



mindvalley academy
masterclass

WORKBOOK

Embrace Your Energy Body

with Jeffrey Allen

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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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ASSESSMENT

Please fill in the quiz below to better understand your present relationship with energy and your energy body before starting this Masterclass.

On a scale from 0 to 10, rate where you are right now. 0 being you are nowhere near where you want to be, 10 being you are exactly where you want to be.

Experiences	Rating 1-10
I understand how energy affects my life.	
I can feel energy physically.	
I can easily manifest my dreams and desires.	
I know how to clear any beliefs that may be holding me back.	
I am sensitive to other people's energy.	
I know what a chakra is.	
I know how chakras play a role in my life.	
I know how to listen to my intuition.	
I believe I can heal myself with energy.	
I have communication with my spirit guides, angels or higher self.	
I know how to deal with stress and calm my busy mind.	

1. What is the main thing you want to learn about energy and your energy body today?

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KEY POINTS

The next part is for you to take notes while you listen to this Masterclass. Fill in the blanks as you progress. These are the important takeaway points from this session.

1. Jeffrey's Story: "All this change happened in my life, from that one simple change that I made." **"Tune into your intuition, clear your energy blocks persistently, go for the things your intuition says, even if it sounds crazy."**

What ideas or inspirations came up for you from hearing Jeffrey's story?

2. Whatever problem you are facing in your life, in **w**_____, relationships, **I**_____, money, or health, **e**_____ **w**_____ is the key to getting the results you want.

3. Everybody thinks about the **p**_____ **w**_____ first.

4. One key principle to achieve massive synchronicities is to change the way you think. Unless you address the **e**_____ **w**_____ first, you are going to keep going back to the same **p**_____ .

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5. Energy moves **v**_____ **q**_____ , where physical things move **s**_____ and take more effort.

6. Energy happens **f**_____ before things happen in the **p**_____ world.

7. To heal yourself:

Step 1: Address the **e**_____ .

Step 2: Take **a**_____ in the **p**_____ **w**_____ .

8. If you want to create something and manifest your dreams:

Step 1: Create that in the **e**_____ .

Step 2: Take **a**_____ in the **p**_____ **w**_____ .

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

What idea/ project comes to mind now that you would like to pursue?

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10. There is always the same answer to why those projects fail or don't happen.

The answer is: There is an **e**_____ **b**_____ which we are unconscious to, that stopped you from **m**_____ **f**_____ and creating the relationship of your dreams, the work of your dreams, the life of your dreams.

11. Today, you will learn exactly how to **t**_____ **i**_____ find that **b**_____ and move that out for you.

12. Energy moves just as quickly as your **i**_____ .

13. If you can **v**_____ something healing, you can move the **e**_____ and make it heal.

14. Energy work is **i**_____, and it's **f**_____, and it's **p**_____ .

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NOTES

Use this space for any additional notes you have:

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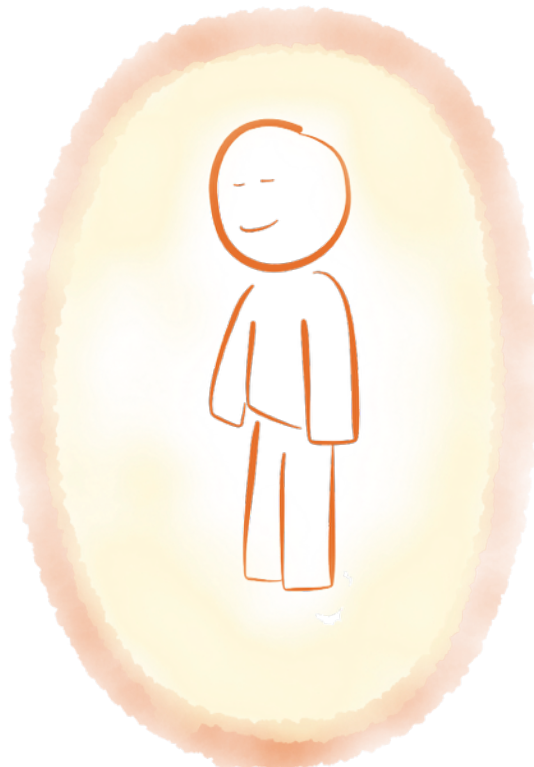
EXERCISE

IMPORTANT: As Jeffrey is guiding you, you may also receive internal guidance. **TRUST YOURSELF.** The goal of the exercise is to get you tuned into your energy.

Go with what you are feeling. Trust your guidance, trust your intuition.

4 Part Exercise:

1. How to clear your mind and be present in your body. Clear the noise. Focus.
2. How to feel energy in a tangible way and build it.
3. What is the most important thing to clear now? Learn a technique for how to remove it for good.
4. Now that the block is clear, you will learn how to create what you want in your life.



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SUCCESS STORIES

“Goosebumps! BIG time!”



“Goosebumps! BIG time! Oh, how I love this! Thank you Jeffrey Allen!

I just completed the Chakra Week and finally my life comes to place, just after these five weeks. I WAS stuck in two chairs which was very surprising for me. Those two, really? :) And I got so clear why my manifesting never came fully true.

You know, I’ve been reading all these books one can think of this area for about 30 years, taken classes, courses, spent a LOT of money... Sure, I’ve been feeling better after a total burn out, but NOW everything is like AHA-moment, one after the other. I see everything so clearly now, like coming out of a fog for many years. Forever Grateful!

Thank you Jeffrey and thank you all beautiful people in this lovely group!”

– Anya Rosen Lavender

“Been feeling a greater connection to my value and worth.”



“I finished the 8th Week of Duality Training 😊 Happy 😊 I have been feeling a greater connection to my value and worth. I have been assertively expressing my desires and permissions to my personal space much, much more. Appreciate all the cheering on and the sharing going on here. Feels safe, comforting and nurturing. I have a lot to go yet, checking all the bonuses out and doing the additional meditations for Week 8.”

-Mary Riitano

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“Duality changed my life.”



“I've had a quiet time, just growing inside, living as much as possible in the nature. This morning I woke up from a deep sleep, from a dream - with a sword in my hands, knowing that I have been given all possible power. Everything has turned around. Jeffrey and Duality-fellows - I'm so grateful, thanks a lot to all of you! <3 . - Duality changed my life. <3 ”

– Marit Wadsten

“Jeffrey Allen’s tools daily practiced made that melanom vanish completely within two weeks”



“Hi all. I will here share a self experienced energy healing of the body. For several years I have had a cauli flower shaped melanom under my breast in the size of a thumbnail, a little like the picture here. Two weeks ago I learned a qigong technique that together with Jefferey Allen’s tools daily practiced made that melanom vanish completely within two weeks.”

– Jane Saleskog

“I'm so completely engaged by the way he has taught this course”



“I'm getting closer to the end of the lectures. And I find myself sad because I don't want the teachings of Jeffrey to end! I'm so completely engaged by the way he has taught this course. With so much information he's made it fun and full of life.

Absolutely amazing teacher. The best I've ever had.”

- Denise J James

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“The greatest learning from Duality? For me, it's acceptance.”



“The greatest learning from Duality? For me, it's acceptance. It seems so obvious but is also so hard in practice. After taking Duality, I have learned to...

1. accept that energy clearing is not do-once-and-be-done-forever. I need to keep working on it. The good news is I have the power to clear my own energy.

2. accept that it takes time and practice to get better. Just because I'm not seeing "perfect" results yet doesn't mean my meditations are not working. Be patient and be happy when the success rate improves.

3. accept that the journey inward is not always easy, but that's ok. Sometimes it's painful when I'm going through a growth period, and sometimes it hurts when negative energy is escaping from my body. Know these are actually good signs and once they pass I'll feel better.

Oh, and I also learned to stay amused and be gentle with myself.”

– Mu-Yin Molly Chen

“Truly life changing Jeffrey Allen — I quite honestly feel a peace I have never felt before.”



I am so moved by today's class—everything just became so uncomplicated and clear. All the lines seemed to fall into place—there is so much peace and clarity from the learnings today—it answered questions I felt I have had in me since I was little. I always felt that my hotspots showed my me passions and now I realise that when I release my hotspots - there will be this beautiful space for my REAL passions to come forth. Truly life changing Jeffrey Allen—I quite honestly feel a peace I have never felt before....

– Deni Ayre

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SELF-REFLECTION

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

Where do you feel you have the most energy blocks that have impacted your life the most? What can you do right now to clear them?

How will you contribute to yourself and those around you after you have cleared your energy body?

How will your life change when you have learned how to heal your energy body? What can you create in your life now?



To sign up for *Duality*,
Jeffrey's course on Mindvalley Academy, please visit:

http://bit.ly/DU_special2016

But wait until March 22 to sign up. Near the end of the masterclass, *Duality* will be offered at a special price as a thank-you gift for class attendees.