

DUALITY

Changing Your Beliefs
Week 6



YOUR OFFICIAL PROGRAM WORKBOOK

Week 6

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.

6-1. 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?

6-2. What Is Stuck Energy?

- ☐ Complete
- ☐ Favorite
- ☐ Watch again

Stuck Energy

- What does **Stuck Energy** really mean?
- How does it get that way? How can you change it?
- How to use your Energy Tools to...
 - Disable your **Hot Buttons**
 - Change the **Filters** on your Perception
 - Update your **Reputation** Energetically



Getting Unstuck

- When You Understand What's Really Happening With Stuck Energy...
- Get Stuck **less often**. Stay Stuck for **less time**.
- Less Irritable. More **Tolerant** of life's Speed Bumps
- **Understand** the World more Deeply
- **Get Along** with People Much More Easily

The Big Goal

**Stop Wasting Your Time
Feeling Bad!**

**More Time Enjoying Life
And Feeling Good!**

What is Stuck Energy?

- Energy is Naturally **Dynamic**
 - Moving, Changing, Evolving
 - Always Accurate Right Now
- Stuck Energy has **Stopped**
 - Looks like a Picture
 - Gets Outdated Quickly



Why Does Energy Stop?

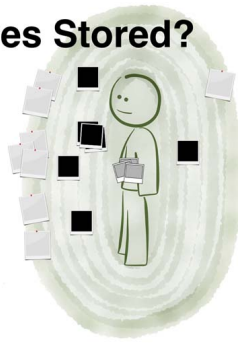
- **You Decide** Something is True and Important
- Take a **Picture** of the energy, so you can see it again it later
- Your Pictures are the Energy of your **Belief System** (BS)





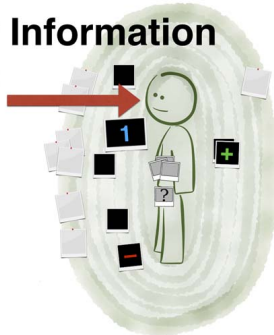
Where are Pictures Stored?

- **In Your Chakras**
 - Core Beliefs, Hot Buttons
- **Inside Your Aura**
 - Filters, Expectations
- On the **Outside Of Your Aura**
 - Reputation, First Impression



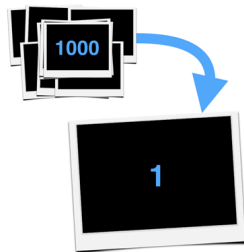
How We Filter Information

- Experience → Filter → Perception
- **Validate** Our Perception
- **Reconcile** Perception & Beliefs
 - New - Neutral [?]
 - Match - Strengthen Beliefs [+]
 - Doesn't Match
 - Reject - Ignore or Refute [-]
 - **Learn** - Combine Beliefs [1]



When We Learn...

- **Partial** Understanding
 - Lots of Smaller Pictures
 - **Confusing** or Contradictory
- "Aha Moment!"
 - Consolidate These Into A "Big Picture"
- Less Pictures → **Less Charge**



Why Do We Create Pictures?

- **Structure** or Framework for Future Learning
 - Model for Understanding the World
- **Instant** Response. Don't need to think.
 - Helpful when Quick Action is Needed
- Provides **Stability** or Continuity
 - Helpful in a Slowly Changing World

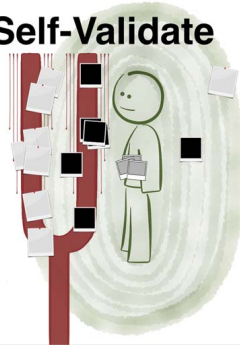


Inherent Dangers of Pictures !

- Static - Can Get **Outdated**
- **Misleading** - Appear to Be True
- Opinions - Can Be **Inaccurate**
- **Prejudice** - Unfairly Bias Our Perception
- **Superstition** - Unrelated Pictures are Connected
- Rigid - Stubborn or **Dogmatically** Positioned
- **Inhibit** Learning - Hard to Integrate New Information

Pictures Tend to Self-Validate

- Your Pictures add to your **Tuning Forks**
- Part of the **Song** you are Playing to the World
- **Attracting** Experiences that Seem to Validate Your Beliefs
- What Happens When You Change Your Pictures?



6-3. Are Your Beliefs Serving You?

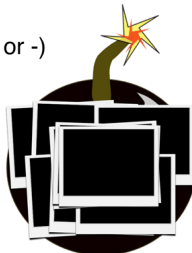
- ☐ Complete
- Favorite
- Watch again

Living In Your Own Little World...

- **Fantasy** Bubble, Reality Distortion Field
 - Twist Anything to Support **Existing** Beliefs
 - Unable to See Clearly, **Unable to Grow**
- OLD: Why Are My Beliefs **True**?
 - Closed Mind: Arguing, Debate, ... **War**
- NEW: Are My Beliefs **Useful**?
 - Open Mind: Discussion, Learning, ... **Peace**

Hot Buttons

- Many Pictures with a **Big Charge** (+ or -)
- Gets **Triggered** → We Go Off!
 - Big Party (+) or Big Explosion (-)
- **Reacting**, not Consciously Acting
 - We can get ourselves into **Trouble**
- How do You **Diffuse** Your Buttons?
 - Take the Charge Down, **Clear the Pictures**





6-4. Clearing Unwanted Beliefs

☐ Complete

♡ Favorite

☆ Watch again

Clearing Pictures

Grounding Cord

- **Automatically** Clears Pictures from Root Chakra
- Drop Pictures Down Your Grounding Cord
- Ground your Pictures to Make them **Less Charged**



Clearing Pictures

Analyzer

- Stop **Creating** New Pictures

Center of Head

- **Picture Free** Place to Think

Higher Mind

- Watch Pictures **Float By**
- "Are My Beliefs **Useful**?"



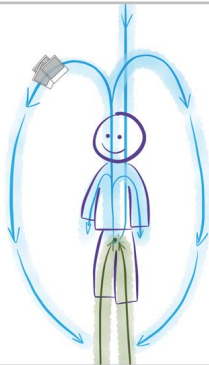
Clearing Pictures

Earth Energy

- Library of Information about Being in a **Body** on the Earth

Cosmic Energy

- Library of Information about Being a **Spirit**
- **Washes** Away Old Pictures



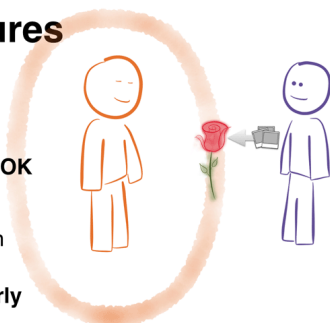
Clearing Pictures

Permission Rose

- Less Likely to Push Your **Hot Buttons**
- Everyone's Little World is **OK**

Aura

- **Filters** All Your Perception
- Clean Aura → See the World More **Clearly**





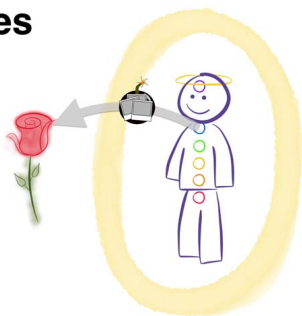
Clearing Pictures

Chakras

- Hold Your Core **Beliefs**
- Clean Chakras → **Less** Hot Buttons

Cleaning Rose

- Put Pictures in a Rose (**Outside** Your Aura)
- **Safe** to Blow Them Up



Finding Neutrality

Neutrality

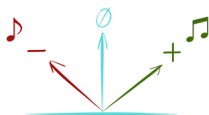
- **Permission** - Any Answer is OK
- **Non-judgement** - not Good/Bad
- Allows You To See **Clearly**

Neutrality Gauge

- See, Hear & Feel Your **Opinion**

Amusement

- **Highest** Form of Neutrality!

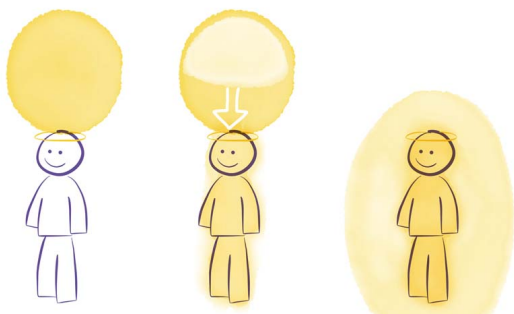


Filling In With Neutrality

After Releasing Pictures...

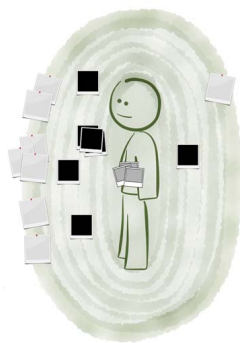
- **Replenish** Your Energy
- **Fill in** Where all the Pictures Have Released
- New **Life Force** Energy
 - Not Positive or Negative
- **Neutrality** or **Amusement**

Gold Sun





Meditation Clearing Pictures



How are you feeling? Lighter? Laughing? Free? Neutral?

Core Pictures

- A Belief with **Many Similar Pictures** Connected to it
 - **Fundamental** to Your Perception of the World
- **Before** You Blow One Up...
 - Put It In a Rose **Outside Your Aura** & Find **Neutrality**
- If One Blows Up **Inside** Your Space (oops)
 - Run **Cosmic Energy**, Long **Bath or Swim**
- If you **Clear Pictures Regularly**, This Won't Happen!

6-5. Hacking Your Reputation

- ☐ Complete
- ☐ Favorite
- ☐ Watch again

Creating New Pictures

- Crown Chakra - **Cosmic Inbox**
 - Put a Word, **Feeling**, Color, or Vibration In
 - Let the Cosmic Energy **Distribute** It
- Keep It **Simple!** How do you want to feel?
 - **Happy**, Senior, Certain, Present, Powerful, Gracious
 - **Healthy**, Vibrant, Loving, Loved



Healthy Filters

“Everything Always Works Out!”

“People Are Beautiful!”

Pictures on The Outside of You Aura

1. What You **Want**
People to Think About You

2. What You are **Afraid**
People Will Think About You

3. What Other People
Have Thought About You

Your **First Impression** and Your
Reputation



Clearing Your Reputation

- Be **Neutral** or Amused
- Be **Conscious** of Your Pictures
- Move a Rose Around the **Outside** of Your Aura
- Let Your Cosmic Energy **Clear and Reset** Your Aura



Guided Journey Clearing Your Reputation



- What did you experience?
- What were your pictures or pictures from others?
- How did you feel after you cleared?
- Were you surprised by the other person?

Reputation Hacking

- **Intentionally** Put Energy on the Outside of Your Aura
- People Will Assume It's **True**
- **Reflect** That Energy Back To You
- You Start To **Feel** Like It's True Too
- Work Great for **Stage Fright**
- **Cobalt Blue** on the Outside of Your Aura
- Radiate **Certainty & Confidence**

6-6. How To Practice Conscious Beliefs

- ☐ Complete
- ☐ Favorite
- ☐ Watch again

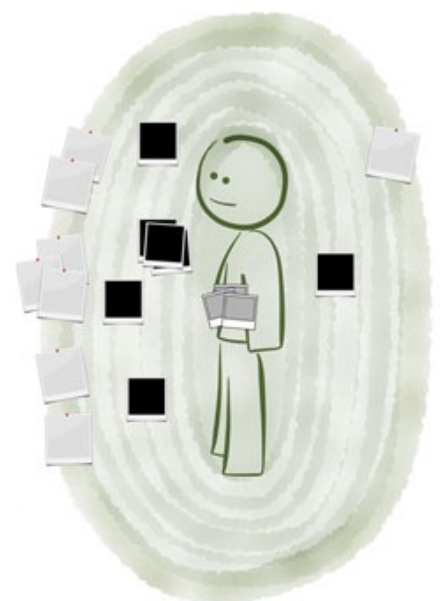
Self Practice Exercise

When you wake up, reflect for a moment to notice what you expect to happen during the day.

Use the daily meditation to clear your pictures every morning. Notice the difference this makes in your day.

Each time you go to a new place, notice what you expect in that new place. Use your neutrality gauge to see if it is neutral or charged.

Give yourself permission to have different experiences. Let yourself be surprised.



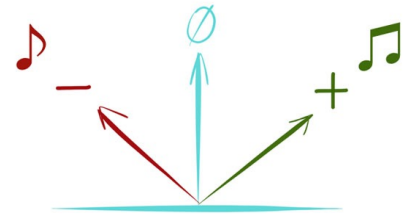
Partner Practice Exercise

Seeing your expectations of others is a great way to explore your pictures and neutrality.

Go people watching with a partner in a public place. Take turns making up stories about the people you see around you.

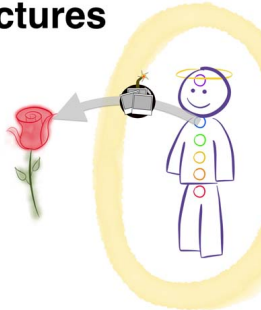
Have fun, but also notice where these stories come from in your history or life. How do your stories reflect your previous experiences?

Clear the pictures which come up, and give yourself and others permission to have a different story.



Watch for Pictures

- Feeling Judgmental or **Lit Up**?
- Early **Warning** Sign!
- **Opportunity** to Clear It Before Problems Occur
- Use **Any** of Your Energy Tools To Clear the Pictures



Benefits of Clearing Your Pictures

- Get **Stuck Less** Often. Stay Stuck for Less Time
- Less Irritable. More **Tolerant** of Life's Speed Bumps
- Understand the World more **Deeply**
- Grow **Quickly** From Neutrality
- You Attract More Interesting & **Diverse** Experiences

Benefits of Clearing Your Pictures

- **Get Along** with People Better. Less Buttons to Push!
- Make a Better **First Impression** on Others
- Finally Move Beyond any Persistent Reputation
- Easier to **Be Yourself**
- People **Trust** You!



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

