



EMBRACE YOUR
**ENERGY
BODY**

MASTERCLASS WORKBOOK
WITH JEFFREY ALLEN

WELCOME TO YOUR MASTERCLASS WORKBOOK

5 Tips to Get the Most Out of This Masterclass

1. Print this guide before the Masterclass so you can take notes as you listen. You can also download and type directly in the guide to save paper.
2. Review the contents of this guide before the Masterclass so you know what to expect, and you can best set aside private time before, during, and after the Masterclass to complete the activities.
3. You can pause the Masterclass video to take notes or fill in the blanks by clicking on the video screen during the Masterclass.
4. Think of how you can quickly implement the secrets revealed in this session to improve your communication and impact.
5. During the Masterclass, use the dedicated space on the right side to write down **ALL** interesting new ideas and inspirations you get while listening - that way you won't lose the most relevant information to **you**.

"Any problem you have - it's your energy."

- Jeffrey Allen

PART 1: PRE-MASTERCLASS EXERCISE

Start with Intention

Write down and set your positive intentions here. What are your intentions for joining this Masterclass? What do you hope to leave with?

WHAT TO EXPECT

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- Set your intentions before the Masterclass.

PART 2: ENERGY BODY SELF-ASSESSMENT

- Assess how much you are using energy in your life before the Masterclass.

PART 3: ENERGY WORK

- Fill in the blanks.

PART 4: EXERCISES

- Calming Your Mind (Exercise #1)
- Activation (Exercise #2)
- Clearing Fears (Exercise 3#)
- Synchronicity (Exercise #4)

PART 4: REFLECTION

- The right question can spur your unconscious mind to feed you the right answers.

PART 5: TESTIMONIALS & STUDENT STORIES

- Read what other people have to say about Jeffrey Allen.

PART 2: ENERGY BODY SELF-ASSESSMENT

Assess how much you are using energy in your life with this self-assessment. How true are these statements to you?

On a scale of 1-10, rate how much are these statements true to you? (1 - not true; 10 - very true)	Self-rating (1-10)
1. I can easily listen and hear my intuition.	
2. I know how to use energy to heal myself.	
3. I know how to use energy to create synchronicities in my life.	
4. I am aware of where energy is stuck in my body.	
5. I am present in my body.	
6. My mind is clear and I am able to focus easily.	
7. I am aware of my path and where I am going.	

You may use the space below to take notes during the Masterclass.

PART 3: EMBRACE YOUR ENERGY BODY

Follow along the Masterclass and fill in the blanks. You can use the space below for extra notes.

Energy Work

We each have 2 minds:

1. The _____ mind. (intuitive)
2. The _____ mind. (material)

Problems you have can be solved faster in the _____ world.

_____ starts in the energy world.

The container is the _____ in between.

The physical world is _____; The energy world is _____.

Notes

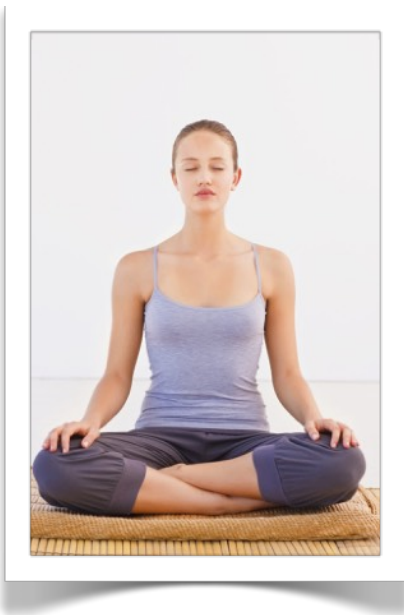
PART 4: EXERCISES

Guided Meditation

Jeffrey will be guiding you through 4 exercises during the Masterclass:

- Calming Your Mind (Exercise #1)
- Activation (Exercise #2)
- Clearing Fears (Exercise #3)
- Synchronicity (Exercise #4)

Before the Masterclass begins, make sure you are in a quiet place where nothing can distract you, and that you are not driving any vehicle. Be in a comfortable position so you can fully take part in the guided meditation.



- 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 the guided meditation.
- You can use candles and other spiritual tools in the room to further help you feel at ease.

After the Masterclass is over, use the space below to record your experiences with each of the exercises.

Calming Your Mind (Exercise #1): Jeffrey guided you through a meditation to quite your mind and sense your inner voice.

Activation (Exercise #2): Jeffrey gave you instructions on how to create and energy ball.

Clearing Fears (Exercise #3): Jeffrey taught how to notice where energy is stuck.

Synchronicity (Exercise #4): Jeffrey taught you how to create more synchronicities and manifestations in your life.

PART 5: REFLECTION

The right questions can spur your unconscious mind to feed you the right answers. So ask yourself... (Use an extra piece of paper if you need to).

1. What would your life look like if you were able to use energy to unlock new possibilities?
2. How can you contribute more to your family, relationships, yourself, and community if you enhanced your ability to use energy to improve your life?
3. How will your life change once synchronicity and flow start working your life ?
4. What is the one thing you can do right now to demonstrate you are dedicated to elevating energy body?

THANK YOU for joining Jeffrey Allen's Masterclass!



Visit <http://bit.ly/duality-course-mindvalley> to enroll in Jeffrey's remarkable program **Duality** to take your energy body to the next level.

Watch through the end of the Masterclass to unlock a special reduced price, as a thank you to Masterclass participants!

PART 6: TESTIMONIALS & STUDENT STORIES

"My relationships are improving. I am no longer "victim" in situations."



"This is the great thing about Jeffrey, the way, the mode, the structure and the depth of his classes are exceptional!

Well, I've worked with energy myself for a couple of years now. With Duality, I have simple reached a higher level, i.e., deeper insights.

In my personal life, my degree of awareness has risen considerably. [...] My relationships are improving. I am no longer "victim" in situations. Controlling the way my chakras interact has brought such an increase of independence. The quality of my relationships is rising constantly.

~ Pia Graf

"I feel on a deep level that I am free to be the fullest."



1. I have ceased to lie awake at night feeling angry, fearful and at war with the world. With the Permission Rose meditation, I feel on a deep level that I am free to be the fullest, most glorious expression of myself, and that I am loved and supported by God/Goddess/The Universe, and that this is true for everyone else as well.

2. I manifested the most amazing business coach on the planet.

3. I have developed my own screenwriters/healthy mindset online course that embodies a number of the tools and techniques that I learned in the Duality course.

~ Kim M. Brantley

"This program helped me find a balance and stop overthinking."



This program [Duality] helped me find a balance and stop overthinking different situations, as a result I am able to find solution much faster and better for myself, my work and my families. When I feel tired I use cosmic energy mix it with earth energy and usually feel much better for next few hours. Really good program, basic things that everybody should know.

~ Yana Smirnova

"I have no words to thank Mindvalley and Jeffrey for their amazing teachings."



[...]This very year on my 17th birthday my dad gifted this amazing DUALITY course to me which I was asking for since the last year.

So while doing the course I realized that I'm a visual person and clairvoyant too. Grounding has always worked for me especially when I go for exams or interviews I'm able to remain grounded and don't feel nervous which results in a very good output (my results of course!).

The most important one my spine injury which was there in my lower back since the last 4 years was healed and it was a surprise for us. I have become more peaceful and lively since I graduated from the course. [...]

~ Kritisha Panda

"Instead of seeing the path as difficult, I could see it as essential to achieving our goal."



"The other day, I did the Mental clarity meditation as I had a difficult career question. During this meditation, I was able to see that I simply had to see it differently. I saw that instead of seeing the path as difficult, I could see it as essential to achieving our goal and therefore it is going to be less difficult and will add tremendously to having a successful goal.

~ Belle Cohen

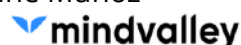
"My life and the way I feel about it and about myself has improved SO MUCH."



I pretty much use all the tools [from Duality course] on a daily basis.

[...] I have learned to just TRUST that the answers will come and resolutions will unfold in their right time. I've been noticing a lot of synchronization, some small and some larger, and I take it as proof that my spirit guides are telling me they've got my back. Mostly, I JUST DON'T WORRY ANY LONGER about things that are out of my control. [...]

~ Jacqueline Munoz



"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 Jeffrey Allen's tools daily practiced made that melanom vanish completely within two weeks.

~ Jane Saleskog

" The only one course you really need to enroll into. It's enough!"



"Duality helps me find even deeper inner peace. Using Duality training and Jeffrey Allen's wonderful guiding every day, I have changed my life and my life is changing.

I am now doing the same things in a new way, with a completely different attitude. I now create the life I've always dreamed of, with less doubt.

My relationships have changed. What was good in my life before has become excellent. What I have to change, I change with gratitude. No more self-judging. [...] Jeffrey Allen and Duality is the best in the world today and the only one course you really need to enroll into. It's enough!

~ Marit Wadsten

"I learned to really understand energy."



"Because of past abuse, I became an expert hiding my soul's light. The Duality program helped me start removing and healing huge layers of shame and embarrassment. It's set up in a way to heal you piece by piece. I learned to really understand energy, feel it again, and how to apply it practically in my life. I speak up for myself more. I feel more consistently happier. Most of all, I am way more aware of the subtle stream of communication going on between me and my soul to make better choices!"

~ Mary Riitano



For more details on the **Duality** program, visit: <http://bit.ly/duality-course-mindvalley>