

DUALITY

Empathy & Healthy Personal
Boundaries
Week 4



YOUR OFFICIAL PROGRAM WORKBOOK

Week 4

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.

- ☐ Complete
- ☐ Favorite
- ☐ Watch again

4-1. Connecting With The Duality Group

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?

- ☐ Complete
- ☐ Favorite
- ☐ Watch again

4-2. Empathy: Why Is Energy Contagious?

Empathy & Personal Boundaries

- What is **Empathy**?
- How Your Boundaries Affect Your **Wellbeing** & Relationships
- Energy Tools for **Healthy Personal Boundaries**
- Be an **Energy Ninja**!
 - **Choose** which Energy Affects You
- Being **Happier & More Effective** in Life



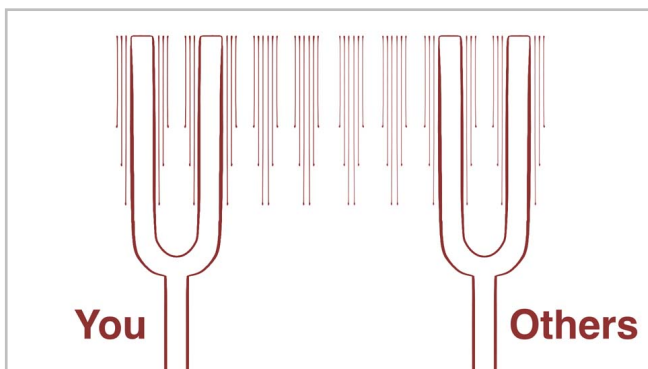
You Get To Choose!

- In the **Physical World**...
 - You have to **Follow the Rules**
 - People with Size & Power can Push You Around
- In the **Energy World**...
 - You get to **Choose** which Energies You Experience!
 - No one can Impose Their Energy on You...
*If you understand **Boundaries & Seniority***

How Do We Transfer Energy?

- **Physical World** - Finite
 - We Transfer **Objects**
 - Now you have it. I no longer have it.
- **Energy World** - Infinite
 - We Transfer **Information** or Frequencies
 - You have a **copy**. I still have the original.
- We Learn to **Match & Use** Another Energy





That's Empathy!

- **Matching the Energy** Around You
 - Not simply thinking "I can relate"
 - Actually **Becoming the Energy** Temporarily
- We ALL do this
 - Our Energy Boundaries Determine How Often & How it Affects Us



Benefits of Empathy

- Great **Social Skill**
 - People like you if you are like them
- Great for **Learning**
 - Understanding the world deeply
- Great **Listener** or Counselor
 - People like to tell you their secrets & problems

Downsides of Empathy

- Good Projector Screens tend to get **Projected Upon**
- Easy to Get Caught in **Other People's Priorities**
 - Can Be **Taken Advantage Of**
- Easy to Get **Overwhelmed**
- Easy to **Lose Track** of Yourself



Matching Other People's Mood

- You're Feeling **Happy!**
- Oscar the Grouch Comes By
- Now You Feel **Grumpy** Too
 - You're Mad at Oscar for "Ruining Your Mood"
- Why? You Unconsciously **Matched** Their Energy
- This is how you "Get **Pulled Into** an Argument"



Blame is a Dangerous Trap

- I feel bad when Oscar is around, so it's **His Fault !**
- If this is true, you've **lost your Seniority**
 - You no longer able to respond. You are a victim.
- If you **think** this way, it will be true for you
 - You cannot Master Your Space without Seniority
- He's Responsible for the **Original** Energy
 - You're Responsible for your **Copy** of it



Matching Other People's Desires

- You're at a Party
 - Have a Few Drinks to Loosen Up
- Meet Someone Who's REALLY Interested in You
 - Go Home Together
- Wake up the Next Day "Why This Person!?"
 - I'm not Attracted to Them AT ALL.
- What Happened?

Becoming Other People's Dramas

- Your Partner has an **old Drama**
- You Unconsciously **Absorb** this Drama Energy
 - They Look at You and **See Their Drama**
 - You Begin **Acting Out** Their Drama
- They Decide **You** Are the Problem
 - **Break up...** Return to Your Energy & Behavior
- Repeat

Matching People Consciously

- **Admire** that person's ability to make money?
 - Match their energy
- Great way to **Learn**
- **Be careful...** you might succeed!
 - If you become just like that other person, you might **no longer be yourself!**
- You probably admire that they are **being themselves!**

Where is unconscious empathy causing problems in your life?



Results of Poor Boundaries

- Easily Affected By Other People's **Moods**
- Feeling **Overwhelmed**
- **Not Succeeding** at Your Priorities
- Having Experiences You **Don't** Want
- Endless **Drama** at Work, Home, in Relationships...
- Life Feels **Uninteresting** or Meaningless

Results of Poor Boundaries

**You're Not Living
the Life of Your Dreams!**

There's a Better Way!

- You Can...
- **Know What is Yours** and Not Yours
- **Release** from What is Not Yours
- **Choose** Which Story You Are Living In
- Live The Life of Your **Dreams!**
- Make **Your Own Rules**



4-3. Healthy Boundaries & Your Aura

☐ Complete
♡ Favorite
☆ Watch again

Your Aura

- Energy Extends **Beyond** Your Body
 - Like **Atmosphere** around the Earth
- Determines Which & How Much Energy You **Absorb**
- **Dynamic** - Always Changing
- You can practice feeling an aura with your hand chakras.



Meditation

Aura Warmups & Stretching

How is Your Aura?

Size? Position?
Brightness? Color?
Soft or Rigid?
Well Defined?
Energy Flowing In & Out?

Small Aura

Arm's Length from Body
In the City or Indoors
Local Perspective
Concentration
Feeling Yourself
Sorting Out What's Yours
Focusing

Large Aura

Room, City, Country...
In Nature
Global Perspective
Understanding
Feeling Others
Teaching & Speaking
Relaxing



Less Defined

Fades Away Gradually

Unclear Boundaries

Other People's Priorities

Less Selective

Unsure What's Yours

Dance Party, Sports Event

More Defined

More Crisp

Clear Boundaries

Your Priorities

More Selective

Know Yourself from Others

Most Situations



Insensitive

Just Right

Too Sensitive

Protective

"I'm ok. You're ok"

No Boundaries

Defensive

Feeling the World

Energy Sponge

Aloof or
Demanding

Knowing &
Respecting Myself

Allowing
Door Mat

Understand Myself
But Not Others

Understand
Myself & Others

Understand Others
Lose Myself

Other Aura Attributes

- **Location** - Personal Preference
- **Color** - Always Changing
- **Brightness** - Your Energy
- **Soft or Rigid** - Friendly
- Energy **Flowing In or Out**
 - Giver, Taker, Balanced
- **Shared** Aura - Merging Energy



In what ways would you like to change your aura?



4-4. Who's in Control of Your Life?

☐ Complete

♡ Favorite

☆ Watch again

Benefits of Seniority

- When you have your Seniority...
- You Get to **Choose Your Reality**
- You tend to **Focus on Your Priorities**
- Easy to **remove Foreign Energy** from your space

What Is Seniority?

- Knowing **You Always Have a Choice** in Your Energy
- **Letting Go** of What Is Not Yours
- **Taking Responsibility** for Your Energy & Boundaries
 - “Accountable for something within one’s power”
 - Not Obligation or Blame

Giving Your Seniority Away

- **Blame**
 - “It’s Your Fault. I’m Helpless.”
- **Lack of Confidence**
 - “I can’t do it”
- **Deference**
 - “They know better than me.”



Crossing Your Boundaries

- **Get Angry!**
 - Natural **Internal** Response to Boundary Being Crossed
 - Ask 4 Questions Before Making it **External**
 1. Did You **Understand** Your Boundary in this Situation?
 2. Did You **Communicate** Your Boundary Clearly?
 3. Did The Other Person **Understand and Agree**?
 4. Did **You** Respect Your Own Boundaries?
- Yes, Yes, Yes, Yes - You can stay angry :-)

Clearing Foreign Energy

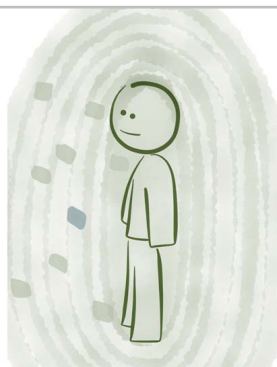
1. Notice it's **Not Yours**
 2. **Remember** Your Seniority
 3. Give it **Permission** to Exist
 4. **Forgive** Others for Sharing it with You
 5. **Let it Go** into Cosmic Energy or Grounding
- Not working? Feeling Low Seniority?
 - **Declare** that the Energy is Leaving Your Space

Clearing Someone From Your Energy

"He's In My Space!!"

1. Notice that You **Lost** Your Seniority. Be **Amused!**
2. Take Back **Responsibility**
 - No one is attacking you energetically
 - It wouldn't matter, if you have your Seniority
3. Check & Adjust Your **Aura Boundary**
4. Clear the **Foreign Energy** :-)

Meditation Clearing Foreign Energy





What did you feel? How does it feel to have your seniority? Were you surprised?
Did the energy release easily? Did you take responsibility for your energy?

4-5. Being A Healthy Boundary Ninja

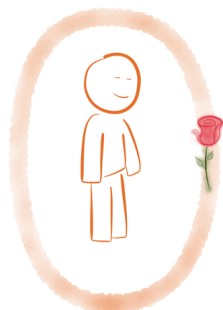
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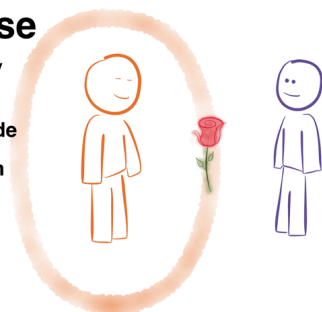
Permission Rose

- **Automatically** Maintain Your Aura Boundary and Seniority
- **Keep Yourself** from Absorbing Other People's Energy
- **Stay Sensitive** to Communication and Understanding



Permission Rose

- **Arm's Length** From Your Body
- You have 100% **Permission** to choose the Energy on the **Inside**
- Others have 100% **Permission** to choose the Energy of the **Outside**
- **Flexible** - Halfway in Between
- Others Get a **Copy** From You





Without Rose

Becoming Energy

Automatically Match

She Impressed Me!

React Unconsciously

Victim

Permission Rose

Perceiving Energy

Hold Your Space

She wanted to impress me

Act Consciously

Seniority

Protection

Rigid

Temporary

Effort & Stress

Guarded

Scarcity

Permission

Flexible

Lasting

Graceful & Easy

Allowing

Abundance

Guided Journey

Being An Energy Ninja

What did you experience? Was it fun? Did you feel powerful and graceful? Could you see permission spreading?



4-6. How To Practice Healthy Energy Boundaries

☐ Complete

♡ Favorite

☆ Watch again

Self Practice Exercise

Permission Rose

A permission rose is arm's length from your body.

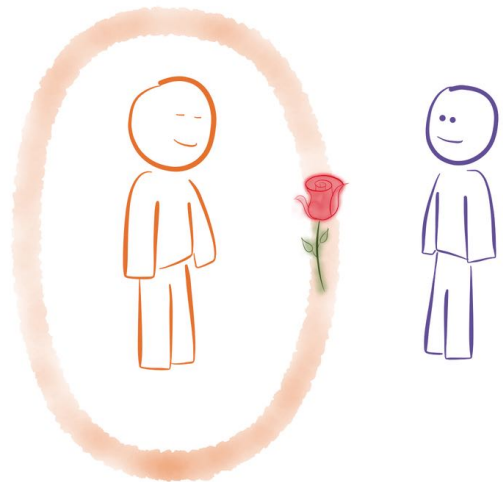
It states that:

- You have 100% permission to choose the energy on the inside your aura.
- Others have 100% permission to choose the energy of the outside your aura.

Your rose is flexible and spring loaded – automatically adjusting half way between you and others when they get close. Other people can get a copy of your permission rose when they meet you.

A permission rose helps you:

- Maintain your aura boundary and seniority.
- Keep yourself from absorbing other people's energy.
- Stay sensitive to communication and understanding.



Daily Practice

- Notice **How Your Aura Responds** to People & Places
 - Try different Sizes, Definition, & Permeability
- Notice When You Forget or **Give Away Your Seniority**
 - No Shame! Simply Re-claim your Seniority
- Be a **Energy Ninja!**
 - Use a **Permission Rose** During Your Day
 - See Permission **Spreading to Everyone** Around You



Partner Practice Exercise

Feeling each other's aura (10 mins)

1. Stand facing a partner about 10–15 feet apart.
2. Create an energy ball between your hands to open your hand chakras.
3. Face your open palms toward your partner, and slowly walk toward them.
4. Notice if you can feel their aura – pressure, tingling, heat, etc.
5. Back up, and ask them to imagine a rose arms length in front of them and adjust their aura to that size.
6. Walk toward them again, noticing any differences in their aura.
7. Switch roles with your partner and repeat.



Symptoms of Poor Boundaries

- Feeling **Uncomfortable** - Adjust Aura
- **Angry** - Boundaries Crossed - 4 Questions
- Holding a **Grudge** - Let Their Energy Go
- **Drama** - Stop Passing Around the Energy
- **Wishy Washy** - Take a Stance
- Easily **Affected** By Others - *"That's not like me!"*
- Talking or Dressing Like Your Friend :-)

Benefits of Good Boundaries

- Better **Understanding** of Yourself
- Feel **Empowered** with Seniority
- More Experiences that Truly **Fulfill** You
- Less Things Bother You than Before
- Get to Your Dreams More **Quickly**
- Living By **Your Own Rules**
- Less Struggle, Drama, Wasted Energy





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

