

Unshakable Awareness

Step-by-Step Workbook

Chapter 1 – Neuroplasticity (page 11)

Am I stuck in my ways?

Yes No

What would someone who knows me well list as areas in which I am set in my ways?

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What are my limiting beliefs?

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What are some things I can do right now to help change those beliefs?

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These are some stuck areas that I would like to change:

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With the power of neuroplasticity, humans can intentionally strengthen any brain pattern. What are some healthy patterns that I want to reinforce today?

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What did I do today to positively change my habits?

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-

Rank your sleep quality over the next ten days by circling the description that best fits.

1. Poor Somewhat poor Okay Pretty good Like a Baby
2. Poor Somewhat poor Okay Pretty good Like a Baby
3. Poor Somewhat poor Okay Pretty good Like a Baby
4. Poor Somewhat poor Okay Pretty good Like a Baby
5. Poor Somewhat poor Okay Pretty good Like a Baby
6. Poor Somewhat poor Okay Pretty good Like a Baby
7. Poor Somewhat poor Okay Pretty good Like a Baby
8. Poor Somewhat poor Okay Pretty good Like a Baby
9. Poor Somewhat poor Okay Pretty good Like a Baby
10. Poor Somewhat poor Okay Pretty good Like a Baby

What are three things I can do to improve my sleep quality?

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The sense of self changes with time. Here are some things about my sense of self that have changed over the years:

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Plan a year's worth of positive emotional, thought, and behavior changes. These are the top five things that I will change over the span of a year:

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Feeling uncomfortable is necessary to learn anything. In what ways did I intentionally challenge myself to move out of my comfort zone today?

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Which negative or unhelpful habits do I most protect through denial or justification?

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What are some of the mental dialogues that I use to protect negative habits?

In terms of priority, the negative habits that am most willing to let go of are as follows:

- 1.
- 2.
- 3.
- 4.
- 5.

Chapter 2 – Vagal Nerve Stimulation (page 18)

Did I practice vagal nerve stimulation today?

Yes No

How did I feel prior to vagal nerve stimulation?

Anxiety:

Extremely Low Low Average High Extremely High
Positive Motivation:
Extremely Low Low Average High Extremely High
Clarity:
Extremely Low Low Average High Extremely High

How did I feel after doing vagal nerve stimulation three times?

Anxiety:
Extremely Low Low Average High Extremely High
Positive Motivation:
Extremely Low Low Average High Extremely High
Clarity:
Extremely Low Low Average High Extremely High

Did I notice my pulse or blood-pressure change through vagal breathing?

Yes No Not Sure

What does it feel like doing vagal nerve stimulation three times?

Do I feel that practicing vagal nerve stimulation daily would be beneficial to my life?

Yes No Not Sure

Why do I feel this way?

Building on Chapter 1, how will I incorporate vagal breathing in my everyday life?

Chapter 3 – Other Bodily Changes (page 22)

From my own perspective, here is how I rank the strength of my blood vessels:

Very Weak Weak Average Strong Very Strong

From my own perspective, here is how I rank the strength of my mitochondria:

Very Weak Weak Average Strong Very Strong

Do I feel that having stronger blood vessels and healthier mitochondria will aid me to be more consistently aware?

Yes No Unsure

Why do I feel this way?

Does my answer come from extensive TEM experience, from something I was taught somewhere else, or from an assumption?

- Extensive TEM experience
- Something I was taught elsewhere
- Just my assumption

Chapter 4 - Primary Sounds (page 28)

Can I understand the perspective of the ancients with regard to sacred sounds?

Yes No Unsure

Can I feel the shift from beta brain wave to alpha brain wave while producing primary sounds?

Yes No Unsure

Did I notice that secondary sounds cannot be maintained throughout the breath as can primary sounds?

Yes No Unsure

Do I feel calmer and more aware after chanting primary sounds?

Yes No Unsure

Chapter 5 – Sound Dimensions (page 33)

Can I feel the “Ah” sound travel down my body?

Yes No Unsure

Once I have felt the dimensions of each sound, using one line for each, how would I describe the dimensions of each sound as I felt them?

Ah _____

Ee _____

Ew _____

Eh _____

Oh _____

Mnn _____

Nnn _____

Chapter 6 – Sound Therapy (page 36)

Do I enjoy chanting primary sounds?

Yes No Unsure

How clearly am I currently able to find the sound and pitch which, to my body, feels most beneficial?

Not at all I get a vague sense I clearly feel the beneficial sound

How clearly am I currently able to find the sound and pitch to which my body feels most averse?

Not at all I get a vague sense I clearly feel the beneficial sound

Did I end the practice with the sound which is most beneficial?

Yes No Unsure

Chapter 7 – Purification by Water (page 41)

Absent the knowledge of science, can I relate to the ancient perspective of spirits?

Yes No Unsure

Can I see why the ancients thought cold water immersion exorcised evil spirits?

Yes No Unsure

What are some of the emotional experiences in my life that the ancients would describe as “spirits”?

What are some of the “spirits” in my partner, friends, or family members that I wish could be washed away?

What are some “spirits” in myself that I wish could be washed away?

Which negative emotions am I willing to wash away?

Chapter 8 - Facing the Water (page 44)

How did I feel just before starting the cold shower?

How did I feel just after the shower?

Did the practice change my emotional state and my energy level?

Yes No Unsure

Do I feel that Breath of Fire helped me to get control of my breathing?

Yes No Unsure

If Breath of Fire helped, about how long did it take to regulate my breathing?

About ___ second(s)/minute(s)

I was able to remain in the cold shower for ___ minutes.

Tomorrow, my aim is to remain in the cold shower for ___ minutes.

With safety and improvement in mind, which is the most appropriate approach to cold showers?

Full cold shower Gradual Method Sink Method

Has my approach to cold showers changed over time?

Yes No

Chapter 9 - Flowing with Health Issues (page 53)

Do I experience symptoms of Raynaud's Syndrome? If yes, how should

I care for myself, especially concerning cold showers and diet?

Do I have any other health issues that make taking cold showers especially challenging?

How does my health practitioner feel about my taking cold showers?

Chapter 10 - Measuring Progress (page 58)

Was I able to produce a steady, clear “Ah” sound while in the cold shower?

No Almost Perfectly

Were there any other primary sounds that I tried other than “Ah”? How did it go?

Have I noticed that my ability to produce primary sounds in the shower has improved with practice?

Yes No Unsure

How has my capacity to remain aware under stress changed as a result of practicing intentional cold showers?

Chapter 11 - Dealing with Dread (page 64)

Did I take a cold shower at the time of day when I was at peak energy?

Yes No Unsure

What was my degree of mental and physical resistance to taking the cold shower at peak energy?

How long did I stay in the shower?

Did I take a cold shower when I was in a low energy state?

Yes No Unsure

What was my level of resistance to taking the shower in a low energy state? How long did I stay in the shower?

What was my inner dialogue about the cold showers?

Do I believe the thoughts and feelings of resistance are my true self, or do I feel that they are merely habitual neural pathways?

Yes No Unsure

Do I feel guilt or shame when I acknowledge those feelings and thoughts, or can I simply observe them?

Guilt Shame Both Guilt and Shame I simply observe them

Have I noticed the same resistant inner dialogues in other areas of my life outside of the cold shower experience?

Yes No Unsure

Here are the resistive dialogues that I experience during daily life.

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What thoughts and feelings am I identifying as 'me' right now?

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When and how do they come up during the day?

Have I noticed a lessening of identification with particular thoughts or feelings through cold shower pressure training?

Yes No Unsure

If you answered, "Yes", list the thoughts and feelings that have lessened their grip on your identity.

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Chapter 12 Mentoring your Mind (page 70)

For the sake of mentoring my mind, do I use the gradual approach to the cold shower?

Every time Sometimes Never

Did the gradual approach help me to slowly build up to taking a full cold shower?

Yes No Unsure

Did giving myself choices lessen the resistance?

Yes No Unsure

Chapter 13 - Mentoring the Body (page 73)

Which avoidance strategies has my subconscious mind employed to avoid taking cold showers?

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What percentage of the time am I able to successfully mentor my body into taking a cold shower?

Roughly _____%

Which negotiation strategies work most consistently for me? List them in order of effectiveness:

- 1.
- 2.
- 3.

Chapter 14 - The Power of One Breath (page 78)

Following the principle of one breath, what can I do to take immediate action on a goal, idea, or intention?

What ideas do I have that I can start on right now by writing them down?

Chapter 15 - Basic TEM Meditation (page 84)

Am I aware of when my mind is focused to exclusion?

Yes No Occasionally Unsure

Do I pay attention to the different states of mind during the day?

Yes No Occasionally

Do I get annoyed when something interrupts my focused concentration?

Every time Sometimes Rarely Never

During Visual Awareness Meditation, did I notice the difference between the alpha state of relaxed visual field and the beta state of focused attention?

Yes No Unsure

How do I feel before meditating as compared to during meditation?

How was my cold shower meditation experience? What were the difficulties? Was I able to remain meditated? What did I like about the experience?

Chapter 16 - Spherical Awareness (page 93)

How was my first spherical awareness meditation experience?

Was I able to experience spherical awareness in the shower during the first attempt?

Yes No Unsure

My first attempt at spherical awareness in the cold shower went like this:

Chapter 18 - Awareness Exercises and Games (page 106)

Which exercises and games did I practice? Check mark them.

X-Ray Vision

Spinning with X-Ray Vision

Topographical View

Assassin Game

Notice Blind Spots

Gateway Awareness

Seat Positioning

Alternative Exits

Which are my favorite games and exercises? List the top three.

- 1.
- 2.
- 3.

What did I notice from playing those particular games and exercises?

Did I keep it light and fun?

Yes No Unsure

Are there any games or exercises that I don't like? List them.

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Why don't I like those games and exercises?

Which exercises or games do I need to practice more? List them.

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Chapter 19 - Daily Reminders (page 118)

I feel that time reminders are going to be helpful for me.

True False

I was successfully able to program my brain to remind me to meditate when I noticed the time.

True False

Which other types of reminders am using during my day?

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-
-
-
-

Which type of reminder seems to work best for me? List them in order of benefit.

- 1.
- 2.
- 3.

Chapter 20 - The Heart of Chaos (page 124)

Have I ever noticed the voice of The Deceiver?

Yes No Unsure

I tend to notice immediately when the voice of The Deceiver comes up?

Never Almost never Occasionally Often Always

What was one of the dialogues of The Deceiver that I experienced today?

I set reminders for myself in my environment to help me stay in spherical awareness throughout the day.

True False

Before going to bed, I take an accounting of the day by asking myself the following questions:

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Did I notice 'The Deceiver' today? If so, was I able to soften the inner space and return to awareness?

Yes No Yes and No

Did I participate in any unhelpful habits and distractive comforts?

Yes No

What, if anything, did I do that was engaging but not meaningful?

Did I accomplish all the things that I aimed to do today?

Yes No

Did I set my aim to spend a bit more time in awareness than I did yesterday?

Yes No

It takes the average person about 66 days to establish a healthy habit, but it can take as much as a year for some individuals. A great way to help establish a healthy TEM practice is to keep a schedule of activities you will check off at the end of each day. Keeping up with this schedule every day will help you tremendously.

Please download the printable schedule.

www.richardlhaight.com/uaworkbook

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