

# DUALITY

How to Go Beyond Your Physical Body and  
Truly Embrace Your Energy Body

————— *with Jeffrey Allen* —————

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Online Class

with Jeffrey Allen

## 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 60 minutes of private time for this session so you'll be able to focus and fully receive the benefits of the energy healing 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 during the time of energy clearing. Be in a comfortable position so you can fully take part in the meditation and visualization exercise Jeffrey will be guiding you through.
- Stretch your muscles before we start. 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 deep slows the heart rate and relaxes the muscles to help you have a comfortable experience during the energy clearing.
- You can prepare candles and other spiritual paraphernalia in the room where you will meditate to 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 take notes while you listen to Jeffrey's class. Fill in the blanks as you progress. These will be the important takeaway points for this session.

1. Whatever problem I am facing in my life, whether in work, relationships, love, money, or health, \_\_\_\_\_ is the key to getting the results that I want.
2. One problem is really important and this is the problem that gets in the way of most people living the life they want and creating the dreams that they want.

If you don't understand this problem, you are going to have the same struggles, the same difficulties and end up back in the same place you were in time and time again.

But if you get this key principle, you will see that massive \_\_\_\_\_ start happening, things will line up in your life, and the problems that seemed insurmountable before actually begin to solve themselves.

3. The problems is that everybody thinks about \_\_\_\_\_ first.
4. Unless you address the \_\_\_\_\_ first, you are going to keep going back to the same position.
5. Energy moves \_\_\_\_\_, where physical things move \_\_\_\_\_ and take more effort.
6. Energy happens \_\_\_\_\_, before things happen in the physical world.
7. If it's healing yourself:

Step 1: \_\_\_\_\_.

Step 2: \_\_\_\_\_ in the physical world.

If you want to create something and manifest your dreams:

Step 1: \_\_\_\_\_.

Step 2: \_\_\_\_\_ in the physical world.

You need these both together.

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8. How many times have you had a great idea that you knew could be successful, but you didn't follow through and make it happen? Or how many times have you been sure of a path you wanted to take, but yet didn't quite get around to taking it?

Or maybe you even started a project, started moving forward, but at some point it just went flat and failed.

Do you know why those project failed?

The answer is that there is some \_\_\_\_\_, which you are unconscious to, that stopped you from moving forward.

9. Today we are going to learn how to \_\_\_\_\_, and \_\_\_\_\_.
10. Energy moves just as quickly as my \_\_\_\_\_ .
11. If you can \_\_\_\_\_ something healing, you can move the energy and make it heal.
12. If you can \_\_\_\_\_ yourself making a change, you can actually make that change happen.
13. Energy work is \_\_\_\_\_, it is \_\_\_\_\_ and it is \_\_\_\_\_.

Use this space for your own notes:

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