



mindvalley academy
masterclass

WORKBOOK

The Next Level Of Spiritual Awakening

with Ken Wilber

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YOUR OFFICIAL MASTERCLASS GUIDEBOOK

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.
- 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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The next part is for you to follow through while you listen to the masterclass. There will also be a few fill in the blanks parts as you progress. These will be the important takeaway points for this session.

1. There is a one-ness that we ought to be experiencing. There is a unity that we ought to be aware of. Instead we are aware of
Humanity is
2. The unity awareness is possible but it is not.....
3. "I am but not"
4. The two basic ways we can develop and evolve:
 -
 -
5. Growing up is the ways in which go from being to
6. The 6 levels of development are:
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 -
 -
 -
 -
 -
7. The levels from the sense of identity perspective are:
 -
 -
 -
 -

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8. The 5 waking up levels are:

-
-
-
-
-

9. Spiritualists actually
and religious is to

10. Hierarchy has 2 different types:

-
-

11. Don't get Keep

12. Simply witness

13. We already and
it is

14. Describe what you feel is yourself is right now. Give a description of who you are:

15. The seen self is

16. The pure seer is

17. Enlightenment is but
the

18. Eternity is timelessly in this

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19. The other 2 dimensions of spirituality are:

-
-

20. The showing up perspectives are:

-
-
-

21. You have to before you

22. Clean up means to all ,
and that is

23. What happens when spiritual awareness becomes embodied? Why do I care?

Use this space for any additional notes you have:

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SELF-REFLECTION

The right questions can spur your subconscious to feed you the right answers. So ask yourself. . .

What is my level of awakening? How can I progress to the next level?

How will I contribute to yourself and to those around me after I have cleaned up my unconscious and repressed shadow material?

How will my life change when I reach enlightenment and reach the greatest good I can attain?



To sign up for *Beyond Seeking*, Ken's new course on Mindvalley Academy, please visit <http://mindvalleyacademy.com/store/beyond-seeking/products/special> for more information. But wait until March 10 to sign up for the course. Near the end of the masterclass, his new course will be offered at a special price as a thank-you gift for class attendees.

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Appendix: Diagrams

