

Working-In Books

Design & content for a book of You.

Working-In



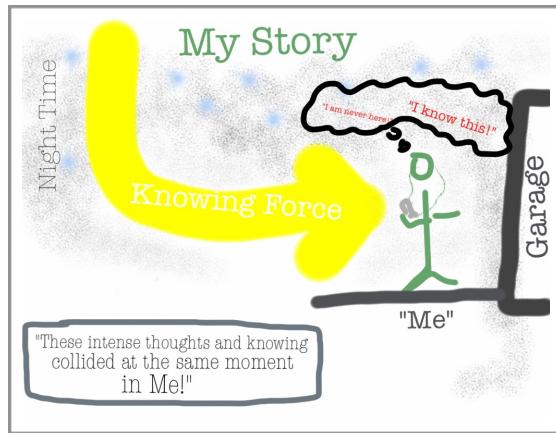
Working-Out[®]

Personal Story

Each path is different, the training is too.

Co-designing this book

Each person is a unique blend of awesome stories, many experiences, body issues. Creating a book that starts to bring forth a new story of transcending limitations and connecting to this moments brilliance's, arch person begins rewriting a story of awakening to a wider and deeper truth.



My Story

We love the story or we hate the story, but every person has one. Want to rewrite a new chapter of freedom? This is your chance to "*seize the day*" and your live.

"The Book Of Me"

I have found that the written word and pictures can really help strengthen what we do during our training and communication time. To hold all that we cover contains so much that you miss things, this book idea came from this truth.

This book will be a quality keepsake and a living document.



Farley's Pet Parade | Chris Irons

"The Book of Me" is written and illustrated by you and assisted by me. Using pictures, illustrations and words directly from you helps clarify and strengthen your insights and aha's. We include in your book the photos of your work-outs so that you have the how-to of exercises for later reference. To write this book is also powerful in others ways, it allows you to "see" where you are right now, the rawness of you. Next we open up your inner space allowing the freedom of the depth and width of truth to rewrite a new story that always moves you closer to pure self.

SECTIONS OF YOUR BOOK

Section 1 | Me

This section is the why, how to and pointing to what you know. Asking where are you right now, who are you right now, what do you want to be right now.

Section 2 | Working-Out

This is filled with photos of you exercising and written instructions of the benefits and the how to of the exercises. This will help you to remember later reference. Also contains other exercises from the library of specific exercises.

Section 3 | Working-In

This section is the concepts and the dictionary of working-in. It also contains your own words that work faster for you. Illustrations and breaking down what is happening within that exercise and how you are in that exercise.

The Book of Me

Heading: The book of You is(contains the words that resonates with you, faster than)

Words: Tiny paper (key words that resonates with you)

Giving, loving, feeling, connecting, friendship, health, etc.

Illustrations: Drawing what you see.

You draw out your experiences and how you see certain ways of being. Insights get down to remind and strengthen the brains connection to it.

Sources of know-knowing (true inner knowing)

- **Physical Hotspots;** (example: Upper Back below the neck, heart area, the back of the neck, the middle of stomach, etc.)

- **Locations:** Places you connect easier to your place of calm, connecting, zero, bliss (Before sleep state, at the ocean, making love,

- **Spiritual Experiences:** This covers that spiritual experiences that one may have that had a profound impact on that person. It may change their reality to point where they change their life path.

Your Zero Space (getting to the core)

- We all have had "zero" happen to us that when we connected to it, it allows us to become blissful, or intensely happy, opens up new vantage points of reality.



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