



mindvalley academy
online training

WORKBOOK

Embrace Your Energy Body

with Jeffrey Allen

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YOUR OFFICIAL ONLINE TRAINING 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.
- Take a deep breath. Breathing deep 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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The next part is for you to take notes while you listen to the online training. Fill in the blanks as you progress. These will be the important takeaway points for this session.

1. Whatever problem you are facing in your life, in, relationships,, money, or health, is the key to getting the results you want.

2. Why are you here?

3. Change the way you think and massive start happening, things will line up in your life, and the that seemed insurmountable before actually begin to themselves.

4. Everybody thinks about first.

5. Unless you address the first, you are going to keep going back to the same

6. Energy moves, where physical things move and take more effort.

7. Energy happens, before things happen in the world.

8. To heal yourself:
 Step 1:

 Step 2:

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

Step 1:

Step 2:

10. 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? How many times have you been sure of a path you wanted to take, but yet didn't quite get around to taking it? What project did you start that ended up failing?

11. There is some, which we are unconscious to, that stopped you from

12. Today I am going to learn how to, and

13. Energy moves just as quickly as my

14. If you can something healing, you can move the and make it heal.

15. If you can yourself making a change, you can actually make that change happen.

16. Energy work is, it is and it is

17. [Exercise]

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Use this space for any additional notes you have:

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SUCCESS STORIES

“Within 5 minutes of him working with my shoulder, I was pain-free”

After the first healing I received from Jeff, I was a believer! I had been doing a lot of work on family issues and had recently spent time at my parent's home. One day I got this shooting pain in my shoulder and was unable to move my arm without incredible pain. I had met Jeff at a yoga class some time earlier and knew he did healing work. When I told him about my arm, he offered to do a healing for me and I gladly accepted.

It was amazing! Within 5 minutes of him working with my shoulder, I was pain-free and have been ever since. Apparently I had moved some energy around my family and it got stuck. I am a believer and think that Jeff is one of the most incredible people I have ever met.

DI, CEO and Business Owner

“This has brought me some inner peace and calmness of mind”

I wanted to share that these past few weeks meditating have brought me so much inner peace. I'm facing some hard decisions like closing the business I started 10 years ago, facing financial worries and how to make ends meet. Somehow after signing up for this course, I know that things will be alright eventually. This has brought me some inner peace and calmness of mind which is important when making decisions like the above.

What is interesting is that I have caught up with some close friends over this past week and they are saying that when they last saw me, I had this air of "busy-ness" that was almost frantic.. but something has changed. I still look tired but there is an air of calmness about me. I can only attribute it to the meditation that I've been practising, clearing my pictures, cleansing my negative energy and getting in touch with my intuition, etc. Today, I received some really positive news from my dear friend about a possible collaboration that could be the next step in my career. Praying that this could work out.

So I wanted to express my gratitude to everyone in this support group for the loving energy being sent out and to Jeffrey Allen for teaching us all these great tools that we can use in our lives!

Lynette Lim

“I had no stage fright”

Last night I especially enjoyed using my tools, grounding and bright blue aura skills, and the roses. It was my foundations annual toy drive. I always work the front door, the roses seemed to increase my level of joy as I greeted people. Honestly, I think it was the first time I actually enjoyed it. I am a great actor so in the past I always looked like I was enjoying it, but last night I was. And then when I made my announcement on the band break, I had no stage fright, always in the past there had still been a trace of it, last night none. And there were over 200 people... Yeah improvement!! I think we collected about 300 toys for a local orphanage and the mission. And fun was had by all!!

Bunnie Letrec

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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 impacted your life the most? What can you do right now to clear them?

How will you contribute to yourself and to 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 www.mindvalleyacademy.com/store/duality/products/ for more information. But wait until May 26 to sign up for the course. Near the end of the class, his course will be offered at a special price as a thank-you gift for class attendees.