# ANGEL WING'S ONLINE PERSONAL TRANSFORMATION PROGRAM (WEEK # 31)

A SYSTEMATIC
APPROACH FROM
A BALANCED
STATE TOWARDS
PERSONAL
EXCELLENCE

DEVELOPED BY:
THE ANGEL WING,
LLC
PRESENTED BY:
SACHIN J. KARNIK

#### **DISCLAIMER # I**

#### Disclaimer Statement for Angel Wing's Online Personal Transformation Program

- Please carefully read and understand this disclaimer statement before participating in our online program for self-development and personal transformation.
- The content and materials provided in this online group coaching program are for informational and educational purposes only. The program is not intended to be a substitute for professional medical, psychiatric, or psychological advice, diagnosis, or treatment. The program does not provide medical, psychiatric, or psychological diagnosis or treatment services. Always seek the advice of your physician, psychiatrist, psychologist, or other qualified health provider with any questions you may have regarding a medical, mental, or emotional condition.
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- While we strive to provide accurate and helpful information, we make no guarantees, warranties, or representations as to the accuracy, reliability, completeness, or timeliness of any information presented in the program. Any reliance on such information is strictly at your own risk.
- By participating in this online group program, you acknowledge and agree that the creators, facilitators, and participants of the program shall not be held responsible or liable for any claims, damages, or losses resulting from your participation in or reliance on the program's content or materials, including but not limited to any direct, indirect, incidental, special, or consequential damages.
- If you have any concerns or questions about your health or well-being, please consult with your healthcare professional(s) before participating in this online group program. By participating in the program, you acknowledge that you have read, understood, and agree to be bound by the terms of this disclaimer statement.

# 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 <a href="mailto:sachinkarnik@yahoo.com">sachinkarnik@yahoo.com</a>. 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.

# MATERIALS YOU NEED TO HAVE WITH YOU EACH WEEK









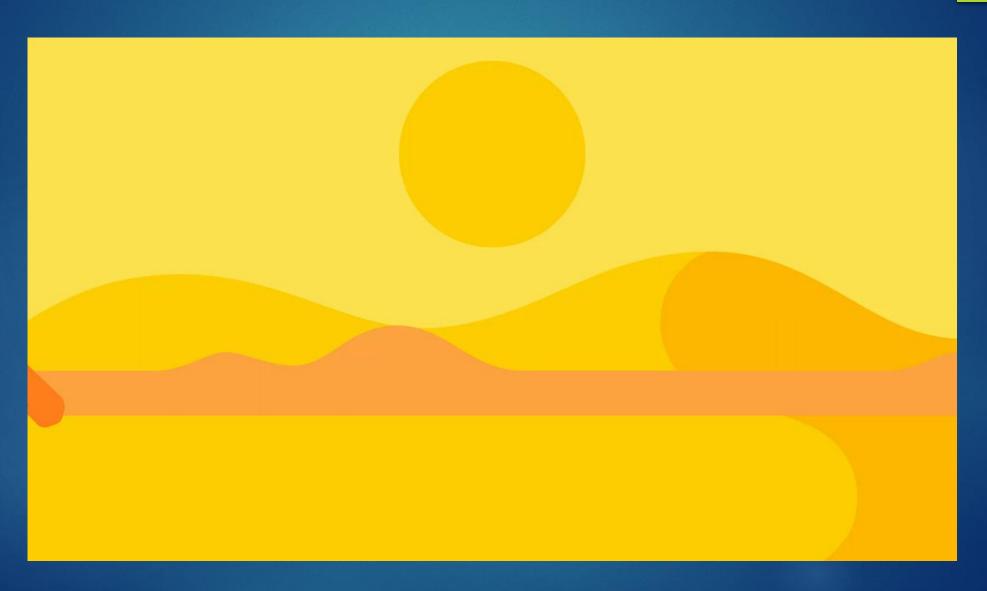








### **GROUNDING MEDITATION EXERCISE**



# WEEK # 31 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

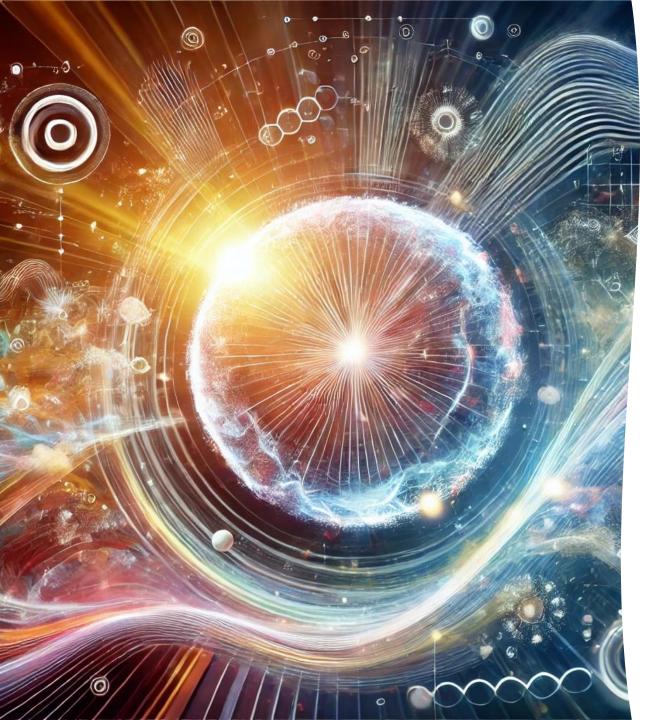
# ENERGY ACTIVATION: UNDERSTANDING AND HARNESSING PERSONAL CORE ENERGY

#### **DEFINITION AND IMPORTANCE**

- Energy activation refers to the process of <u>initiating</u> and <u>mobilizing</u> 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.
  - Supplementary audio for this slide (CLICK HERE).





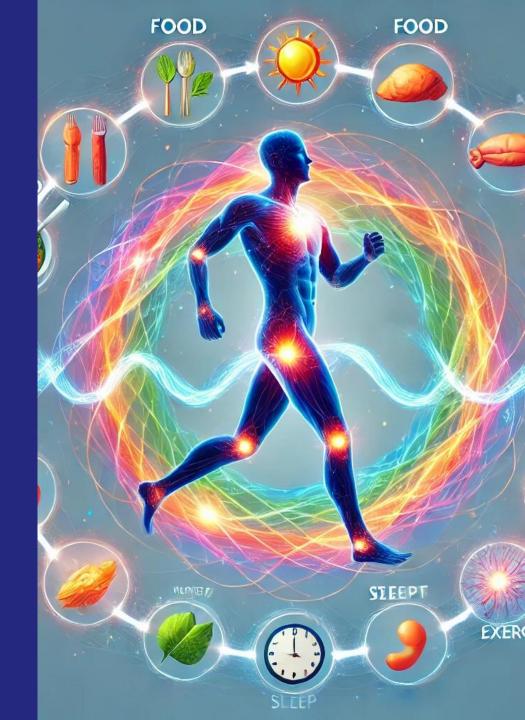


# DEFINING "CORE ENERGY" IN PERSONAL DEVELOPMENT

• In the context of personal development, "core energy" refers to a wellspring of inner drive, focus, and vitality that fuels our thoughts, emotions, and actions. It's the sustainable source of motivation and resilience that allows us to pursue goals, overcome challenges, and live a fulfilling life.

### PHYSICAL ENERGY

- Source: Derived from food, sleep, and physical activity.
- Nature: Finite and depletes with exertion.
- Focus: Powers physical act
- Ions and bodily functions.



# CORE

- Source: Rooted in our values, purpose, passions, and beliefs.
- Nature: Renewable and can be cultivated through mindset and practices.
- Focus: Fuels our mental, emotional, and spiritual states, influencing our actions and overall well-being.







ACTIVATING CORE ENERGY THROUGHOUT THE DAY

While core energy isn't bound by the same limitations as physical energy, it does fluctuate throughout the day.

### MORNING (ACTIVATION & FOCUS)

- Mindful Practices: Meditation, gratitude journaling, or visualization can set a positive tone and connect you with your inner purpose.
- Intentional Goal Setting: Reviewing your goals and prioritizing tasks for the day provides direction and fuels motivation.

The concept of "inner purpose" refers to a deeper sense of meaning or direction that guides an individual's life. It is often seen as a personal mission or calling that aligns with one's core values and beliefs. Here are some key aspects of inner purpose:

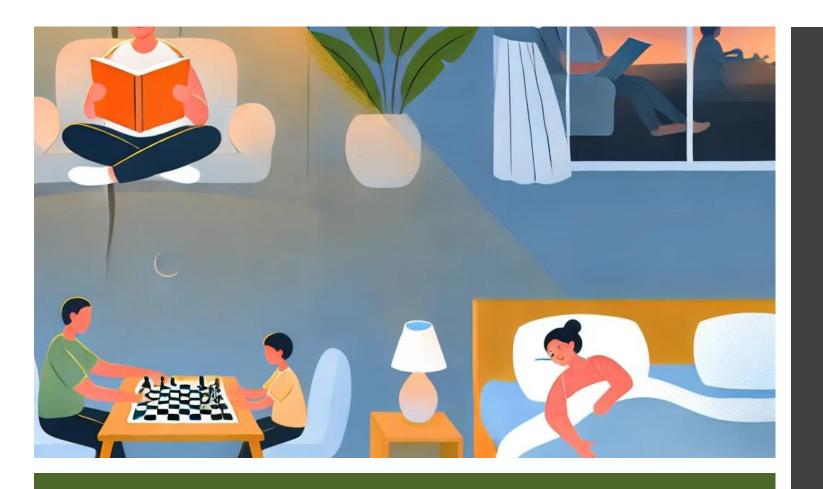
- 1.Self-Discovery: Inner purpose involves understanding who you are at a fundamental level. It requires introspection to uncover your passions, strengths, and values.
- 2. Alignment: When you live in accordance with your inner purpose, your actions and decisions align with your authentic self. This alignment creates a sense of harmony and fulfillment.
- 3. Motivation and Drive: Having a clear inner purpose can serve as a powerful motivator. It provides a sense of direction and can help you navigate challenges and setbacks with resilience.
- 4.Contribution to the Greater Good: Many people find their inner purpose in contributing to something larger than themselves, whether it be helping others, protecting the environment, or creating art. This sense of contribution can provide a profound sense of satisfaction and meaning.
- 5.Life Satisfaction and Well-being: Research in positive psychology suggests that having a clear purpose in life is associated with higher levels of well-being and life satisfaction. It can improve mental health by reducing feelings of anxiety and depression.
- **6.Continuous Evolution**: An inner purpose is not always fixed; it can evolve as you grow and change. It requires ongoing reflection and adaptation to remain relevant to your life circumstances and personal development.

Discovering and living your inner purpose often involves exploring different interests, engaging in self-reflection, and being open to new experiences that align with your authentic self.

# DAYTIME (SUSTAINING & MANAGING)

- Breaks & Recovery: Short breaks throughout the day, incorporating movement or mindfulness techniques, can prevent energy dips and maintain focus.
- **Meaningful Connections:** Engaging in positive social interactions and collaborating with others can boost energy and inspiration.
- Fueling Your Body: Nourishing your body with healthy food and staying hydrated provides the physical foundation for sustained core energy.





# EVENING (REFLECTION & RECHARGING)

- Disconnecting & Winding Down: Stepping away from work and screens allows for mental and emotional recovery.
- Engaging in Restorative Activities: Activities like reading, spending time with loved ones, or pursuing hobbies replenish core energy by tapping into your passions.
- Prioritizing Sleep: Quality sleep is crucial for restoring both physical and core energy, allowing you to wake up refreshed and ready to engage with the new day.

# CYCLICAL NATURE OF OUR CORE ENERGY

By understanding cyclical nature of our core energy and implementing practices to activate and manage it throughout the day, we can unlock greater potential, resilience, and fulfillment in all areas of life.



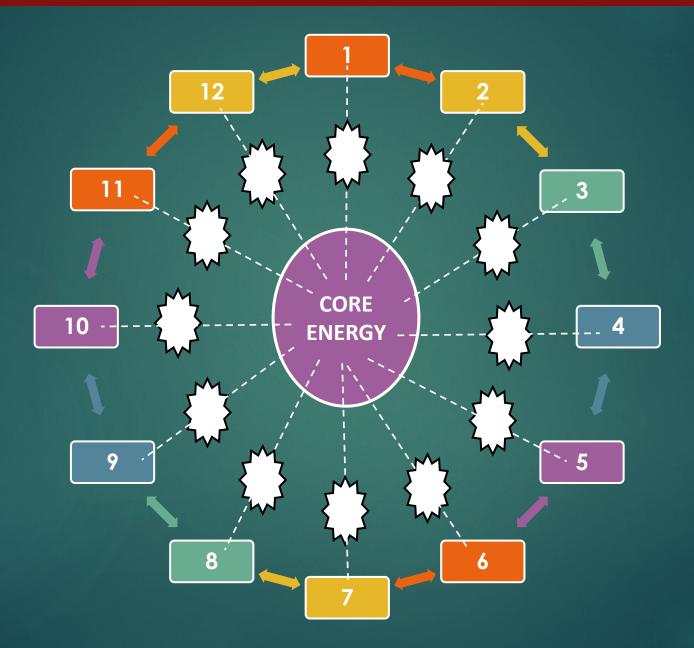
# QUICK MOVEMENT BREAK - STANDING STRETCHES & MOVEMENTS



# OPEN WORKBOOK # 2 (12 DIMENSION SELF-ASSESSMENT)



#### 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

#### <u>5 – MY FAMILY AND RELATIONSHIPS (X)</u>

- 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

#### <u>10 – MY ENVIRONMENT (X)</u>

- \* 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.

# PRINCIPLE #31 – STAY COMPLETELY OUT OF DANGER ZONES

▶ This quantum principle emphasizes avoiding situations or behaviors that pose significant risks to one's wellbeing, such as addictions, illegal activities, or severe conflicts. By steering clear of these danger zones, individuals can maintain a stable and healthy life, minimizing potential harm to themselves and others. This principle advocates for proactive self-awareness and decision-making to foster a secure and fulfilling existence.







The term "quantum" here implies a holistic approach, focusing on how small changes in behavior and decision-making can have significant positive impacts on one's life. This principle is part of a broader framework aimed at personal growth and transformation.

### QUANTUM PRINCIPLE



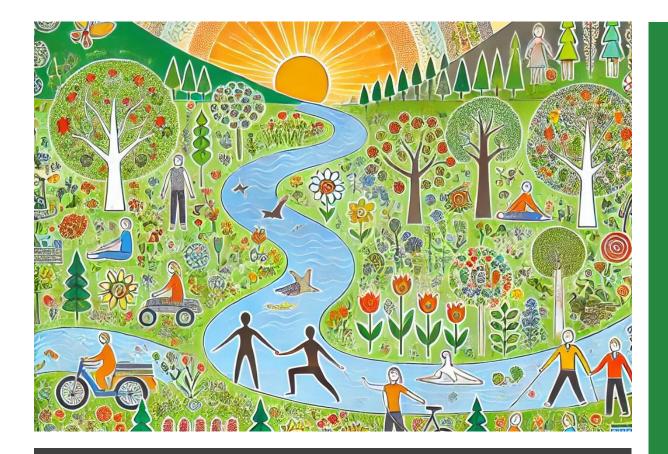
### AVOIDING RISKY SITUATIONS

The principle emphasizes the importance of steering clear of situations or behaviors that pose significant risks to one's well-being. These include:

Addictions: Engaging in or being exposed to addictive substances or behaviors that can lead to physical, mental, or emotional harm.

Illegal Activities: Avoiding involvement in actions that are against the law, which can lead to legal consequences and personal harm.

Severe Conflicts: Staying away from intense disputes or confrontations that could result in emotional distress or physical danger.



### MAINTAINING STABILITY AND HEALTH

By avoiding these danger zones, individuals can maintain a more stable and healthier lifestyle. The principle highlights the benefits of minimizing potential harm not only to oneself but also to others.



### PROACTIVE SELF-AWARENESS AND DECISION-MAKING

•The principle advocates for proactive self-awareness, encouraging individuals to be conscious of their surroundings and decisions. This awareness helps in making informed choices that support a secure and fulfilling existence.

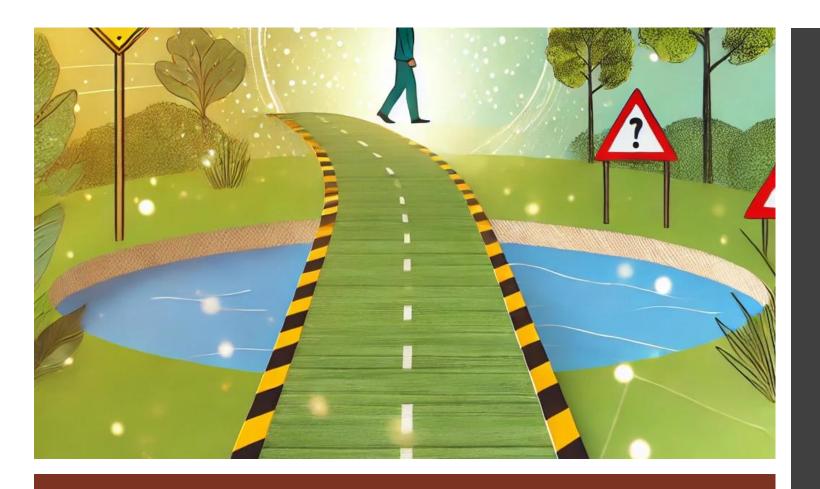






### APPLICATION IN LIFE

- •Personal Safety: By consciously avoiding environments or situations known to be hazardous, individuals can protect themselves from potential harm and stress.
- •Mental and Emotional Well-being: Steering clear of toxic relationships or emotionally draining situations contributes to better mental health.
- •Long-term Fulfillment: This principle is part of a larger strategy for achieving a fulfilling life by consistently making choices that align with one's values and goals.



## CONCLUSION

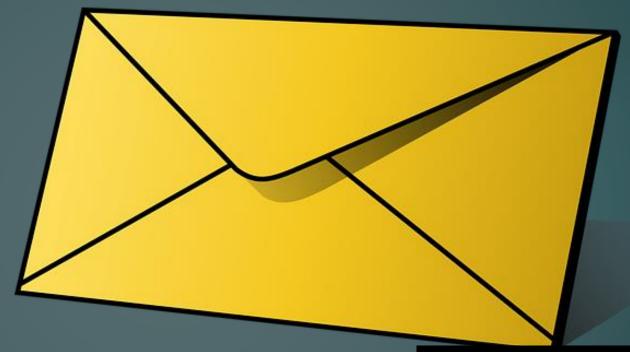
"Principle #31 - Stay Completely Out of Danger Zones" encourages individuals to lead a mindful and conscious life by recognizing and avoiding situations that threaten their stability and well-being. It is about making deliberate choices that foster a safe and thriving existence.

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

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**

