

The Path To Becoming A Modern Master



Your Private Action Guide
With Deborah King

*Meditation Teacher,
Spiritual Leader*

Name: _____

Date: _____

Welcome To Your Private Action Guide

1. Print out this guide before the class starts so you can write down your notes as you listen.
2. 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. Review the preparation exercises so that you can best set the space and intention to experience this class.
4. Have a glance at the Masterclass Summary so you know what to listen out for.
5. Use the space to be creative, expressive, and honest.

Your Preparation Tips For This Masterclass

- This Masterclass will be best experienced in quiet place where nothing can distract you.
- Be in a comfortable position so you can fully take part in the teachings.
- Before starting, take a deep breath. Breathing deeply slows the heart rate and relaxes the muscles to help you have a comfortable experience.
- Be open to the experience and to the learnings you are about to receive.

Assessment

Please fill in the quiz below to better understand your present relationship with energy and your energy body before starting this Masterclass.

On a scale from 0 to 10, rate where you are right now. 0 being you are nowhere near where you want to be, 10 being you are exactly where you want to be.

Experiences	Rating 1-10
How ready are you to let go of trauma and past wounds today?	
How ready are you to learn valuable tools to contribute to your spiritual evolution?	
How much do you feel your thoughts (internal language) & your words (external language) impact your reality?	
Do you feel you have past experiences that have created a mental or emotional conditioning that you have trouble of letting go of?	
Do you feel something is holding you back even though you are taking all the right actions towards a goal?	
Do you have fears or insecurities as a result of some past experience or trauma?	
Do you have strong aversion to a particular person or event but your logical mind just can't reason why?	
Are you ready to begin implementing the techniques & info you'll learn in this session today?	

What is the main thing you want to learn about dealing with past traumas today?

Pre-Masterclass Exercise

1. What is your intention for attending this Masterclass? What are you hoping to get out of it? Set your positive intentions here.

Masterclass Summary

Part 1 : Understand how traumas impact us

Part 2 : Trauma Healing Exercise

Part 3 : Learn to take yourself to new levels of spiritual awareness

Part4 : Self Reflection

Part 1 : Understand how traumas impact us

1. Trauma affects your _____

2. How does your own past play into your present?

3. How do you cope with trauma?

4. What are the coping mechanisms that Deborah talks about:

A. _____

B. _____

C. _____

D. _____

E. _____

5. You're becoming the _____

Part 2 : Trauma Healing Exercise

Get ready to release any old trauma.

Make sure you are in a quite and calm space.

Close your eyes and let yourself be guided by Deborah into a healing exercise of your conscious and unconscious traumas.

Part 3 : Learn to take yourself to new levels of spiritual awareness

1. The Sutras are _____

2. Start to _____
your _____

3. What areas of your life you feel you could expand and how:

- A. _____
- B. _____
- C. _____
- D. _____
- E. _____

4. The things you can experience while studying & practicing with Sutras are:

- A. _____
- B. _____
- C. _____
- D. _____
- E. _____

Part 4: The right questions can spur your subconscious to feed you the right answers. So ask yourself...

How do you feel after the Masterclass? What were some of your biggest insights and takeaways?

A Thought To Take Away

Write down a quote, phrase or, something you you have heard Deborah say that resonated with you and would like to implement in your life or keep it as a good reminder.

Additional Notes

Student Stories

"Deborah King is a guide for all seekers of higher truth who are destined to fulfil their purpose of helping others by first healing themselves."



Neale Donald Walsch,
the New York Times Best-Selling Author of Conversations with God
Tony Award winner

"Happiness comes by living our true nature. Deborah King opens us up to realising the powerful healing nature that lives within us all."



Robert Holden
Ph.D., the best-selling author of *Be Happy* and *Happiness*

"Deborah King's book is a must read for every seeker on the path."



Caroline Myss
New York Times best-selling author of *Entering the Castle*