

# Workbook

With this workbook you can keep track of your progress for each one of the exercises in the book.

Keep in mind that the goal of this practice is to accomplish an activation of your enhanced awareness and holographic DNA. For best results you need to stimulate awareness in a constant and intense way, in the shortest time possible. Once you start, make a commitment to complete all the exercises within a reasonable time frame.

Not all exercises need to be practiced continuously. Some of them, like the ones to reset the electromagnetic field or the layers of the soul are only needed from time to time. Others, like the exercises to practice awareness should be part of your regular routine.

Incorporating the state of awareness into everything you do, is a better way to experience awareness than making this an isolated event a few times a week. However, at the beginning, this is necessary for you to learn to identify awareness. Then you can make this part of your new lifestyle.

These exercises help you establish a higher connection with yourself at various levels. You will learn to hear or read your body and soul to understand it in an intuitive way. The messages that are trying to be conveyed to you constantly, but subtly, will become apparent.

You can also address any blockages or emotions that may come up in the future with any of the tools provided here, or those which you will learn in forthcoming volumes of the book.

Wishing you a great practice!

–Johanna Bassols

## Exercise 1: Identifying the Source of Emotions

For one month, take notes every time you feel an emotion, especially those that happen more frequently, such as fear, anxiety, anger, happiness, love, etc. Be aware of in what part of the body you feel the emotion, upper, middle, or lower body? Does it occur in your joints, your chest, your feet, etc.?

Take note of the emotion and the section of the body where it occurs, and then write a brief description about what triggered the emotion, if there is any apparent cause. Also note whether you ate anything immediately before the emotion arose.

## Exercise 2: Tapping

Once you have identified the source of the emotion, tap on the energy center that corresponds to that section of the body as instructed in the book or class, and take note of your physical or emotional reaction. Does the emotion or pain stop? Does it feel as strong the second time? Third time?

You can print this weekly calendar as many times as you need to complete your monthly exercise.

### Day 1

<b>Emotion</b>				
<b>Part of the body</b>				
<b>Note/food</b>				
<b>Tapping reaction</b>				

**Day 2**

<b>Emotion</b>				
<b>Part of the body</b>				
<b>Note/food</b>				
<b>Tapping reaction</b>				

**Day 3**

<b>Emotion</b>				
<b>Part of the body</b>				
<b>Note/food</b>				
<b>Tapping reaction</b>				

### Day 4

<b>Emotion</b>				
<b>Part of the body</b>				
<b>Note/food</b>				
<b>Tapping reaction</b>				

### Day 5

<b>Emotion</b>				
<b>Part of the body</b>				
<b>Note/food</b>				
<b>Tapping reaction</b>				

## Day 6

<b>Emotion</b>				
<b>Part of the body</b>				
<b>Note/food</b>				
<b>Tapping reaction</b>				

## Day 7

<b>Emotion</b>				
<b>Part of the body</b>				
<b>Note/food</b>				
<b>Tapping reaction</b>				

### Exercise 3: Identifying the True Self

Make copies of this sheet. Complete it before and after your meditation to see whether anything changed compared to the previous session. Repeat the meditation if needed to release more identifiers. You may notice that there are some resilient ones or that new ones come up. Keep track of any identifiers that are deeply rooted and continue working with those until all of them have been released.

<b>Positive identifiers</b>	<b>Negative identifiers</b>

Positive Qualities	Negative Qualities

**Exercise 4:**  
**Resetting and increasing the frequency of the  
electromagnetic field**

Practice this exercise three times on day one, rest for one week, and then practice again if needed. Check off the activity once completed to keep track of your progress.

## Exercise 5:

### Increasing the range of expansion of the electromagnetic field

Practice this exercise immediately after exercise 4, and check off the activity once completed to keep track of your progress.

<b>Week 1</b>	<b>1st time</b>	<b>2nd time</b>	<b>3rd time</b>
Exercise 4			
Exercise 5			

<b>Week 2</b>	<b>1st time</b>	<b>2nd time</b>	<b>3rd time</b>
Exercise 4			
Exercise 5			

<b>Week 3</b>	<b>1st time</b>	<b>2nd time</b>	<b>3rd time</b>
Exercise 4			
Exercise 5			

## Exercise 6:

### Releasing limiting patterns from the forming body

Check off when completed	<b>Date:</b>
--------------------------	--------------

## Exercise 7:

### Releasing stagnated elements from the emotional body

Check off when completed	<b>Date:</b>
--------------------------	--------------



## Exercise 8: Resetting the emotional body

Check off when completed	<b>Date:</b>
--------------------------	--------------

## Exercise 9: Expanding the energy of the psychosomatic body

Complete three rounds of resetting the electrical charge of the emotions with a positive memory, and then do the same with the emotions associated with a thought. Check off the practice in the boxes when you've completed this activity. Repeat the same exercise one week after your initial attempt, and then a third time one week afterwards.

<b>Week 1</b>	<b>1st / Date</b>	<b>2nd / Date</b>	<b>3rd / Date</b>
Memory			
Thought			

<b>Week 2</b>	<b>1st / Date</b>	<b>2nd / Date</b>	<b>3rd / Date</b>
Memory			
Thought			

<b>Week 3</b>	<b>1st / Date</b>	<b>2nd / Date</b>	<b>3rd / Date</b>
Memory			
Thought			

**Exercise 10:**  
**Resetting the mental body**

Check off when completed	<b>Date:</b>
--------------------------	--------------

**Exercise 11:**  
**Bringing awareness to the astral body**

Practice this exercise three times per week for the next four weeks. Write the date that you plan to practice each week to commit to a schedule.

Check off the activity once you've completed it.

	Day 1:	Day 2:	Day 3:
Week 1			

	Day 1:	Day 2:	Day 3:
Week 2			

	Day 1:	Day 2:	Day 3:
Week 3			

**Exercise 12:**

**Releasing the elements of the soul to reach the “zero” state**

Check off when completed	<b>Date:</b>
--------------------------	--------------

**Exercise 13:**

**Identifying your energy**

Check off when completed	<b>Date:</b>
--------------------------	--------------

**Exercise 14:**

**Perceiving the connection between your physical and astral bodies**

Check off when completed	<b>Date:</b>
--------------------------	--------------

**Exercise 15:**

**Connecting your energy centers to the center of the universe**

Check off when completed	<b>Date:</b>
--------------------------	--------------

### Exercise 16:

## Inverting the flow of the energy field

Write down the date you plan to practice each reset, and check it off when completed. Optionally, you can write notes about what you experience after the reset while your elements are restructuring.

	Day 1 / Date	Day 2/ Date
Week 1		

	Day 1 / Date	Day 2/ Date
Week 2		

### Exercise 17:

## Giving autonomy to the energy centers

Check off when completed	<b>Date:</b>
--------------------------	--------------

### Exercise 18:

## Opening the heart center

Check off when completed	<b>Date:</b>
--------------------------	--------------

## Exercise 19:

### Opening the energy centers from the physical level

To track your progress, write down the date of your practice with each energy center, the time it took you to reach the optimal point of breathing, and how long you kept that momentum. Also record your heart rate when you were in the zone.

Week 1

Energy center	Heart	Crown	Navel
Date			
Time to opt. Point			
Duration			
Heart rate			

Note any changes in behavior or other:

Week 2

Energy center	Heart	Crown	Navel
Date			
Time to opt. Point			
Duration			
Heart rate			

Note any changes in behavior or other:

Week 3

Energy center	Heart	Crown	Navel
Date			
Time to opt. Point			
Duration			
Heart rate			

Note any changes in behavior or other:

Week 4

Energy center	Heart	Crown	Navel
Date			
Time to opt. Point			
Duration			
Heart rate			

Note any changes in behavior or other:



## Exercise 20:

### Practicing awareness of the All

Although you should practice this constantly in your everyday life, this schedule is for you to commit to at least three conscious practices of “Awareness of the All” per week for the one month.

Please add the dates next to the days to set your schedule, and check off the activity when completed.

	Day 1	Day 2	Day 3
Week 1			
Week 2			
Week 3			
Week 4			

## Exercise 21: Recognizing your life purpose

You can practice this visualization at your discretion as many times as you find necessary. However, I am adding this schedule to set a minimum practice of once per week for the next four weeks. Please add the dates that you commit to this exercise in the boxes below, and check off once completed.

	Day 1 / Date	Day 2 / Date	Day 3 / Date	Day 4 / Date
Month 1				