does your cosmic energy come from?
Could you feel the earth's healing grid?



Video 3-6 - How to Practice Your Healing

Self Practice Exercise

Run Your Earth & Cosmic Energy for 10+ Minutes Every Day

- Great for Proactively Healing Yourself
- Great for Speeding up Your Physical Healing

1. Build an Energy Ball in Your Hands
2. Focus on the creating and healing channel of energy coming into the top of your head, then down your arms.
3. Open your hand chakras.
4. Face your palms together & let the energy build between your palms.
5. Move your hands together and apart slightly until you can feel the energy.
6. How much energy can you build? Try for 2~3 minutes.
7. How do you want to use this energy? Imagine you are sending it to that place or into your physical body, or to a project, or somewhere on the planet.

Be creative!



Partner Practice Exercise

1. Stand or sit facing a partner close enough to comfortably hold hands.
2. Show them how to build an energy ball between their hands.
3. When you can both feel the energy between your hands, reach out toward each other, making a circle with your right hands facing down and your left hands facing up.
4. Without touching, feel the energy between each other's hands.
5. Feel the energy flowing from from their right hand into your left hand, going up your arm, down your right arm, and out your right hand.
6. When your finished, return to your own energy ball between your hands.



5 Steps For a Healthy Growth Period

When you find yourself in a growth period (feeling grumpy or blaming), please use the following 5 steps to heal yourself and shift back into positive energy.

The “Clearing Your Growth Period” meditation can be used to assist in clearing your energy.

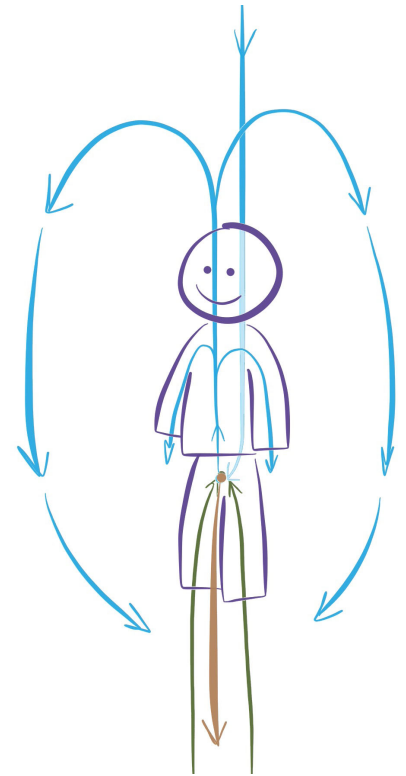
Step 1. Stop Analyzing or Blaming
Put Your Negative Energy In Check.

Step 2. Stop Talking about what you THINK the Problem is
Stop Spreading Your Pain & Confusion.
Avoid Wreaking Havoc on your life.

Step 3. Admit Your Growth Period
Create Neutral Ground.
“I’m having a bad day! Don’t take me too seriously”

Step 4. Run Your Earth & Cosmic Energy
Shift into the Positive Flow of Energy.
Focus on Healing Yourself until you Feel Relief,
Not Grumpy, Deeper Understanding.

Step 5. Gratitude & Amusement
Feed the Positive Energy Loop with Others.
Apologize if Needed.



Watch for Growth Periods

- Body Feels Weak or Achy
- Getting Grumpy, Impatient, Angry
- Everyone else is an Incompetent Idiot (aka blaming)
- Thinking “I’ll Show Them!”
- Writing a HUGE email defending/explaining yourself
 - Never, never, never send these!! :-)
- Use the 5 Steps for a “Healthy” Growth Period

Run Your Energy Every Day

- Great for **Proactively Healing Yourself**
 - **Don’t wait until you are sick or in a growth period**
- Great for **Speeding up Your Physical Healing**
 - **Clear the Energetic Waste**
 - **Revitalize & Recharge** your Body
- Great for **Healing a Growth Period**
 - Improve Your **Mood**, Shift Your **Understanding**



Top Benefits!

Your Body Feels Better & Better

***Your Relationship Problems
Begin to Fade Away***

Keep Practicing!

- Enjoy Healing Yourself !
- Remember the 5 steps if you start getting grumpy
- Play with Energy this week
 - Teach Your Friends
 - Feeling is Believing
- *Have Fun & Experiment !!*





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