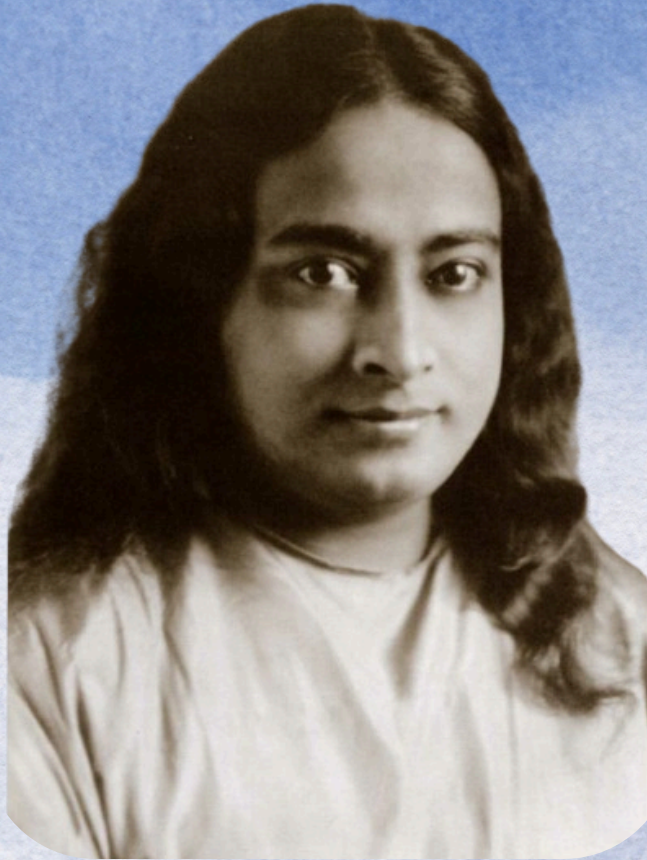


A Practice Companion to
A Beginner's Guide to Prana or Lifeforce Mastery



THE JOURNEY

Awakening to My Highest Self

Name:



How to Use This Journal

This journal is designed to support the practices taught in *A Beginner's Guide to Prana or Liferforce Mastery*.

Use the Table of Contents to navigate through the different stages of practice. Each section corresponds to a phase of learning described in the book and guides you step by step through reading, meditation, and the Energization Exercises.

Begin with the reading and reflection pages, setting aside about twenty minutes each day to read and absorb the ideas. As you continue, the journal will guide you into regular Hong Sau meditation, followed by the Energization Exercises, and eventually into the advanced practice.

Complete the page corresponding to your current stage of practice each day. The prompts are designed to help you observe your practice, reflect on your experiences, and deepen your awareness over time.

Move at a pace that feels steady and natural for you. Progress in meditation comes through regular practice and sincere effort, not through rushing.

Whenever you need clarification, return to the relevant chapters in the book and review the instructions before continuing your practice.

This journal also includes pages for Guidance Sessions, which can be used if you choose to participate in the optional in-person or online practice sessions. These pages allow you to prepare questions beforehand, record important guidance received, and note any adjustments you will apply in your daily practice.

Over time, this journal will become a record of your journey — reflecting the discipline, insights, and inner growth that unfold through steady and sincere practice.

My Journey

Beginning the Journey (Reading the Book)

Start Date:

End Date:

Day 1:

Day 8:

Day 2:

Day 9:

Day 3:

Day 10:

Day 4:

Day 11:

Day 5:

Day 12:

Day 6:

Day 13:

Day 7:

Day 14:

Start Practicing “Hong-Sau”

Start Date:

End Date:

Day 15:

Day 22:

Day 16:

Day 23:

Day 17:

Day 24:

Day 18:

Day 25:

Day 19:

Day 26:

Day 20:

Day 27:

Day 21:

Day 28:

My Journey Cont ...

Energization Exercise + “Hong-Sau”

Start Date:

End Date:

This phase is 4 Week Schedule. You add 10 Energization Exercises every week.

Day_29:

Day_36:

Day_30:

Day_37:

Day_31:

Day_38:

Day_32:

Day_39:

Day_33:

Day_40:

Day_34:

Day_41:

Day_35:

Day_42:

My Journey Cont ...

Energization Exercise + “Hong-Sau” Cont ...

This phase is 4 Week Schedule. You add 10 Energization Exercises every week.

Day_43:

Day_50:

Day_44:

Day_51:

Day_45:

Day_52:

Day_46:

Day_53:

Day_47:

Day_54:

Day_48:

Day_55:

Day_49:

Day_56:

My Journey Cont ...

Energization Exercise + “Hong-Sau” Cont

Day_57:

Day_59:

Day_58:

Day_60:

Advance Hong- Sau in the Spine

Day_61:

Day_64:

Day_62:

Day_65:

Day_63:

Day_66:

Day_67:

My Journey Cont ...

Guidance Session 1

Date:

Guidance Session 2

Date:

Guidance Session 3

Date:

Final Reflection

Date:

My Notes

Notes 1

Notes 4

Notes 2

Notes 5

Notes 3

Day 1 - Reading & Reflection

Reading Date

Reading Time (in min)

Pages /Chapter Read

Key Ideas that stood out



Reflection

Write any reflections or insights that arose during your reading.

Day 2 - Reading & Reflection

Reading Date

Reading Time (in min)

Pages /Chapter Read

Key Ideas that stood out



Reflection

Write any reflections or insights that arose during your reading.

Day 3 - Reading & Reflection

Reading Date

Reading Time (in min)

Pages /Chapter Read

Key Ideas that stood out



Reflection

Write any reflections or insights that arose during your reading.

Day 4 - Reading & Reflection

Reading Date

Reading Time (in min)

Pages /Chapter Read

Key Ideas that stood out



Reflection

Write any reflections or insights that arose during your reading.

Day 5 - Reading & Reflection

Reading Date

Reading Time (in min)

Pages /Chapter Read

Key Ideas that stood out



Reflection

Write any reflections or insights that arose during your reading.

Day 6 - Reading & Reflection

Reading Date

Reading Time (in min)

Pages /Chapter Read

Key Ideas that stood out



Reflection

Write any reflections or insights that arose during your reading.

Day 7 - Reading & Reflection

Reading Date

Reading Time (in min)

Pages /Chapter Read

Key Ideas that stood out



Reflection

Write any reflections or insights that arose during your reading.

Day 8 - Reading & Reflection

Reading Date

Reading Time (in min)

Pages /Chapter Read

Key Ideas that stood out



Reflection

Write any reflections or insights that arose during your reading.

Day 9 - Reading & Reflection

Reading Date

Reading Time (in min)

Pages /Chapter Read

Key Ideas that stood out



Reflection

Write any reflections or insights that arose during your reading.

Day 10 - Reading & Reflection

Reading Date

Reading Time (in min)

Pages /Chapter Read

Key Ideas that stood out



Reflection

Write any reflections or insights that arose during your reading.

Day 11 - Reading & Reflection

Reading Date

Reading Time (in min)

Pages /Chapter Read

Key Ideas that stood out



Reflection

Write any reflections or insights that arose during your reading.

Day 12 - Reading & Reflection

Reading Date

Reading Time (in min)

Pages /Chapter Read

Key Ideas that stood out



Reflection

Write any reflections or insights that arose during your reading.

Day 13 - Reading & Reflection

Reading Date

Reading Time (in min)

Pages /Chapter Read

Key Ideas that stood out



Reflection

Write any reflections or insights that arose during your reading.

Day 14 - Reading & Reflection

Reading Date

Reading Time (in min)

Pages /Chapter Read

Key Ideas that stood out



Reflection

Write any reflections or insights that arose during your reading.

Beginning the Hong-Sau Practice



Before starting this section, return to

Chapter 18 – Step-by-Step Guide to the Hong-Sau Technique in *A Beginner's Guide to Prana or Lifeforce Mastery* and quickly review the instructions.

Once you are familiar with the process, begin practicing Hong-Sau regularly using the daily pages that follow.

Aspects of God

During the Silence Phase, keep your attention focused on the Spiritual Eye and try to feel one of the divine aspects of God — Peace, Light, or Love. At times, you may also perceive other aspects such as Power or inner Sound. Remain open and receptive, and accept whichever aspect reveals itself to you.

A Gentle Reminder

At first the process may feel like many instructions to remember. This is natural.

With regular practice, the steps will become familiar and the meditation will begin to flow naturally.

Progress comes through steady and sincere practice, not through effort or strain.

Day 15 - Hong-Sau Practice

Practice Date

Morning Practice (mins)

Evening Practice (mins)

Extra Hong-Sau during the day:

mins

Preparation Checklist

- Posture
- Eyes & Hands Placement
- Tense & Relax
- Measured Breathing

Quality of Meditation

- Distracted
- Some Focus
- Good Focus
- Deep Peace

St Teresa of Avila Said

“Meditation is well done, if all you did was bring your mind back”

Note Keep bringing your attention back. You are doing good.



Experience during Meditation

Awareness during the day

Insights

Day 16 - Hong-Sau Practice

Practice Date

Morning Practice (mins)

Evening Practice (mins)

Extra Hong-Sau during the day:

mins

Preparation Checklist

- Posture
- Eyes & Hands Placement
- Tense & Relax
- Measured Breathing

Quality of Meditation

- Distracted
- Some Focus
- Good Focus
- Deep Peace

If your mind wanders, bring it
back gently and firmly.

Check your posture,
focus at spiritual eye
and Start Again



Experience during Meditation

Awareness during the day

Insights

Day 17 - Hong-Sau Practice

Practice Date

Morning Practice (mins)

Evening Practice (mins)

Extra Hong-Sau during the day:

mins

Preparation Checklist

- Posture
- Eyes & Hands Placement
- Tense & Relax
- Measured Breathing

Quality of Meditation

- Distracted
- Some Focus
- Good Focus
- Deep Peace

St Teresa of Avila Said

“Meditation is well done, if all you did was bring your mind back”

Note Keep bringing your attention back. You are doing good.



Experience during Meditation

Awareness during the day

Insights

Day 18 - Hong-Sau Practice

Practice Date

Morning Practice (mins)

Evening Practice (mins)

Extra Hong-Sau during the day:

mins

Preparation Checklist

- Posture
- Eyes & Hands Placement
- Tense & Relax
- Measured Breathing

Quality of Meditation

- Distracted
- Some Focus
- Good Focus
- Deep Peace

If your mind wanders, bring it
back gently and firmly.

Check your posture,
focus at spiritual eye
and Start Again



Experience during Meditation

Awareness during the day

Insights

Day 19 - Hong-Sau Practice

Practice Date

Morning Practice (mins)

Evening Practice (mins)

Extra Hong-Sau during the day:

mins

Preparation Checklist

- Posture
- Eyes & Hands Placement
- Tense & Relax
- Measured Breathing

Quality of Meditation

- Distracted
- Some Focus
- Good Focus
- Deep Peace

St Teresa of Avila Said

“Meditation is well done, if all you did was bring your mind back”

Note Keep bringing your attention back. You are doing good.



Experience during Meditation

Awareness during the day

Insights

Day 20 - Hong-Sau Practice

Practice Date

Morning Practice (mins)

Evening Practice (mins)

Extra Hong-Sau during the day:

mins

Preparation Checklist

- Posture
- Eyes & Hands Placement
- Tense & Relax
- Measured Breathing

Quality of Meditation

- Distracted
- Some Focus
- Good Focus
- Deep Peace

If your mind wanders, bring it
back gently and firmly.

Check your posture,
focus at spiritual eye
and Start Again



Experience during Meditation

Awareness during the day

Insights

Day 21 - Hong-Sau Practice

Practice Date

Morning Practice (mins)

Evening Practice (mins)

Extra Hong-Sau during the day:

mins

Preparation Checklist

- Posture
- Eyes & Hands Placement
- Tense & Relax
- Measured Breathing

Quality of Meditation

- Distracted
- Some Focus
- Good Focus
- Deep Peace

St Teresa of Avila Said

“Meditation is well done, if all you did was bring your mind back”

Note Keep bringing your attention back. You are doing good.



Experience during Meditation

Awareness during the day

Insights

Day 22 - Hong-Sau Practice

Practice Date

Morning Practice (mins)

Evening Practice (mins)

Extra Hong-Sau during the day:

mins

Preparation Checklist

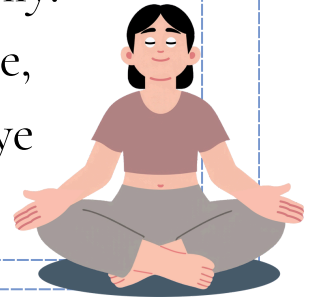
- Posture
- Eyes & Hands Placement
- Tense & Relax
- Measured Breathing

Quality of Meditation

- Distracted
- Some Focus
- Good Focus
- Deep Peace

If your mind wanders, bring it
back gently and firmly.

Check your posture,
focus at spiritual eye
and Start Again



Experience during Meditation

Awareness during the day

Insights

Day 23 - Hong-Sau Practice

Practice Date

Morning Practice (mins)

Evening Practice (mins)

Extra Hong-Sau during the day:

mins

Preparation Checklist

- Posture
- Eyes & Hands Placement
- Tense & Relax
- Measured Breathing

Quality of Meditation

- Distracted
- Some Focus
- Good Focus
- Deep Peace

St Teresa of Avila Said

“Meditation is well done, if all you did was bring your mind back”

Note Keep bringing your attention back. You are doing good.



Experience during Meditation

Awareness during the day

Insights

Day 24 - Hong-Sau Practice

Practice Date

Morning Practice (mins)

Evening Practice (mins)

Extra Hong-Sau during the day:

mins

Preparation Checklist

- Posture
- Eyes & Hands Placement
- Tense & Relax
- Measured Breathing

Quality of Meditation

- Distracted
- Some Focus
- Good Focus
- Deep Peace

If your mind wanders, bring it
back gently and firmly.

Check your posture,
focus at spiritual eye
and Start Again



Experience during Meditation

Awareness during the day

Insights

Day 25 - Hong-Sau Practice

Practice Date

Morning Practice (mins)

Evening Practice (mins)

Extra Hong-Sau during the day:

mins

Preparation Checklist

- Posture
- Eyes & Hands Placement
- Tense & Relax
- Measured Breathing

Quality of Meditation

- Distracted
- Some Focus
- Good Focus
- Deep Peace

St Teresa of Avila Said

“Meditation is well done, if all you did was bring your mind back”

Note Keep bringing your attention back. You are doing good.



Experience during Meditation

Awareness during the day

Insights

Day 26 - Hong-Sau Practice

Practice Date

Morning Practice (mins)

Evening Practice (mins)

Extra Hong-Sau during the day:

mins

Preparation Checklist

- Posture
- Eyes & Hands Placement
- Tense & Relax
- Measured Breathing

Quality of Meditation

- Distracted
- Some Focus
- Good Focus
- Deep Peace

If your mind wanders, bring it
back gently and firmly.

Check your posture,
focus at spiritual eye
and Start Again



Experience during Meditation

Awareness during the day

Insights

Day 27 - Hong-Sau Practice

Practice Date

Morning Practice (mins)

Evening Practice (mins)

Extra Hong-Sau during the day:

mins

Preparation Checklist

- Posture
- Eyes & Hands Placement
- Tense & Relax
- Measured Breathing

Quality of Meditation

- Distracted
- Some Focus
- Good Focus
- Deep Peace

St Teresa of Avila Said

“Meditation is well done, if all you did was bring your mind back”

Note Keep bringing your attention back. You are doing good.



Experience during Meditation

Awareness during the day

Insights

Day 28 - Hong-Sau Practice

Practice Date

Morning Practice (mins)

Evening Practice (mins)

Extra Hong-Sau during the day:

mins

Preparation Checklist

- Posture
- Eyes & Hands Placement
- Tense & Relax
- Measured Breathing

Quality of Meditation

- Distracted
- Some Focus
- Good Focus
- Deep Peace

If your mind wanders, bring it
back gently and firmly.

Check your posture,
focus at spiritual eye
and Start Again



Experience during Meditation

Awareness during the day

Insights



Begining Energization Exercises

Before starting this section, return to **Chapter 20 – Step-by-Step Guide to Energization Exercises** in *A Beginner's Guide to Prana or Lifeforce Mastery* and quickly review the instructions.

Then read the instructions for each exercise and begin practicing them.

Learn the exercises gradually by **adding 10 new exercises each week**.

In the first week, practice the **first 10 exercises**.

In the second week, practice the **first 20 exercises**.

Continue in this way, adding more exercises each week until you are comfortably practicing **all 39 exercises by the end of four weeks**.

Start with Energization Prayer

O Infinite Spirit Recharge this body with
thy conscious cosmic energy

This mind with thy concentration and determination,
and this soul with ever new joy

O eternal youth of body and mind
abide within me for ever and ever.

Abbreviations used in the Day Tracker

EE → Energization Exercise

HS → Hong-Sau

[← Back to My Journey](#)

Day 29 - Energization Exercises + Hong-Sau Practice

Practice Date

Morning Practice (mins)

EE (10 exercises)

Evening Practice (mins)

EE (10 exercises)

Extra Hong-Sau during the day:

mins

Preparation Checklist

- Posture
- Eyes & Hands Placement
- Tense & Relax
- Measured Breathing

Quality of Meditation

- Distracted
- Some Focus
- Good Focus
- Deep Peace

During Energization Exercises

*“Tense with Will,
Relax and Feel”* ((



Experience during EE & HS

Awareness during the day

Insights

Day 30 - Energization Exercises + Hong-Sau Practice

Practice Date

Morning Practice (mins)

EE (10 exercises)

Evening Practice (mins)

EE (10 exercises)

Extra Hong-Sau during the day:

mins

Preparation Checklist

- Posture
- Eyes & Hands Placement
- Tense & Relax
- Measured Breathing

Quality of Meditation

- Distracted
- Some Focus
- Good Focus
- Deep Peace

During Energization Exercises

*“Tense with Will,
Relax and Feel”* ((



Experience during EE & HS

Awareness during the day

Insights

Day 31 - Energization Exercises + Hong-Sau Practice

Practice Date

Morning Practice (mins)

EE (10 exercises)

Evening Practice (mins)

EE (10 exercises)

Extra Hong-Sau during the day:

mins

Preparation Checklist

- Posture
- Eyes & Hands Placement
- Tense & Relax
- Measured Breathing

Quality of Meditation

- Distracted
- Some Focus
- Good Focus
- Deep Peace

During Energization Exercises

*“Tense with Will,
Relax and Feel”* ((



Experience during EE & HS

Awareness during the day

Insights

Day 32 - Energization Exercises + Hong-Sau Practice

Practice Date

Morning Practice (mins)

EE (10 exercises)

Evening Practice (mins)

EE (10 exercises)

Extra Hong-Sau during the day:

mins

Preparation Checklist

- Posture
- Eyes & Hands Placement
- Tense & Relax
- Measured Breathing

Quality of Meditation

- Distracted
- Some Focus
- Good Focus
- Deep Peace

During Energization Exercises

*“Tense with Will,
Relax and Feel”* ((



Experience during EE & HS

Awareness during the day

Insights

Day 33 - Energization Exercises + Hong-Sau Practice

Practice Date

Morning Practice (mins)

EE (10 exercises)

Evening Practice (mins)

EE (10 exercises)

Extra Hong-Sau during the day:

mins

Preparation Checklist

- Posture
- Eyes & Hands Placement
- Tense & Relax
- Measured Breathing

Quality of Meditation

- Distracted
- Some Focus
- Good Focus
- Deep Peace

During Energization Exercises

*“Tense with Will,
Relax and Feel”* ((



Experience during EE & HS

Awareness during the day

Insights

Day 34 - Energization Exercises + Hong-Sau Practice

Practice Date

Morning Practice (mins)

EE (10 exercises)

Evening Practice (mins)

EE (10 exercises)

Extra Hong-Sau during the day:

mins

Preparation Checklist

- Posture
- Eyes & Hands Placement
- Tense & Relax
- Measured Breathing

Quality of Meditation

- Distracted
- Some Focus
- Good Focus
- Deep Peace

During Energization Exercises

*“Tense with Will,
Relax and Feel”* ((



Experience during EE & HS

Awareness during the day

Insights

Day 35 - Energization Exercises + Hong-Sau Practice

Practice Date

Morning Practice (mins)

EE (10 exercises)

Evening Practice (mins)

EE (10 exercises)

Extra Hong-Sau during the day:

mins

Preparation Checklist

- Posture
- Eyes & Hands Placement
- Tense & Relax
- Measured Breathing

Quality of Meditation

- Distracted
- Some Focus
- Good Focus
- Deep Peace

During Energization Exercises

*“Tense with Will,
Relax and Feel”* ((



Experience during EE & HS

Awareness during the day

Insights

Day 36 - Energization Exercises + Hong-Sau Practice

Practice Date

Morning Practice (mins)

EE (20 exercises)

Evening Practice (mins)

EE (20 exercises)

Extra Hong-Sau during the day:

mins

Preparation Checklist

- Posture
- Eyes & Hands Placement
- Tense & Relax
- Measured Breathing

Quality of Meditation

- Distracted
- Some Focus
- Good Focus
- Deep Peace

During Energization Exercises

*“Tense with Will,
Relax and Feel”* ((



Experience during EE & HS

Awareness during the day

Insights

Day 37 - Energization Exercises + Hong-Sau Practice

Practice Date

Morning Practice (mins)

EE (20 exercises)

Evening Practice (mins)

EE (20 exercises)

Extra Hong-Sau during the day:

mins

Preparation Checklist

- Posture
- Eyes & Hands Placement
- Tense & Relax
- Measured Breathing

Quality of Meditation

- Distracted
- Some Focus
- Good Focus
- Deep Peace

During Energization Exercises

*“Tense with Will,
Relax and Feel”* ((



Experience during EE & HS

Awareness during the day

Insights

Day 38 - Energization Exercises + Hong-Sau Practice

Practice Date

Morning Practice (mins)

EE (20 exercises)

Evening Practice (mins)

EE (20 exercises)

Extra Hong-Sau during the day:

mins

Preparation Checklist

- Posture
- Eyes & Hands Placement
- Tense & Relax
- Measured Breathing

Quality of Meditation

- Distracted
- Some Focus
- Good Focus
- Deep Peace

During Energization Exercises

*“Tense with Will,
Relax and Feel”* ((



Experience during EE & HS

Awareness during the day

Insights

Day 39 - Energization Exercises + Hong-Sau Practice

Practice Date

Morning Practice (mins)

EE (20 exercises)

Evening Practice (mins)

EE (20 exercises)

Extra Hong-Sau during the day:

mins

Preparation Checklist

- Posture
- Eyes & Hands Placement
- Tense & Relax
- Measured Breathing
- Chant & Prayer
- Closing with Healing Prayer

Read Chapter 21. Daily
Routine : Bringing it
All Together

Quality of Meditation

- Distracted
- Some Focus
- Good Focus
- Deep Peace



Experience during EE & HS

Awareness during the day

Insights

Day 40 - Energization Exercises + Hong-Sau Practice

Practice Date

Morning Practice (mins)

EE (20 exercises)

Evening Practice (mins)

EE (20 exercises)

Extra Hong-Sau during the day:

mins

Preparation Checklist

- Posture
- Eyes & Hands Placement
- Tense & Relax
- Measured Breathing
- Chant & Prayer
- Closing with Healing Prayer

Read Chapter 24. How
to end your
Meditation?

Quality of Meditation

- Distracted
- Some Focus
- Good Focus
- Deep Peace



Experience during EE & HS

Awareness during the day

Insights

Day 41 - Energization Exercises + Hong-Sau Practice

Practice Date

Morning Practice (mins)

EE (20 exercises)

Evening Practice (mins)

EE (20 exercises)

Extra Hong-Sau during the day:

mins

Preparation Checklist

- Posture
- Eyes & Hands Placement
- Tense & Relax
- Measured Breathing
- Chant & Prayer
- Closing with Healing Prayer

Read Chapter 25.
Deepening Your
Meditation

Quality of Meditation

- Distracted
- Some Focus
- Good Focus
- Deep Peace



Experience during EE & HS

Awareness during the day

Insights

Day 42 - Energization Exercises + Hong-Sau Practice

Practice Date

Morning Practice (mins)

EE (20 exercises)

Evening Practice (mins)

EE (20 exercises)

Extra Hong-Sau during the day:

mins

Preparation Checklist

- Posture
- Eyes & Hands Placement
- Tense & Relax
- Measured Breathing
- Chant & Prayer
- Closing with Healing Prayer

Read Chapter 25.
Deepening Your
Meditation

Quality of Meditation

- Distracted
- Some Focus
- Good Focus
- Deep Peace



Experience during EE & HS

Awareness during the day

Insights

Day 43 - Energization Exercises + Hong-Sau Practice

Practice Date

Morning Practice (mins)

EE (30 exercises)

Evening Practice (mins)

EE (30 exercises)

Extra Hong-Sau during the day:

mins

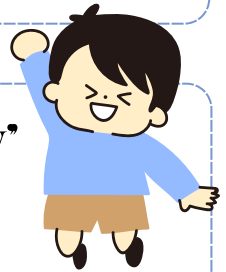
“Greater the Will, Greater the Energy”

Preparation Checklist

- Posture
- Eyes & Hands Placement
- Tense & Relax
- Measured Breathing
- Chant & Prayer
- Closing with Healing Prayer

Quality of Meditation

- Distracted
- Some Focus
- Good Focus
- Deep Peace



Experience during EE & HS

Awareness during the day

Insights

Day 44 - Energization Exercises + Hong-Sau Practice

Practice Date

Morning Practice (mins)

EE (30 exercises)

Evening Practice (mins)

EE (30 exercises)

Extra Hong-Sau during the day:

mins

“Greater the Will, Greater the Energy”

Preparation Checklist

- Posture
- Eyes & Hands Placement
- Tense & Relax
- Measured Breathing
- Chant & Prayer
- Closing with Healing Prayer

Quality of Meditation

- Distracted
- Some Focus
- Good Focus
- Deep Peace



Experience during EE & HS

Awareness during the day

Insights

Day 45 - Energization Exercises + Hong-Sau Practice

Practice Date

Morning Practice (mins)

EE (30 exercises)

Evening Practice (mins)

EE (30 exercises)

Extra Hong-Sau during the day:

mins

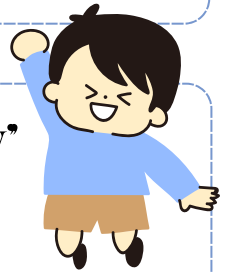
“Greater the Will, Greater the Energy”

Preparation Checklist

- Posture
- Eyes & Hands Placement
- Tense & Relax
- Measured Breathing
- Chant & Prayer
- Closing with Healing Prayer

Quality of Meditation

- Distracted
- Some Focus
- Good Focus
- Deep Peace



Experience during EE & HS

Awareness during the day

Insights

Day 46 - Energization Exercises + Hong-Sau Practice

Practice Date

Morning Practice (mins)

EE (30 exercises)

Evening Practice (mins)

EE (30 exercises)

Extra Hong-Sau during the day:

mins

“Greater the Will, Greater the Energy”

Preparation Checklist

- Posture
- Eyes & Hands Placement
- Tense & Relax
- Measured Breathing
- Chant & Prayer
- Closing with Healing Prayer

Quality of Meditation

- Distracted
- Some Focus
- Good Focus
- Deep Peace



Experience during EE & HS

Awareness during the day

Insights

Day 47 - Energization Exercises + Hong-Sau Practice

Practice Date

Morning Practice (mins)

EE (30 exercises)

Evening Practice (mins)

EE (30 exercises)

Extra Hong-Sau during the day:

mins

“Greater the Will, Greater the Energy”

Preparation Checklist

- Posture
- Eyes & Hands Placement
- Tense & Relax
- Measured Breathing
- Chant & Prayer
- Closing with Healing Prayer

Quality of Meditation

- Distracted
- Some Focus
- Good Focus
- Deep Peace



Experience during EE & HS

Awareness during the day

Insights

Day 48 - Energization Exercises + Hong-Sau Practice

Practice Date

Morning Practice (mins)

EE (30 exercises)

Evening Practice (mins)

EE (30 exercises)

Extra Hong-Sau during the day:

mins

Preparation Checklist

- Posture
- Eyes & Hands Placement
- Tense & Relax
- Measured Breathing
- Chant & Prayer
- Closing with Healing Prayer

Read Chapter 27.
Deepening
Energization Exercises

Quality of Meditation

- Distracted
- Some Focus
- Good Focus
- Deep Peace



Experience during EE & HS

Awareness during the day

Insights

Day 49 - Energization Exercises + Hong-Sau Practice

Practice Date

Morning Practice (mins)

EE (30 exercises)

Evening Practice (mins)

EE (30 exercises)

Extra Hong-Sau during the day:

mins

Preparation Checklist

- Posture
- Eyes & Hands Placement
- Tense & Relax
- Measured Breathing
- Chant & Prayer
- Closing with Healing Prayer

Read Chapter 27.
Deepening
Energization Exercises

Quality of Meditation

- Distracted
- Some Focus
- Good Focus
- Deep Peace



Experience during EE & HS

Awareness during the day

Insights

Day 50 - Energization Exercises + Hong-Sau Practice

Practice Date

Morning Practice (mins)

EE (39 exercises)

Evening Practice (mins)

EE (39 exercises)

Extra Hong-Sau during the day:

mins

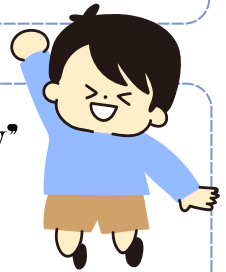
“Greater the Will, Greater the Energy”

Preparation Checklist

- Posture
- Eyes & Hands Placement
- Tense & Relax
- Measured Breathing
- Chant & Prayer
- Closing with Healing Prayer

Quality of Meditation

- Distracted
- Some Focus
- Good Focus
- Deep Peace



Experience during EE & HS

Awareness during the day

Insights

Day 51 - Energization Exercises + Hong-Sau Practice

Practice Date

Morning Practice (mins)

EE (39 exercises)

Evening Practice (mins)

EE (39 exercises)

Extra Hong-Sau during the day:

mins

“Greater the Will, Greater the Energy”

Preparation Checklist

- Posture
- Eyes & Hands Placement
- Tense & Relax
- Measured Breathing
- Chant & Prayer
- Closing with Healing Prayer

Quality of Meditation

- Distracted
- Some Focus
- Good Focus
- Deep Peace



Experience during EE & HS

Awareness during the day

Insights

Day 52 - Energization Exercises + Hong-Sau Practice

Practice Date

Morning Practice (mins)

EE (39 exercises)

Evening Practice (mins)

EE (39 exercises)

Extra Hong-Sau during the day:

mins

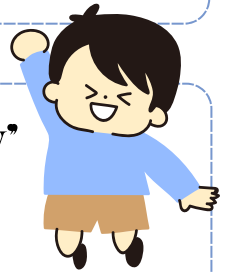
“Greater the Will, Greater the Energy”

Preparation Checklist

- Posture
- Eyes & Hands Placement
- Tense & Relax
- Measured Breathing
- Chant & Prayer
- Closing with Healing Prayer

Quality of Meditation

- Distracted
- Some Focus
- Good Focus
- Deep Peace



Experience during EE & HS

Awareness during the day

Insights

Day 53 - Energization Exercises + Hong-Sau Practice

Practice Date

Morning Practice (mins)

EE (39 exercises)

Evening Practice (mins)

EE (39 exercises)

Extra Hong-Sau during the day:

mins

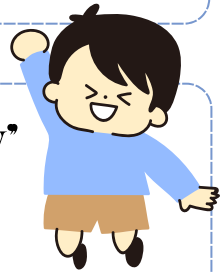
“Greater the Will, Greater the Energy”

Preparation Checklist

- Posture
- Eyes & Hands Placement
- Tense & Relax
- Measured Breathing
- Chant & Prayer
- Closing with Healing Prayer

Quality of Meditation

- Distracted
- Some Focus
- Good Focus
- Deep Peace



Experience during EE & HS

Awareness during the day

Insights

Day 54 - Energization Exercises + Hong-Sau Practice

Practice Date

Morning Practice (mins)

EE (39 exercises)

Evening Practice (mins)

EE (39 exercises)

Extra Hong-Sau during the day:

mins

“Greater the Will, Greater the Energy”

Preparation Checklist

- Posture
- Eyes & Hands Placement
- Tense & Relax
- Measured Breathing
- Chant & Prayer
- Closing with Healing Prayer

Quality of Meditation

- Distracted
- Some Focus
- Good Focus
- Deep Peace



Experience during EE & HS

Awareness during the day

Insights

Day 55 - Energization Exercises + Hong-Sau Practice

Practice Date

Morning Practice (mins)

EE (39 exercises)

Evening Practice (mins)

EE (39 exercises)

Extra Hong-Sau during the day:

mins

“Greater the Will, Greater the Energy”

Preparation Checklist

- Posture
- Eyes & Hands Placement
- Tense & Relax
- Measured Breathing
- Chant & Prayer
- Closing with Healing Prayer

Quality of Meditation

- Distracted
- Some Focus
- Good Focus
- Deep Peace



Experience during EE & HS

Awareness during the day

Insights

Day 56 - Energization Exercises + Hong-Sau Practice

Practice Date

Morning Practice (mins)

EE (39 exercises)

Evening Practice (mins)

EE (39 exercises)

Extra Hong-Sau during the day:

mins

“Greater the Will, Greater the Energy”

Preparation Checklist

- Posture
- Eyes & Hands Placement
- Tense & Relax
- Measured Breathing
- Chant & Prayer
- Closing with Healing Prayer

Quality of Meditation

- Distracted
- Some Focus
- Good Focus
- Deep Peace



Experience during EE & HS

Awareness during the day

Insights

Day 57 - Energization Exercises + Hong-Sau Practice

Practice Date

Morning Practice (mins)

EE (39 exercises)

Evening Practice (mins)

EE (39 exercises)

Extra Hong-Sau during the day:

mins

“Greater the Will, Greater the Energy”

Preparation Checklist

- Posture
- Eyes & Hands Placement
- Tense & Relax
- Measured Breathing
- Chant & Prayer
- Closing with Healing Prayer

Quality of Meditation

- Distracted
- Some Focus
- Good Focus
- Deep Peace



Experience during EE & HS

Awareness during the day

Insights

Day 58 - Energization Exercises + Hong-Sau Practice

Practice Date

Morning Practice (mins)

EE (39 exercises)

Evening Practice (mins)

EE (39 exercises)

Extra Hong-Sau during the day:

mins

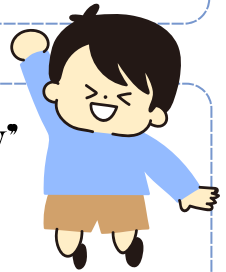
“Greater the Will, Greater the Energy”

Preparation Checklist

- Posture
- Eyes & Hands Placement
- Tense & Relax
- Measured Breathing
- Chant & Prayer
- Closing with Healing Prayer

Quality of Meditation

- Distracted
- Some Focus
- Good Focus
- Deep Peace



Experience during EE & HS

Awareness during the day

Insights

Day 59 - Energization Exercises + Hong-Sau Practice

Practice Date

Morning Practice (mins)

EE (39 exercises)

Evening Practice (mins)

EE (39 exercises)

Extra Hong-Sau during the day:

mins

“Greater the Will, Greater the Energy”

Preparation Checklist

- Posture
- Eyes & Hands Placement
- Tense & Relax
- Measured Breathing
- Chant & Prayer
- Closing with Healing Prayer

Quality of Meditation

- Distracted
- Some Focus
- Good Focus
- Deep Peace



Experience during EE & HS

Awareness during the day

Insights

Day 60 - Energization Exercises + Hong-Sau Practice

Practice Date

Morning Practice (mins)

EE (39 exercises)

Evening Practice (mins)

EE (39 exercises)

Extra Hong-Sau during the day:

mins

“Greater the Will, Greater the Energy”

Preparation Checklist

- Posture
- Eyes & Hands Placement
- Tense & Relax
- Measured Breathing
- Chant & Prayer
- Closing with Healing Prayer

Quality of Meditation

- Distracted
- Some Focus
- Good Focus
- Deep Peace



Experience during EE & HS

Awareness during the day

Insights

Before Beginning Advanced Hong Sau

Review Chapter 28 – Advanced Hong Sau Technique



How is my practice progressing?

Are there any areas that need improvement?

Insights From My Practice

Do I feel ready to take the next step?

Date:

Place:



Day 61 - Energization Exercises + Hong-Sau In the Spine

Practice Date

Morning Practice (mins)

EE (39 exercises)

Evening Practice (mins)

EE (39 exercises)

Extra Hong-Sau during the day:

mins

Preparation Checklist

- Posture
- Eyes & Hands Placement
- Tense & Relax
- Measured Breathing
- Chant & Prayer
- Closing with Healing Prayer

Read Chapter 28.
Advanced Hong Sau
Technique - Baby kriya
Section

Quality of Meditation

- Distracted
- Some Focus
- Good Focus
- Deep Peace



Experience during EE & HS

Awareness during the day

Insights

Day 62 - Energization Exercises + Hong-Sau In the Spine

Practice Date

Morning Practice (mins)

EE (39 exercises)

Evening Practice (mins)

EE (39 exercises)

Extra Hong-Sau during the day:

mins

***Make today's meditation deeper than yesterday's, and
tomorrow's deeper than today's.***

Preparation Checklist

- Posture
- Eyes & Hands Placement
- Tense & Relax
- Measured Breathing
- Chant & Prayer
- Closing with Healing Prayer

Quality of Meditation

- Distracted
- Some Focus
- Good Focus
- Deep Peace



Experience during EE & HS

Awareness during the day

Insights

Day 63 - Energization Exercises + Hong-Sau In the Spine

Practice Date

Morning Practice (mins)

EE (39 exercises)

Evening Practice (mins)

EE (39 exercises)

Extra Hong-Sau during the day:

mins

Strive for shorter but deeper meditations. Then gradually
lengthen your time.

Preparation Checklist

- Posture
- Eyes & Hands Placement
- Tense & Relax
- Measured Breathing
- Chant & Prayer
- Closing with Healing Prayer

Quality of Meditation

- Distracted
- Some Focus
- Good Focus
- Deep Peace



Experience during EE & HS

Awareness during the day

Insights

Day 64 - Energization Exercises + Hong-Sau In the Spine

Practice Date

Morning Practice (mins)

EE (39 exercises)

Evening Practice (mins)

EE (39 exercises)

Extra Hong-Sau during the day:

mins

Strive for shorter but deeper meditations. Then gradually
lengthen your time.

Preparation Checklist

- Posture
- Eyes & Hands Placement
- Tense & Relax
- Measured Breathing
- Chant & Prayer
- Closing with Healing Prayer

Quality of Meditation

- Distracted
- Some Focus
- Good Focus
- Deep Peace



Experience during EE & HS

Awareness during the day

Insights

Day 65 - Energization Exercises + Hong-Sau In the Spine

Practice Date

Morning Practice (mins)

EE (39 exercises)

Evening Practice (mins)

EE (39 exercises)

Extra Hong-Sau during the day:

mins

***Make today's meditation deeper than yesterday's, and
tomorrow's deeper than today's.***

Preparation Checklist

- Posture
- Eyes & Hands Placement
- Tense & Relax
- Measured Breathing
- Chant & Prayer
- Closing with Healing Prayer

Quality of Meditation

- Distracted
- Some Focus
- Good Focus
- Deep Peace



Experience during EE & HS

Awareness during the day

Insights

Day 66 - Energization Exercises + Hong-Sau In the Spine

Practice Date

Morning Practice (mins)

EE (39 exercises)

Evening Practice (mins)

EE (39 exercises)

Extra Hong-Sau during the day:

mins

Strive for shorter but deeper meditations. Then gradually
lengthen your time.

Preparation Checklist

- Posture
- Eyes & Hands Placement
- Tense & Relax
- Measured Breathing
- Chant & Prayer
- Closing with Healing Prayer

Quality of Meditation

- Distracted
- Some Focus
- Good Focus
- Deep Peace



Experience during EE & HS

Awareness during the day

Insights

Day 67 - Energization Exercises + Hong-Sau In the Spine

Practice Date

Morning Practice (mins)

EE (39 exercises)

Evening Practice (mins)

EE (39 exercises)

Extra Hong-Sau during the day:

mins

***Make today's meditation deeper than yesterday's, and
tomorrow's deeper than today's.***

Preparation Checklist

- Posture
- Eyes & Hands Placement
- Tense & Relax
- Measured Breathing
- Chant & Prayer
- Closing with Healing Prayer

Quality of Meditation

- Distracted
- Some Focus
- Good Focus
- Deep Peace



Experience during EE & HS

Awareness during the day

Insights

Guidance Session 1

Instructor:

Date:

Section 1 — Before the Session

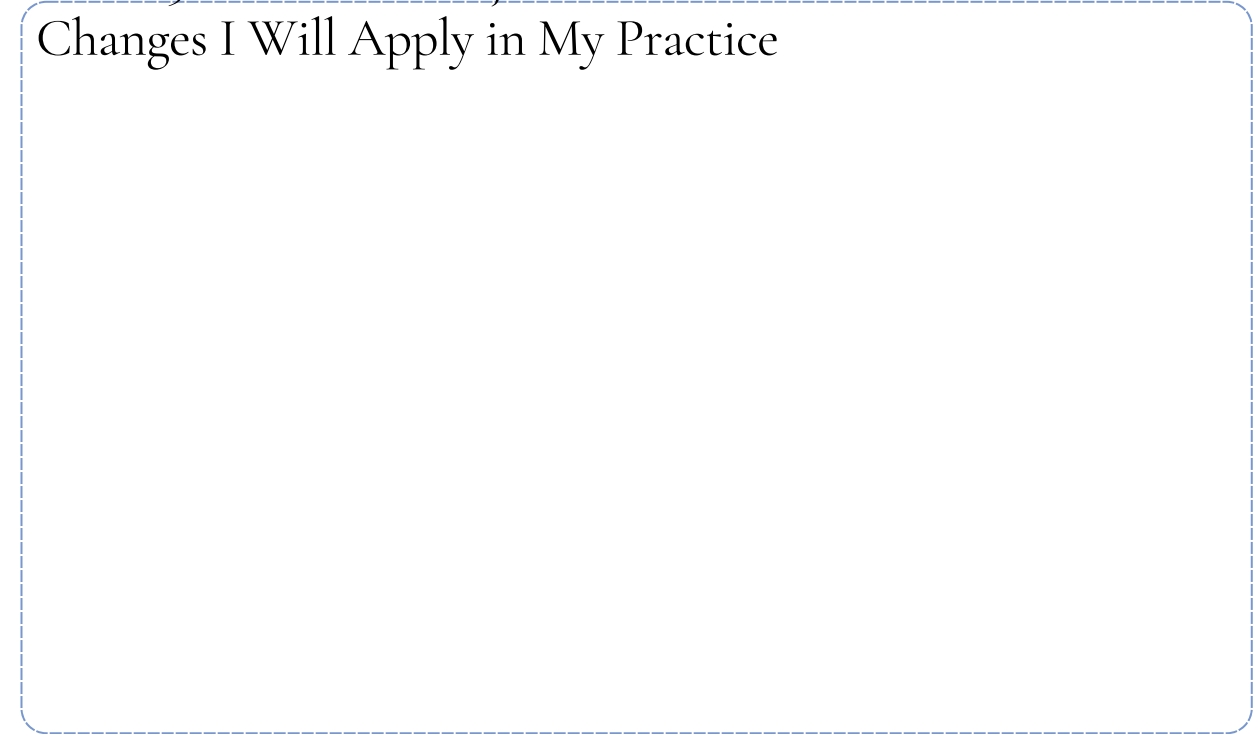
Questions or Areas I need Guidance

Section 2 — Key Guidance Received

Important Points From the Session


Section 3 — Practice Adjustments

Changes I Will Apply in My Practice



Section 4 — Insights

Insights From This Session



Guidance Session 2

Instructor:

Date:

Section 1 — Before the Session

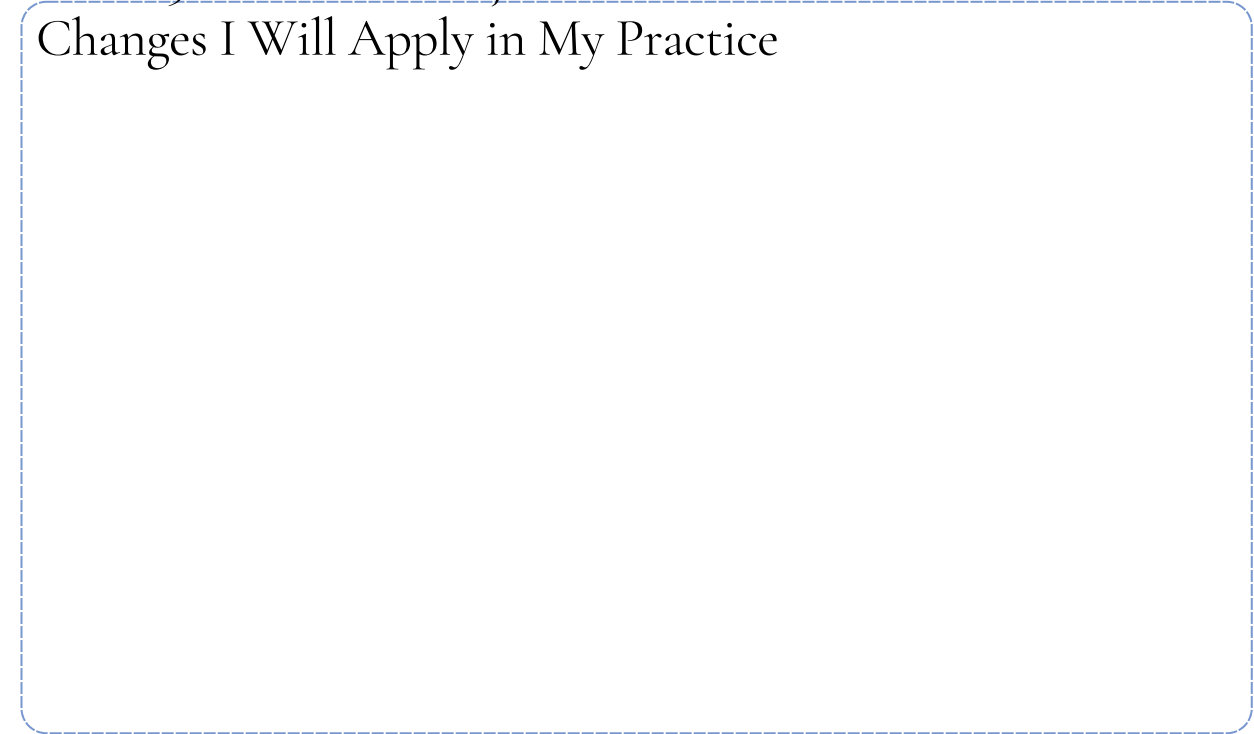
Questions or Areas I need Guidance

Section 2 — Key Guidance Received

Important Points From the Session

Section 3 — Practice Adjustments

Changes I Will Apply in My Practice



Section 4 — Insights

Insights From This Session



Guidance Session 3

Instructor:

Date:

Section 1 — Before the Session

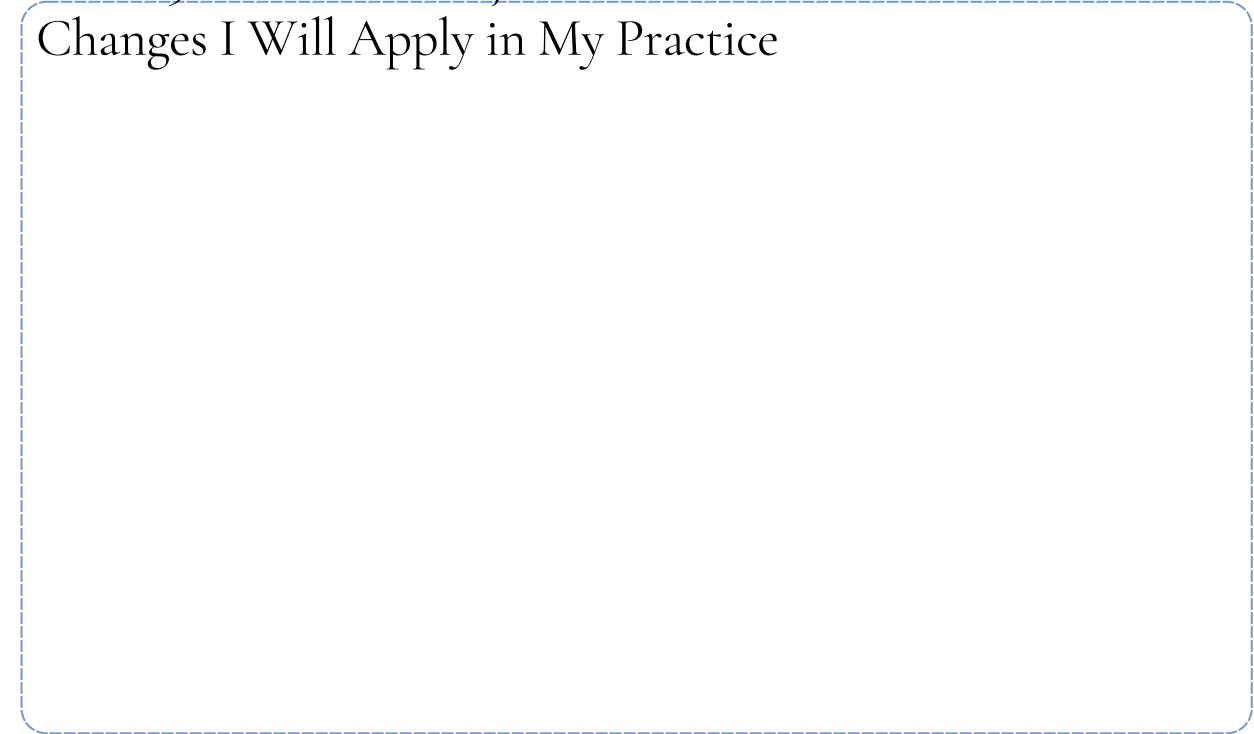
Questions or Areas I need Guidance

Section 2 — Key Guidance Received

Important Points From the Session


Section 3 — Practice Adjustments

Changes I Will Apply in My Practice



Section 4 — Insights

Insights From This Session



My Journey Continued...

Final Reflection

What changes have I noticed in my practice over these 60+ days?

What has been the most meaningful insight from Hong Sau & Energization Exercise Practice?

How will I continue my practice going forward?

Date:

Place:

