

# **ANGEL WING'S ONLINE PERSONAL TRANSFORMATION PROGRAM (WEEK # 28)**

**A SYSTEMATIC  
APPROACH FROM  
A BALANCED  
STATE TOWARDS  
PERSONAL  
EXCELLENCE**

**DEVELOPED BY:  
THE ANGEL WING,  
LLC**

**PRESENTED BY:  
ANGEL WING  
PRESENTERS**

# DISCLAIMER # I

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## **DISCLAIMER # 2**

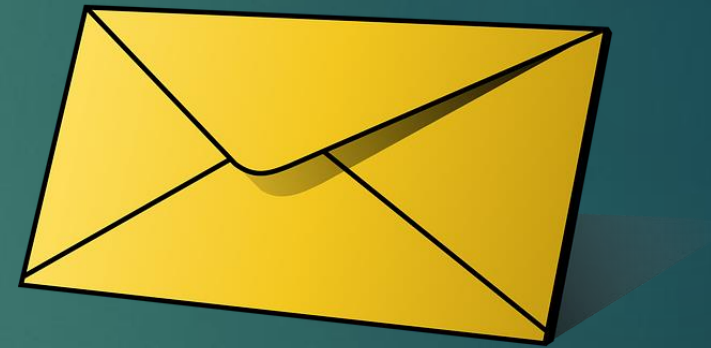
# **DISCLAIMER STATEMENT FOR ANGEL WING, LLC'S QUANTUM TRANSFORMATION PROGRAM**

Angel Wing, LLC proudly offers the Quantum Transformation Program as part of our commitment to fostering growth, rehabilitation, and positive transformation. As you engage with our program and its participants, please consider the following:

- **Program Intent:** The Quantum Transformation Program, operating under Angel Wing, LLC, is designed to provide opportunities for individuals who have faced past challenges, both personal and professional. We aim to help these individuals reintegrate into professional and community settings, leveraging their skills and experiences for positive impact.
- **Varied Backgrounds:** Participants in the Quantum Transformation Program come from diverse backgrounds, some with previous professional issues, including license revocations, or legal challenges such as felony convictions. Angel Wing, LLC believes in the potential for growth and transformation and supports participants in their journey towards a brighter future.
- **Limitation of Liability:** Angel Wing, LLC, its affiliates, staff, and partners shall not be liable for any direct, indirect, consequential, special, exemplary, or other damages arising from the actions, behaviors, or representations of Quantum Transformation Program participants.
- **No Implied Endorsement:** Participation in the Quantum Transformation Program does not imply endorsement of a participant's previous actions or behaviors. Rather, it signifies Angel Wing, LLC's belief in second chances and the capacity for positive change.
- **Educational and Supportive Nature:** The Quantum Transformation Program is primarily educational and supportive. It is not intended to replace formal licensure, professional counseling, or therapeutic interventions.
- **Participant Responsibility:** While Angel Wing, LLC provides support and guidance, the ultimate responsibility for personal and professional conduct rests with each program participant.
- **Continuous Monitoring:** Angel Wing, LLC maintains a rigorous monitoring and feedback system for the Quantum Transformation Program. Feedback from stakeholders is essential for continuous program improvement.
- **Transparency and Communication:** We encourage open communication. Should you have questions or concerns about the program or its participants, please contact our program coordinators.
- By engaging with Angel Wing, LLC's Quantum Transformation Program and its participants, you acknowledge that you have read and understand this disclaimer and agree to its terms.
- *For detailed information about Sachin Karnik and his background, Angel Wing participants are encouraged to contact him directly at [sachinkarnik@yahoo.com](mailto:sachinkarnik@yahoo.com). Additionally, please be informed that Sachin Karnik was admitted to the Angel Wing QTP (Quantum Transformation Program, our Second Chance initiative) after thoroughly examining all pertinent documents and a comprehensive interview process.*

-- The Angel Wing, LLC

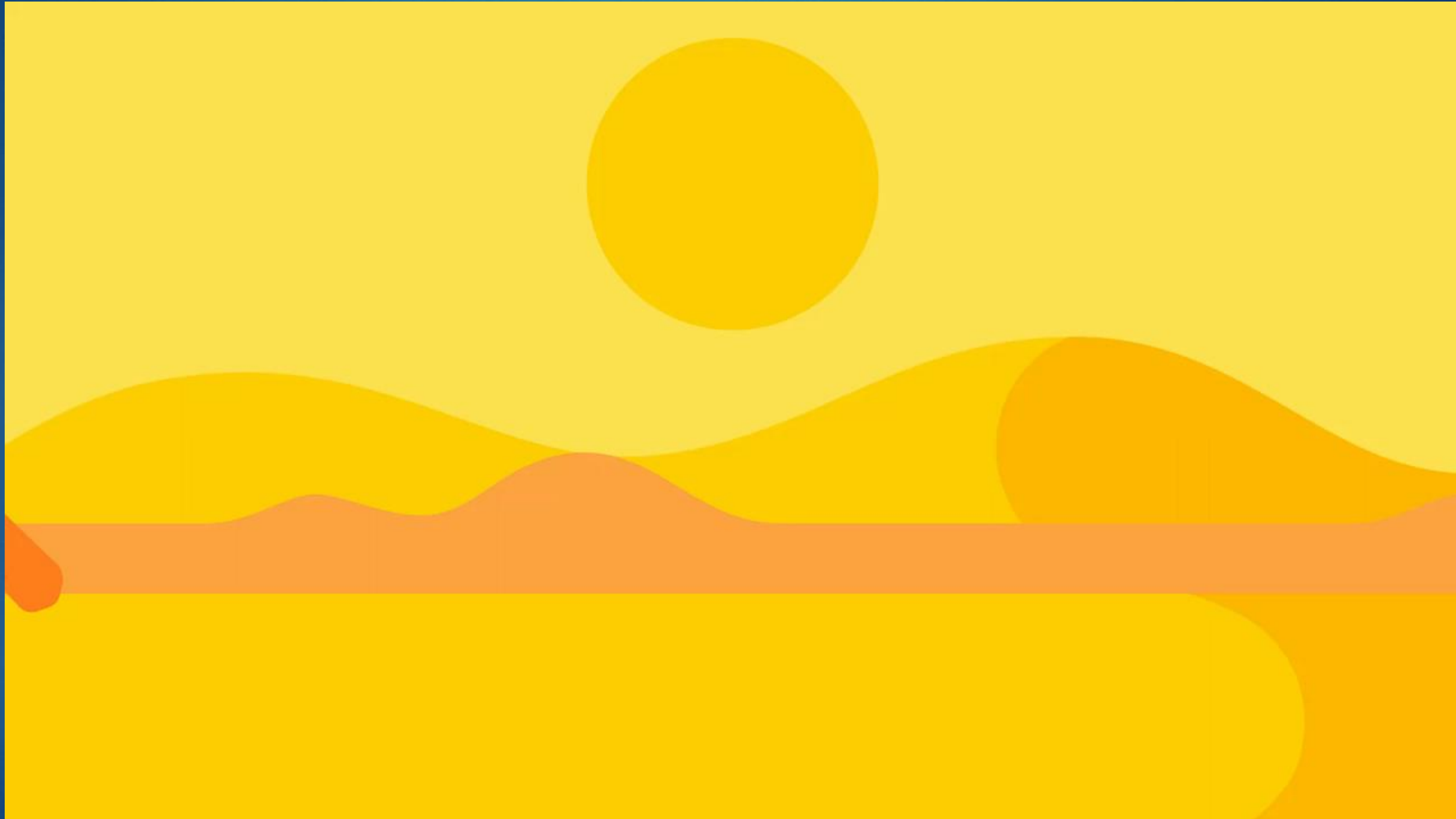
# MATERIALS YOU NEED TO HAVE WITH YOU EACH WEEK



ONE BLANK  
CARD PER  
WEEK



# GROUNDING MEDITATION EXERCISE



**WEEK # 28**  
**ONLINE WORKSOP BEGINS**  
**NOW...**



# ENERGY ACTIVATION

(WEEKS 27-39)

# CORE ENERGY USAGE IN ALL 12 AREAS OF ONE'S LIFE

- 1) **ENERGY ACTIVATION & UTILIZATION** – Awareness of how much energy is used in each area
- 2) **ENERGY EQUALIZATION** – Learn to balance polar aspects within oneself
- 3) **ENERGY CONSERVATION** – Emphasize energy storage
- 4) **ENERGY REVITALIZATION** – Renewal of stored energy
- 5) **ENERGY TRANSMUTATION** – Refinement of stored energy



# ENERGY ACTIVATION: UNDERSTANDING AND HARNESSING PERSONAL CORE ENERGY

## DEFINITION AND IMPORTANCE

- Energy activation refers to the process of initiating and mobilizing one's inherent energy reserves to enhance personal performance, productivity, and overall well-being. This concept revolves around the idea that each individual possesses a core energy source, which can be activated and directed towards achieving personal and professional goals. Effective energy activation enables individuals to tap into their latent potential, leading to heightened motivation, creativity, and resilience.

# KEY POINTS

- . Definition of energy activation
- . The significance of activating personal core energy
- . The impact of energy activation on personal and professional life

# COMPONENTS OF ENERGY ACTIVATION

# BALANCING INNER PERSONAL ENERGY FOR ENHANCED WELL-BEING AND PERFORMANCE

## Slide 1: Introduction to Energy Activation

### • Definition of Energy Activation:

- The process of initiating and mobilizing inherent energy reserves.
- Focus on enhancing personal performance, productivity, and well-being.

### • Core Concept:

- Each individual has a core energy source.
- Activation of this energy is crucial for achieving personal and professional goals.





# SLIDE 2: UNDERSTANDING YOUR CORE ENERGY SOURCE



## **Identifying Inherent Energy Reserves:**

**Exploration of personal energy sources.  
Techniques to recognize and connect  
with your inner energy.**



## **Significance of Core Energy:**

**The role of core energy in daily life.  
How core energy influences motivation,  
creativity, and resilience.**

# SLIDE 3: TECHNIQUES FOR EFFECTIVE ENERGY ACTIVATION

## Methods to Activate Energy:

- Meditation and mindfulness practices.
- Physical activities and exercises.
- Creative and artistic endeavors.

## Daily Practices for Sustained Activation:

- Consistency in energy activation routines.
- Incorporating energy activation into daily habits.

# SLIDE 4: BENEFITS OF ENERGY ACTIVATION

## Enhanced Personal Performance:

- **Increased motivation and focus.**
- **Improved productivity and efficiency.**

## Boost in Creativity and Innovation:

- **Higher levels of creativity and problem-solving abilities.**
- **Enhanced capacity for innovation.**

## Building Resilience and Well-Being:

- **Strengthened mental and emotional resilience.**
- **Overall improvement in well-being and life satisfaction.**

# **SLIDE 5: BALANCING INNER PERSONAL ENERGY**

**Importance  
of Balance:**

**Maintaining equilibrium between  
activated energy and rest.**

**Avoiding burnout through  
balanced energy management.**

**Strategies  
for  
Sustaining  
Energy  
Balance:**

**Regular self-assessment and  
adjustment of energy levels.**

**Integrating relaxation and  
recovery practices.**

**Conclusion:**

**The holistic impact of balanced  
energy activation.**

**Encouragement to embrace energy  
activation for a fulfilling life.**



These slides provide a structured overview of energy activation, focusing on understanding, techniques, benefits, and the importance of balancing one's inner personal energy.



**DETAILED SLIDES**

# **TITLE: ONLINE PERSONAL TRANSFORMATION PROGRAM - WEEK 28**

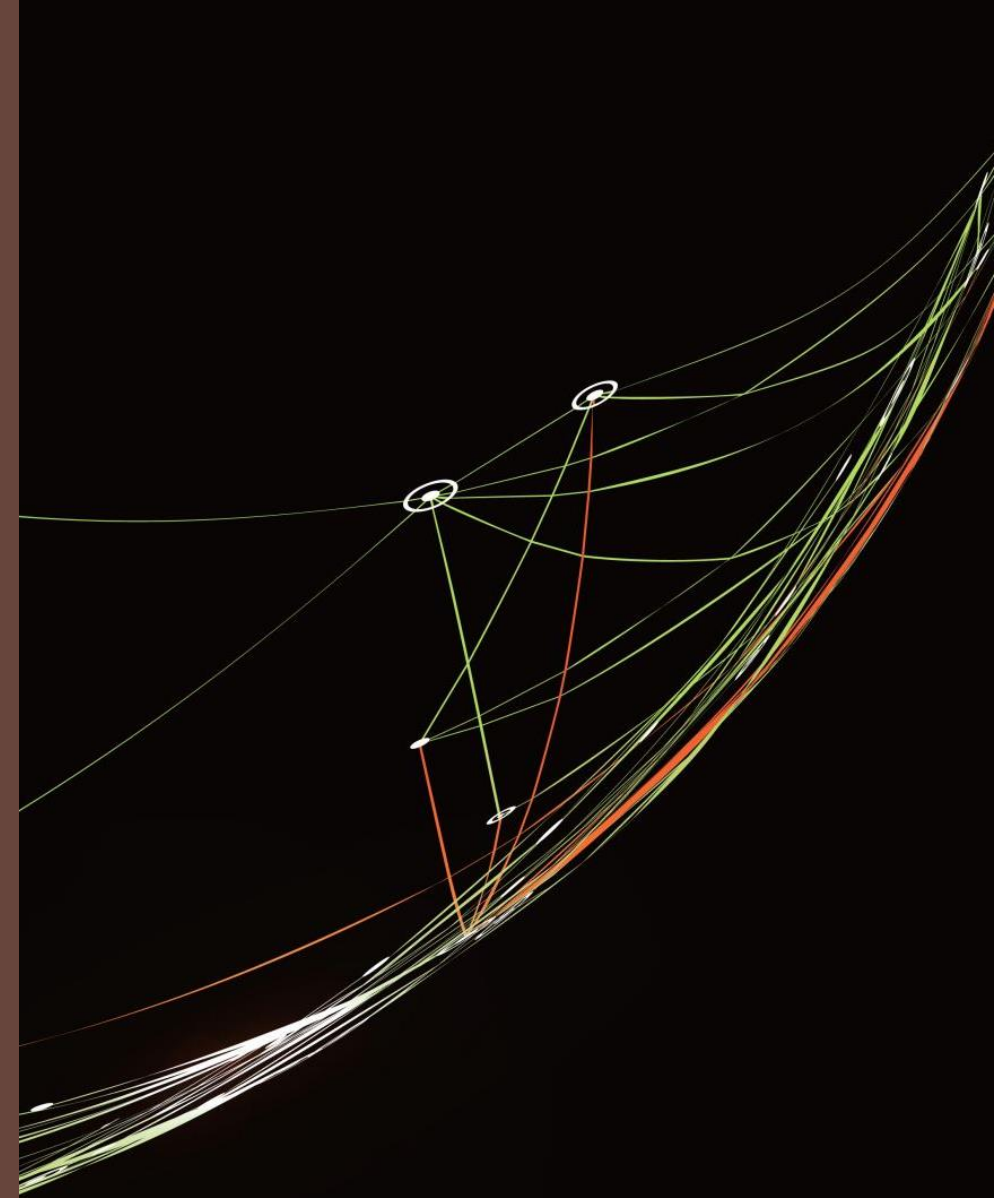
**Subtitle: Energy Activation and Utilization**

**Date: July 16, 2024**



# Slide 2: Introduction

- Welcome! This series (Weeks 27-39) focuses on Energy Activation.
- We'll cover 5 major stages in this program (with more nuanced cycles).
- This week: **Energy Activation and Utilization.**
- Next series: **Energy Equalization.**





# Slide 3: What is Energy Activation and Utilization?

We activate our inner power and utilize our inherent energy reserves.

This program helps us become aware of **how, when, and why** we utilize energy.

We will explore the experiences driving this activation.

# Slide 4: Energy Activation (Definition)

- Energy activation is the process of **initiating and mobilizing** one's inherent energy reserves to enhance personal performance.

# **Slide 5: Workbook Exercise Reminder**

- **From Workbook 1: Reflect on the exercises regarding initiating and mobilizing energy.**
- **This week we delve deeper into the nuances of energy activation.**

# Slide 6: Personal Agency

- **Personal Agency = Free Will = Decision Making Process**
- We are in charge of making our own decisions.
- We possess tremendous free will, enabling us to choose how we initiate and mobilize our energy reserves.

# Slide 7: Initiation of Energy Reserves

- This involves the deliberate and conscious activation of energy to move in a specific direction for a desired experience.
- Example: Choosing to go for a 30-minute walk involves a thought, a decision, and the activation of energy to make it happen.

## Slide 8: The Impact of Internal Environment



The inner environment (mind, heart, being) heavily influences how much energy is activated.



Contradictory thoughts and emotions can hinder energy mobilization.



Example: Deciding to walk but feeling sad or unmotivated will reduce the energy available for the action.





# Slide 9: Non-Fragmented Activation

- Aim for **activation without fragmentation**.
- Fragmentation occurs when energy is dispersed across conflicting thoughts, emotions, and external distractions.
- Example: Starting a walk, then getting distracted by neighbors, phone calls, or internal worries leads to fragmented energy.

## Slide 10: The Quality of Internal Environment

- A peaceful, harmonious inner environment is crucial for efficient energy activation.
- **Stillness  $\neq$  Dullness** - Stillness represents an awakened and beautiful state of being, enabling focused energy flow.



# Slide 11: Examples of Non- Fragmented Activation

**Wedding Ceremony:** High energy, joyous atmosphere, and strong commitment lead to a powerful, non-fragmented experience.

**Theme Park Visit:** Enthusiasm, excitement, and focus on the experience generate focused energy flow.

## SLIDE 12: VOLITIONAL VS. AUTOMATIC ACTIVATION



**Volitional Activation:** Conscious, deliberate energy mobilization towards a chosen experience.



**Automatic Activation:** Subconscious, instinctive response to external stimuli (fight, flight, freeze).



**We aim for mastery of volitional activation for a fulfilling life.**

# SLIDE 13: SIX DIMENSIONS OF ENERGY UTILIZATION

- Every volitional choice involves these six dimensions:
  - **Quality:** Qualitative experience in the present.
  - **Quantity:** Amount of energy utilized.
  - **Direction:** Path of energy flow towards a goal.
  - **Dimension:** Psychological dimension within which we experience reality.
  - **Depth:** Level of immersion and engagement in the experience.
  - **Structure:** How the experience is recorded and integrated within our neurological framework.

# Slide 14: Energy Activation and Resistance

- **Non-resistant action is only possible with non-resistant energy activation.**
- Resistance within our mind, emotions, and thoughts depletes energy and hinders performance.
- Example: A bumpy road with obstacles will disrupt the smooth flow of a car on cruise control.



# SLIDE 15: CRUISE CONTROL ANALOGY

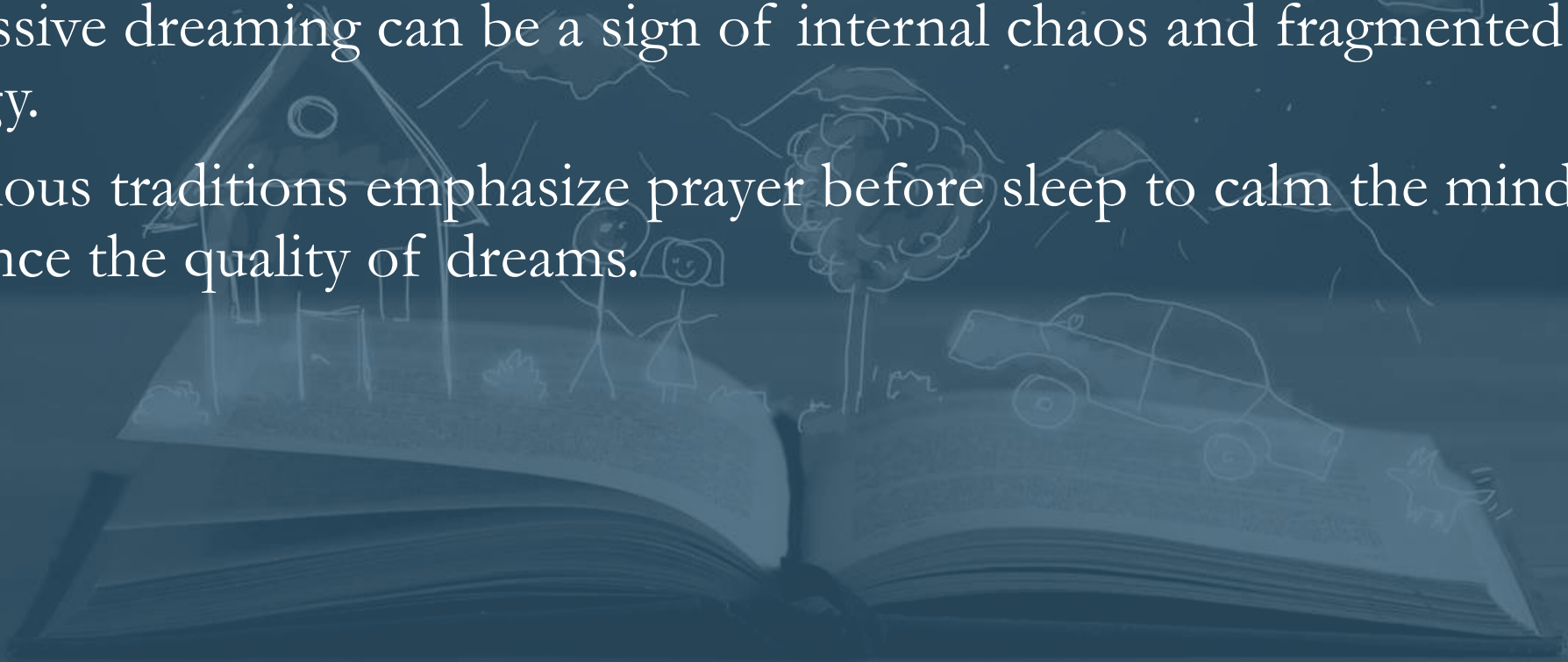
- Imagine life as a car on cruise control:
  - The car represents our being, well-maintained and balanced.
  - Cruise control symbolizes non-resistant energy activation, driving us smoothly towards our goals.

# SLIDE 16: THE IMPORTANCE OF STILLNESS

- Inner stillness, free from resistance and chaos, is crucial for achieving "cruise control" in life.
- It allows for:
  - A heightened vision and perspective.
  - Continuous, effortless energy activation and utilization.

# Slide 17: The Power of Dreams

- Even during sleep, energy is activated, creating elaborate dream worlds.
- Excessive dreaming can be a sign of internal chaos and fragmented energy.
- Religious traditions emphasize prayer before sleep to calm the mind and enhance the quality of dreams.



# SLIDE 18: NEUROPLASTICITY, SYNAPTOGENESIS, NEUROGENESIS

- Our brains are constantly changing through:
  - Neuroplasticity: The brain rewires itself based on experiences.
  - Synaptogenesis: New connections (synapses) are formed between neurons.
  - Neurogenesis: New neurons are created, enhancing brain function.

**SLIDE 19:  
THE  
ANGELWING  
PROGRAM**

- This program aims to generate new ways of seeing, developing our brain, and optimizing energy activation through:
  - Conscious, volitional choices.
  - Cultivating inner stillness and harmony.
  - Utilizing the transformative power of transmuted energy.

# SLIDE 20: FUTURE EXPLORATION

We'll delve deeper into these concepts over the next few years, exploring the:

- Science of transmuted energy and its effects on the brain.

- Full functionality of the corpus callosum, linking brain hemispheres.

- Path to self-mastery through balanced energy activation.



# SLIDE 21: THE POTENTIAL FOR US

- We have the potential to move beyond fragmentation and achieve **cruise control** in life.
- Through mindful energy activation, we can experience:
  - Effortless action and heightened performance.
  - Joyful experiences, free from resistance and struggle.
  - A broad, glorious vision of life, soaring above limitations.

# QUICK MOVEMENT BREAK - STANDING STRETCHES & MOVEMENTS



*KeenanWell*

A Keenan Solution

# OPEN WORKBOOK # 2

## (12 DIMENSION SELF-ASSESSMENT)



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# 12 DIMENSIONS

**DIMENSION # 1 - Career:** This area relates to your professional life, including your job, career aspirations, and work-related goals.

**DIMENSION # 2 – Finances:** This area relates to your financial situation, including your income, expenses, savings, and investments.

**DIMENSION # 3 -Physical health:** This area relates to your physical wellbeing, including your fitness level, nutrition, and overall health

**DIMENSION # 4 - Mental health:** This area relates to your psychological wellbeing, including your emotional and mental health, stress levels, and resilience.

**DIMENSION # 5 - Family and relationships:** This area relates to your relationships with family members, friends, and significant others.

**DIMENSION # 6 - Social life:** This area relates to your social interactions and connections, including your participation in social activities and events.

**DIMENSION # 7 Personal development:** This area relates to your personal growth and self-improvement, including your learning, skills development, and personal goals.

**DIMENSION # 8 - Spiritual life:** This area relates to your spiritual beliefs, practices, and values, and your sense of purpose and meaning in life.

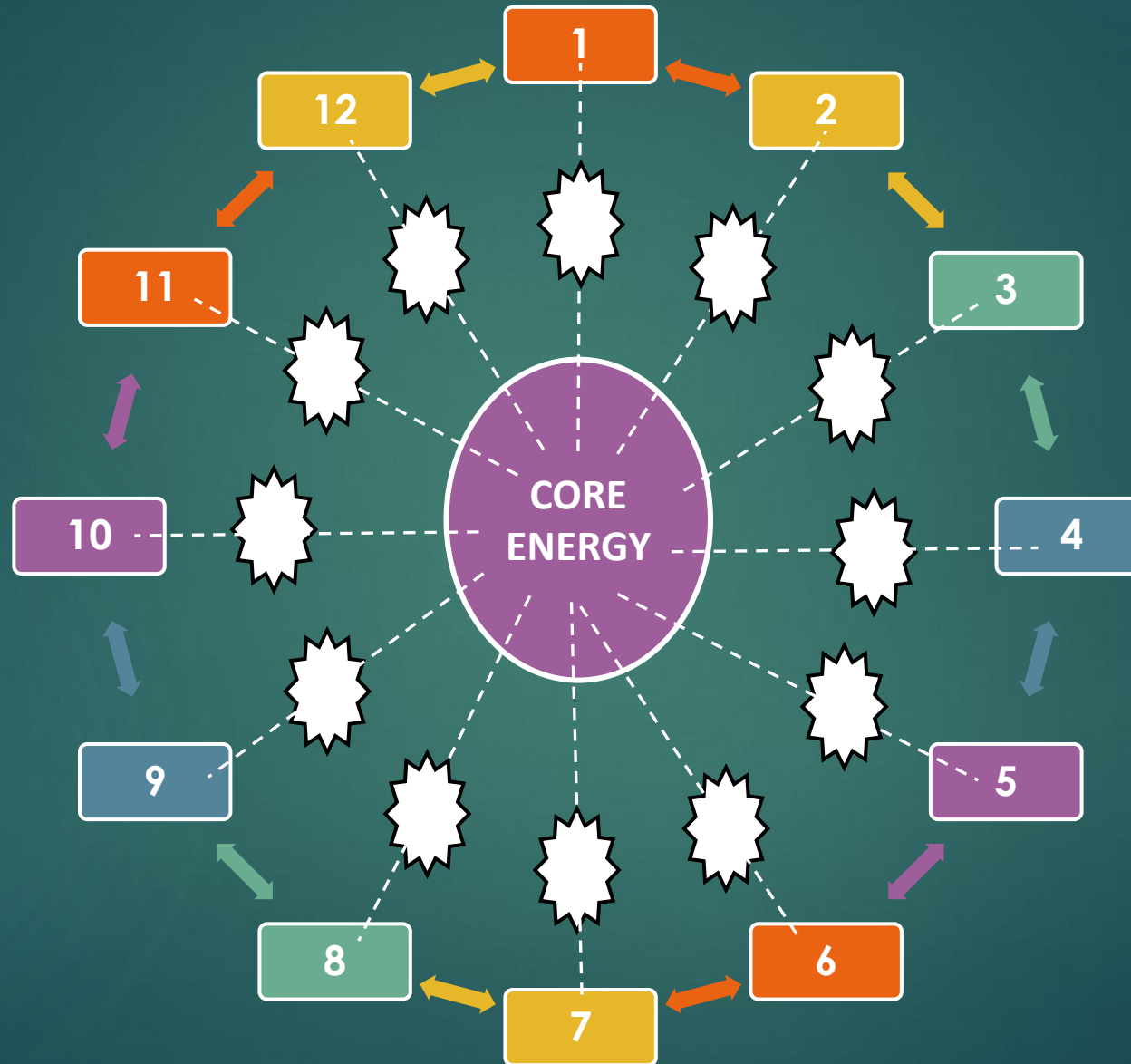
**DIMENSION # 9 Recreation and leisure:** This area relates to your hobbies, interests, and recreational activities.

**DIMENSION # 10 - Environment:** This area relates to your physical surroundings and living conditions, including your home, neighborhood, and community.

**DIMENSION # 11 Contribution to society:** This area relates to your contribution to society, including volunteer work, charitable activities, and community involvement.

**DIMENSION # 12 - Life vision:** This area relates to your overarching life goals and aspirations, including your vision for your future and the legacy you want to leave behind.

# Goal: STATE OF COMPLETE BALANCE IN 12 DIMENSIONS OF LIFE



# 12 DIMENSIONS

## SELF-RATING BETWEEN 0 – 10

### **1 - MY CAREER (X)**

- Focuses on professional life and work-related goals
- Involves job satisfaction and career growth

### **2 - MY FINANCES (X)**

- Focuses on monetary aspects of life
- Involves income, expenses, savings, and investments

### **3 – MY PHYSICAL HEALTH (X)**

- Focuses on the body's health and wellness
- Involves fitness, nutrition, and overall wellbeing

### **4 – MY MENTAL HEALTH (X)**

- Focuses on psychological wellbeing
- Involves emotional and mental health, stress levels, and resilience

### **5 – MY FAMILY AND RELATIONSHIPS (X)**

- Focuses on interpersonal connections
- Involves family, friends, and significant others

### **6 – MY SOCIAL LIFE (X)**

- Focuses on social interactions and activities
- Involves participation in social events and networking

### **7 – MY PERSONAL DEVELOPMENT (X)**

- Focuses on self-improvement and growth
- Involves learning, skill development, and personal goals

### **8 – MY RELIGIOUS/SPIRITUAL LIFE (X)**

- Focuses on religious/spiritual beliefs and practices
- Involves purpose, meaning, and values in life

### **9 – MY RECREATION AND LEISURE (X)**

- Focuses on hobbies and interests
- Involves activities that bring enjoyment and relaxation

### **10 – MY ENVIRONMENT (X)**

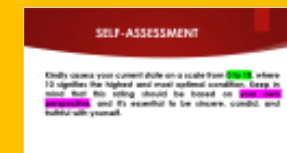
- \* Focuses on physical surroundings and living conditions
- \* Involves home, neighborhood, and community

### **11 – MY CONTRIBUTION TO SOCIETY (X)**

- \* Focuses on giving back to the community
- \* Involves volunteer work, charitable activities, and community involvement

### **12 – MY LIFE VISION (X)**

- \* Focuses on long-term goals and aspirations
- \* Involves envisioning the future and the legacy one wants to leave behind





# SELF-ASSESSMENT

- ▶ Kindly assess your current state on a scale from 0 to 10, where 10 signifies the highest and most optimal condition. Keep in mind that this rating should be based on your own perspective, and it's essential to be sincere, candid, and truthful with yourself.

**ON PAGE ONE**  
**OF WORKBOOK**  
**# 2, WRITE:**  
**12**  
**DIMENSIONS**  
**(WRITE**  
**TODAY'S**  
**DATE)**

**SELECT A SELF-ASSESSMENT NUMBER**

- ▶ 0 = Worst possible current situation with regards to career
- ▶ 10 = Highest levels of career development and satisfaction. There is nothing further to accomplish...
- ▶ Please select a number that is the most accurate self-assessment as of right now. You can give 5, 5.5, 5.25 etc.
- ▶ This is YOUR OWN assessment

## **PSYCHOLOGICAL TIME AND ENERGY ALLOCATION**

**Mindful management of psychological time allows for a balanced approach to energy expenditure, preventing burnout by allocating time for both productive tasks and restorative breaks, thereby maintaining long-term personal and professional health.**



## PRINCIPLE # 28 – SETTING PERSONAL BOUNDARIES FOR TRUE FREEDOM

- ▶ This principle refers to the practice of defining and maintaining limits that protect one's mental, emotional, and physical well-being. This involves recognizing and asserting one's needs, values, and limits in various aspects of life, ensuring respectful interactions and relationships. Establishing these boundaries is essential for achieving genuine freedom, enabling individuals to live authentically and without undue external influence.



## TITLE: QUANTUM PRINCIPLE #28

- Focus for week 28: Setting personal boundaries for true freedom.
- This principle explores defining and maintaining limits to protect mental, emotional, and physical well-being.
- Homework: Read the core principles before each meal until next Tuesday. Write down key takeaways in your 3x5 card.

# THE IMPORTANCE OF LIMITS

## RECOGNIZING OUR LIMITS

- Knowing our boundaries is crucial. This means identifying our needs, values, and limits in various life aspects.
- Establishing these boundaries is not selfish; it is essential for achieving genuine freedom.
- Without clear boundaries, we risk fragmenting, distorting, and damaging our internal power through entangled interactions with the outside world.



# ENERGY ACTIVATION & BOUNDARIES

## WHERE DOES OUR ENERGY GO?

- This principle connects to energy activation. How much energy are we investing in specific relationships or interactions?
- Are these engagements aligned with our values and needs?
- Setting personal boundaries allows us to consciously direct our energy towards fulfilling and supportive connections.

# CONSEQUENCES OF NO BOUNDARIES

## THE ILLUSION OF FREEDOM

### ► Body:

- People who avoid setting personal boundaries can never achieve true freedom.
- They remain vulnerable to external influences and may lose themselves in unhealthy dynamics.
- It requires conscious effort to define, maintain, and protect those boundaries for lasting inner peace.

# PROTECTING OUR WELL-BEING



## The Three Pillars of Protection

### ► Body:

- Limits are essential for protecting our:
  - **Physical Body:** Setting boundaries around physical health and well-being.
  - **Mental Framework:** Protecting our thoughts and beliefs from negative influences.
  - **Emotions:** Avoiding situations that trigger damaging emotional responses.

# THE SHIELD OF CHOICELESS AWARENESS

## ▶ Developing Inner Strength

- A key concept in maintaining boundaries is cultivating the "shield of choiceless awareness." (Write this down!)
- This involves consciously choosing not to engage with external negativity that threatens our inner peace.
- It's about responding with awareness, rather than reacting impulsively.

# AUTHENTICITY THROUGH BOUNDARIES

## LIVING AUTHENTICALLY

- Setting healthy boundaries promotes authenticity—living in alignment with our true selves.
- It allows us to interact with the world respectfully and meaningfully, without sacrificing our inner peace.
- It enables us to contribute positively without absorbing external negativity.

# RESPECTFUL INTERACTIONS

## BUILDING HEALTHY CONNECTIONS

- Boundaries foster respectful interactions and relationships.
- They prevent us from losing ourselves in unhealthy dynamics.
- By honoring our needs and values, we attract connections that are mutually supportive and empowering.



# HOMEWORK AND REFLECTION

## YOUR JOURNEY TOWARDS TRUE FREEDOM

### ► BODY:

- THIS WEEK'S HOMEWORK:
  - CONTINUE READING THE CORE PRINCIPLES.
  - OBSERVE YOUR ENERGY ACTIVATION PATTERNS.
  - REFLECT ON THE CONCEPT OF PERSONAL BOUNDARIES AND THE “SHIELD OF CHOICELESS AWARENESS.”
- **KEY QUESTION:** WHAT RESONATES WITH YOU MOST ABOUT THIS PRINCIPLE?

## **CENTRAL CONCEPT OF PERSONAL TRANSFORMATION WEEK 27 HOMEWORK: 3X5 CARD – READ ONCE DAILY**

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**The human mind, with its intricate workings and endless complexities, is a fascinating phenomenon that requires a substantial amount of energy to function. However, this energy can be drained by personal conflicts that arise both within and outside of ourselves. When we take steps to reduce and eventually eliminate the unnecessary dissipation of our inner energy, we can experience an extraordinary revitalization and conservation of our life force. This revitalized energy can then permeate every aspect (12 dimensions) of our lives, unobstructed and without disturbance, leading to a powerful foundation upon which limitless possibilities become available and realizable.**

**– *The Angel Wing, LLC***

**PUT MONEY IN  
THE ENVELOP  
(VITAMIN M)**



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# The VITAMIN 'M' Envelope

## PRACTICAL EXERCISE: VITAMIN 'M' ENVELOPE

- Regularly contribute a fixed amount of money to a designated envelope.
- Spend 10% of the accumulated amount in a way that brings joy and benefits others, without abuse or misuse.
- This exercise promotes conscious spending and generosity.





# USE 10% OF YOUR SAVED MONEY

- ▶ Allocate 10% of your savings this week to a meaningful cause or investment, ensuring that every cent is utilized judiciously and responsibly, without any misuse or abuse.

# HOMEWORK EXERCISE



Please write 3 paragraphs  
on:



How, where, when, and  
why am I activating my  
personal energy this week?



# NEVER GIVE UP

