



mindvalley academy
masterclass

WORKBOOK

The First Step of the Modern Master

with Deborah King

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YOUR OFFICIAL MASTERCLASS WORKBOOK

4 Simple Tips to Get the Most Out of This Class:

1. Print out this workbook before the class starts so you can write down your notes as you listen.
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 session.
3. During the event, write down ALL the interesting and new ideas and inspirations 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 session.

Preparation Tips:

- Make sure you are in a quiet place where nothing can distract you, and that you are not driving a car or any other vehicle. Be in a comfortable position so you can fully take part in any guided meditation and visualization exercises that may be a part of the class.
- Stretch your muscles before starting the class. Stretching loosens the muscles and tendons allowing you to sit (or lie) more comfortably. Additionally, stretching starts the process of “going inward” and brings added focus to the body.
- Take a deep breath. Breathing deeply slows the heart rate and relaxes the muscles to help you have a comfortable experience during any guided meditations or visualizations that may happen during the class.
- You can use candles and other spiritual tools in the room to further help you feel at ease.

Thank you for joining our online class. We hope you enjoy it!

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- I. Before the Masterclass, please fill in the quiz below. On a scale from 0 to 10, please rate where you are right now. 0 being you're nowhere near where you want to be/less likely, and 10 being it is exactly where you want to be/more likely.

How traumas or emotional wounds affect your life		
Where you are now. 0-10	How much do your traumas or emotional wounds affect you:	Where you want to be. 0-10
	Personal life?	
	Professional life?	
	Romantic life?	
	Social life?	
	Family life?	
	Spiritual life?	
Preparing for the Masterclass		
Where you are now. 0-10		Where you want to be. 0-10
	How ready are you to let go of past traumas or emotional wounds in this online training today?	
	How ready are you to learn the valuable tools and techniques that will contribute to your spiritual evolution?	
	How ready are you to learn the valuable tools and techniques that will contribute to the overall improvement of your physical health, peace/clarity of mind and success in your professional and personal life?	
	How much do you feel your thoughts (internal language) and words (external language) impact your life?	
	Do you feel your past experiences have created a mental or emotional conditioning in you and you have had trouble letting go of this?	
	Do you feel like you have "something" holding your back, even though you are taking all the right actions?	
	Do you feel you have fears or insecurities as a result of a past experience you are still holding onto?	
	Do you find yourself having a strong reaction to a person or event that your logical mind can't explain?	
	How ready are you to begin implementing the techniques and information you will learn in this session?	

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II. This next part is for you to take notes while you listen to the Masterclass. Fill in the blanks as you progress. These will be the important takeaway points for this session.

1. When dealing with traumas, there are several ways of coping. There are some “band-aid” fixes that do not solve the root cause of the issue.

Some examples of these are:

- Disassociation
- Repression
- Resentment
- Acting out
- Denial
- Revenge

Write down any “band-aid” fixes you notice in yourself:

2. These are some ways of coping with traumas that help to clear the root cause:

Some examples are:

- Acknowledging & Sharing
- Breathwork
- Journaling
- Giving and receiving energy healing
- Working with a group
- Being of service

Write down any coping practices mentioned above that you notice in yourself:

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- Relationships are a breeding ground for both love and _____.
- A very effective and powerful way of releasing trauma is done through _____ practice. This can be done through a sutra practice or certain types of meditation.
- Some traumas stand out in your mind as _____ or just one's that are prominent in your memory. Some traumas may be stored so deeply in your "body-mind" that you hardly _____ them or don't understand what a _____ impact they have on you.

Exercise: Violet Flame Meditation

Deborah King will take you on a guided meditation journey to visit ascended Master St. Germain to the Temple of the Violet Flame.

Take a moment to write down 1–3 traumas or emotional wounds that you are looking to clear today:

- Getting rid of old trauma is like _____.
- We put our traumas on ourselves in _____.
- As Deborah was clearing traumas, she found an incredible secret. What is that secret that dates back over 5,000 years back to the ancient hindu Vedas? _____.

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Defining Keywords

Initiation:

Initiation is a word used in the western culture to describe a “spiritual step up” or expansion of consciousness. In eastern culture, this is known as “kundalini rising.”

Mudra:

A symbolic hand gesture used in Hindu and Buddhist ceremonies and statuary, and in Indian dance. Some mudras are performed with the entire body but most are performed with the hands and fingers. Mudras, along with pranayamas, affect the flow of prana in the body.

Prana:

A Sanskrit word meaning “life force.”

Pranayama:

Pranayama is the formal practice of controlling the breath, which is the source of our prana, or vital life force. The word pranayama is a Sanskrit word composed of 2 words “prana” meaning “life force” and yama “to restrain or control the prana.”

Sutra:

A sutra is a Sanskrit word that means “string, thread.” In Indian literary traditions, it also refers to an aphorism or a collection of aphorisms in the form of a manual. They are specific words, phrases and sounds that serve a significant purpose in expanding and raising your consciousness.

“Seeding” the sutras:

Deborah took years of training to learn how to “seed” the sutras. This refers to a way of introducing the sutras from master to student so they are understood and accepted with the correct intention to the greatest benefit of the student.

Vedas:

The vedas are a Sanskrit word meaning “knowledge.” They are large bodies of texts originating in ancient India. Composed in Vedic Sanskrit, the texts constitute the oldest layer of Sanskrit literature and the oldest scriptures of Hinduism.

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Use this space for any additional notes you have:

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SUCCESS STORIES

“From the path of despair to the path of enlightenment.”



My story, like many others in the field of energy healing, is one of loss and struggle. Beginning with my mother’s suicide, my coming out and my own attempted suicide. Although my life changed dramatically for the better with the meeting of my life partner 31 years ago, I still struggled with my feeling of separation from God or Spirit and my dependency on alcohol to numb the pain I had yet to come to grips with.

It wasn't until I began energy healing with Deborah's programs, along with daily meditation, that I truly began to heal and change. As my own healing began to occur my prayer practice blossomed and I realized that God was part of me, that none of us are separate, that we are all connected to this Universal Life Force. I became sober, more aware, more alive in a sense. I have learned to work with and channel the energy along with the assistance of my guides, Angels and Ascended

Masters. I have a better understanding of why I am here and more about the gifts I have to offer. I now believe we are all on a never ending journey, one of learning and searching, with the goal of becoming more enlightened and living a life of service.

– Doug R.

“Cleared severe trauma and transformed my life.”

In 2009, I had spent the year consolidating my family and pooling our resources.. I lost my job and subsequently my home by December. I knew I had to move my family out of my lovely home to a rental we could all share. Things were really tight. One night, in late December, I was surfing for something on the internet for a friend. I stumbled upon The Deborah King Radio Show. Deborah was introducing her new class starting up soon. **I wasn't looking for training. I didn't even know what energy medicine was.** But I had this uncontrollable need from the Universe to learn from her. I've learned so many techniques that have changed the quality of my life for the better... She teaches an advanced shamanic technique that is an awesome tool to clear out the emotional connection to a situation, person, place or thing. **I was able to clear out severe trauma, PTSD, and many bad relationships in short order allowing me to move forward quickly.**



– Lisa S.

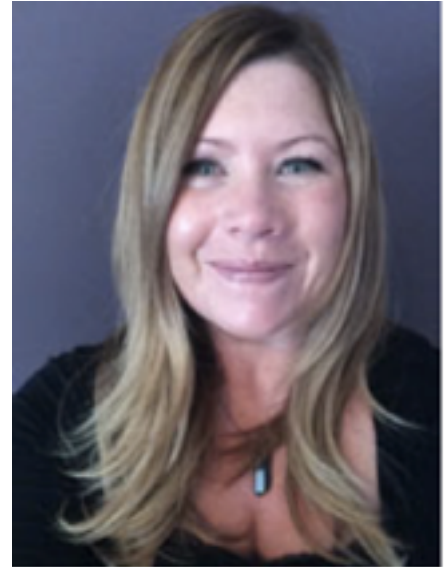
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SUCCESS STORIES

“The techniques and knowledge I've gained from studying with Deborah have proved an invaluable experience that will continue to serve me the rest of my life!”

When I attended my first workshop with Deborah in 2012, **I was completely emotionally numb.** Starting at birth, I was put up for adoption by my birth mother who had been abandoned during her pregnancy by my birth father. At age 5, I was sexually abused by an extended family member. At age 6, I had open heart surgery. At 19, I found myself pregnant. Two and a half years following my son's birth, he tragically and traumatically died. Several years later, I became a caregiver to my mom who's illness became terminal after 3 years, nursing her until her last breath. All of these experiences I had before the age of 30. Following blind faith and a good friend, I decided to attend Deborah's workshop, not knowing anything about Deborah, only knowing I felt guided to go.



The healing that has followed since is nothing less than miraculous. It can best be described as a tumultuous roller coaster, but well worth the ride. Bit by bit, with each workshop attended, I began to drop my defenses, and process the hurt and the pain caused by repeated abandonment and trauma throughout my life. As each layer revealed itself, one layer more painful than the last, a peace and gratitude began to fill the emptiness as the numbness began to thaw. Through learning meditation with Deborah I have learned the difficult process of surrender allowing greater healing to occur. In addition to emotional healing, I also began to experience physical healing in my body as well. **As I healed from the sexual abuse, that trauma that my body had repressed as a young child began to manifest in a physical way.** Recently, during meditation following a profound spiritual experience sitting in a church, I received physical healing, which was a result of the work Deborah has done with me, removing and clearing these stuck traumas, and the dedication I have to continue my own healing, using the techniques Deborah teaches.

I will be forever grateful for the journey I have been on, and continue to learn new techniques from Deborah, knowing that I am now equipped to be a conduit for others healing. The techniques and knowledge I've gained from studying with Deborah have proved an invaluable experience, one that will continue to serve me for the rest of my life! I feel lighter, brighter and clearer than I've ever felt in my life, feeling a sense of peace, love and gratitude filling every part of me.

— Christy

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SUCCESS STORIES

“I didn't know exactly what energy healing was but I signed up for it. And fast forward, it turned out to be the best investment ever.”



Just like any other 30 something Korean young mom with 3-year-old son, I was struggling with my life. I didn't have guts to look into sour relations with mother-in-law, all the blame coming from in-law parents and especially my dysfunctional marriage, more specifically, an alcoholic, violent, abusive and controlling husband with secret financial problems. Before I had my son, I was working as a full-time certified simultaneous translator making a decent living and yet my husband was controlling all my salary and compensations and not revealing any financial status to me. Just like my bank account, **my life was controlled by a man in the name of “for a better future.” This reality check came much later as a result of energy healing.**

I was a seeker of spirituality, so I always listened to Deborah's radio as a backdrop, and ever since Deborah King started her show back in 2009, I **immediately got hooked by her voice and her teachings. I didn't know exactly what energy healing was but I signed up for it. And fast forward, it turned out to be the best investment ever.** I'm meeting more of me which is so exciting because the person that I aspire to be was inside of me. The more I get to meet my true essence of me, the more I fall in love with the qualities that I exude so naturally. Therefore, I don't have to cover up to become a better person which is so freeing. The more I can save all the energy spent for cover-ups, I feel stronger, lighter, more loving, authentic and transparent.

Had it not been Deborah's programs, I would have not had the courage to separate with my husband and claim my hijacked life. I'm living in a conservative and male-centered eastern culture. Always, guilt, shame and sacrifice is a virtue that women need to have. We are not supposed to speak up and just should do as we are told to do without questioning. This was the conventional wisdom. Therefore, we don't have a chance to tap into our personal power. I feel like spirit guides spruced me up to be on the launch pad for my mission in life of serving with the help of energy healing. With this new sense of freedom, peace and gratitude that I found, **I'm ready to take on a journey of becoming a wisdom keeper. Just by thinking of that mission, my heart beats... and whatever it takes, I'm willing to go for it.**

– Grace S.

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“Since beginning Deborah’s program, my transformation has been enormous.”



Before discovering energy healing, **I was very insecure, self-centered, co-dependent, and very much in victim mode** following what I felt to be an unsettling childhood. I was quite volatile, becoming easily triggered and moody when things didn’t go my way, with poor conflict resolution skills.

Since beginning Deborah’s program, my transformation has been enormous. I’m now much more outward focused, appreciating Mother Nature more than ever and sensing the unified field, thereby accepting wholeheartedly that we are all one energy field. My heart has opened. I am much more compassionate, patient, calm and accepting of others. My self-awareness has grown exponentially, such that I take much more responsibility for my life and its creations. I thoroughly

recommend Deborah’s courses and the practice of energy healing and spirituality for developing expanded self-awareness, and a stronger sense of belonging, realizing and experiencing how we are all one and all connected.

– Gael N.

“I started my spiritual exploration around the world and now I’m writing my new book.”

This healing experience massively shifted my belief system about healing and opened my mind to what was possible. Within two weeks of the healing, **I met Deborah in person (in Munich). This journey took me around the world to study and apprentice with master healers, intuitive teachers and visionaries.**

However, in my day job I worked with corporations and had no idea how I would combine healing with my professional work. Then one day, **I was awakened from a dream in which I heard the title of a book I am to write.** It became very clear to me that I do not have to define myself as a healer, but that I can be of service right where I am in my day job. **I am currently writing this book today.**



– Allyson Z

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WHAT FAMOUS PEOPLE SAY ABOUT DEBORAH'S WORK



“I have seen people stand in line for hours just to get a moment with Deborah King. People just love her and her healing work.”

— Louise L. Hay, the *New York Times* bestselling author of *You Can Heal Your Life*

“Deborah King is a guide for all seekers of higher truth who are destined to fulfill their purpose of helping others by first healing themselves.”

— Neale Donald Walsch, the *New York Times* bestselling author of *Conversations with God*



“I love Deborah King’s mix of esoteric and practical wisdom, the confluence of ancient and modern healing traditions!”

— Marci Shimoff, the *New York Times* bestselling author of *Love for No Reason* and *Happy for No Reason*



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- Imagine your life with a solid foundation of spiritual practice, learning more about yourself and being able to go out into the world with a greater sense of purpose, peace and compassion. What would your day-to-day life look like?