**1-1 PRACTICE**

**JOURNAL EXERCISE DIET**

This home study course has a few suggestions that will greatly assist you in this transformation. And as you go through the modules you will learn more of why they are so important. First thing is that you are invited to exercise.You're invited to exercise and not just walking.But, something that really makes you sweat.And maybe you do it 3 times a week or 4 times a week.And your also are invited to stretch. These are couple things that should be done a regular basis.You might find that whatever you like doing, there are so many things, also within the context of your abilities. If there are issues with the body that limit you, be creative. Use the parts of the body that you can actually really work.That it's going to help to bring the transformations going on in your own unconsciousness all the way through into the body as well.

Because the body is holding Light, and we live in this time where the light is grounding into the physical body. The 2nd thing would be to have a couple of journals. One will be a working journal that will help you to process and release through a strategic method. The shadow that is making up your egoic structure. And the other is going to be journal a booklet where you are going to record some profound spiritual experiences.We are to go a little bit deeper into that later in the different modules where this comes up. But you'll have time already to have fun. Either you make yourself some journals or you have some already. I would prefer that it's something very fresh and new.It could be something very cheap, a spiral bound booklet.

You can make it and give it a nice cover, you have fun with that. If you have an artistic interest make it beautiful. It has to be something that's going to be very special. So we have one de-cleansing journal and one is going to be for the power journal. There'll be two of them.

The other thing is the diet. Allow yourself to be open and flexible with your diet.Maybe you already have one that works very well for you. If your physical energy isn't really working and you're not digesting things very well, you get very sluggish and tired, be open to making adjustments and allow yourself to be very flexible with it.Explore, experiment, it's part of all this transformation. There is a lot of change going on in conscious in general. So, that's maybe an area you want to pay attention to. So it doesn't drain your energy.

So very simple just to iterate. We are going to have some exercises to do during this course. There's a couple of journals for recording and processing. And then there is a diet that works that gives you energy and support your spiritual work. Alright! This is going to be going throughout the entire workshop. Then we will be going into some more details about the journals, but a little bit later in the other modules.