

# **ANGEL WING'S ONLINE & PERSONAL TRANSFORMATION PROGRAM (WEEK # 20)**

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

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

**PRESENTED BY:  
ANGEL WING  
PRESENTERS**

# 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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- 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 [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

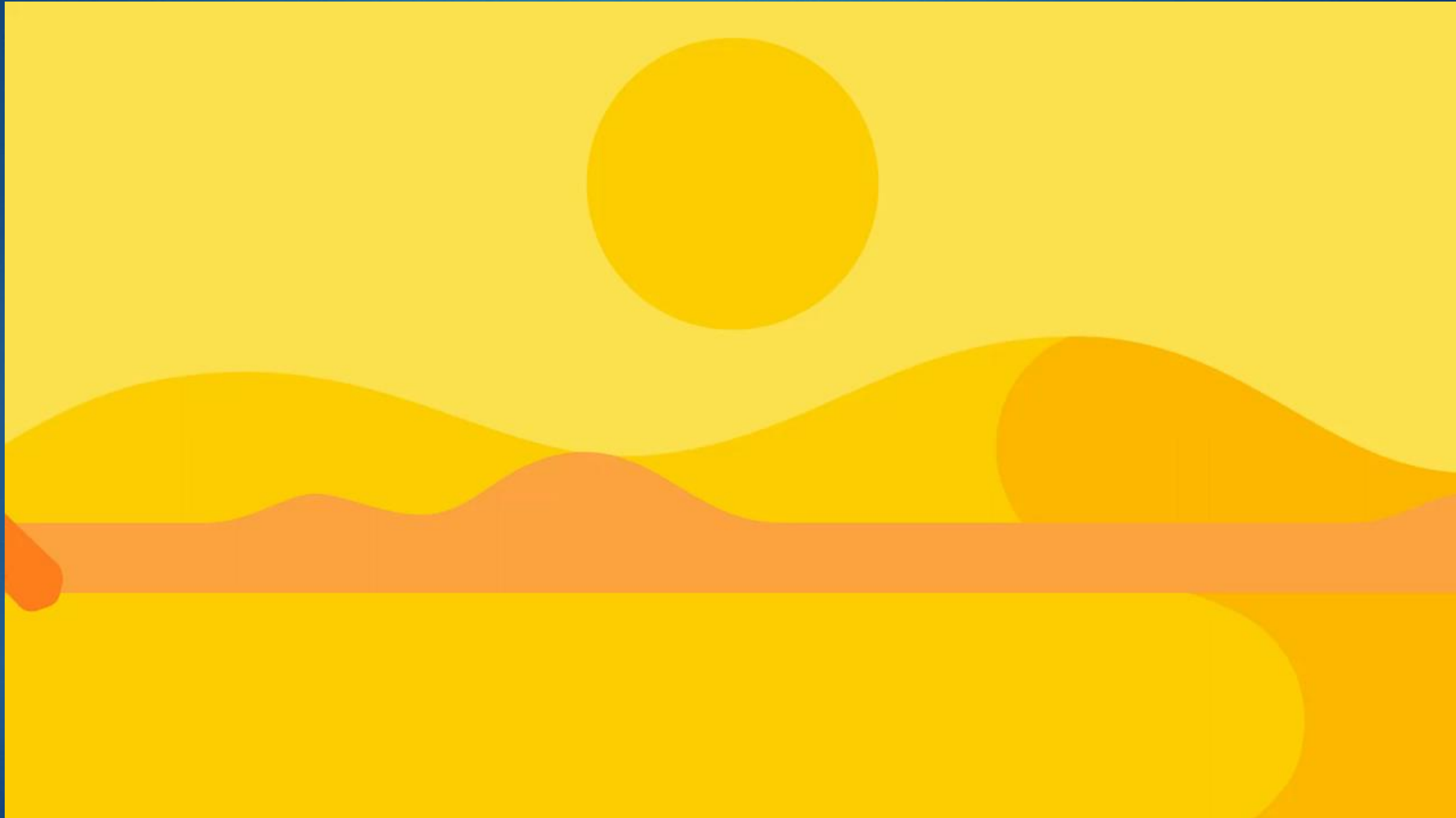
# MATERIALS YOU NEED TO HAVE WITH YOU EACH WEEK



ONE BLANK  
CARD PER  
WEEK



# GROUNDING MEDITATION EXERCISE



**WEEK # 20**  
**ONLINE WORKSOP BEGINS**  
**NOW...**



# THE FLOW OF TIME

(WEEKS 14-26)

# **THE FLUIDITY OF TIME PERCEPTION**



# THE FLUIDITY OF TIME PERCEPTION

## ► Point 1: Constructing Personal Narratives

- Memories and hopes: Shape time perception
- Lack of meaning: Time feels oppressive
- Sense of fulfillment: Time feels swift

## ► Point 2: Emotional Influences on Time

- Negative states: Perception of time drags
- Positive states: Perception of time speeds up
- Emotional regulation: Key to balanced time perception

## ► Point 3: Practices for Self-Mastery

- Mindfulness techniques: Develop present-moment awareness
- Observing perceptions: Gain control over time distortion
- Optimal experiences: Choose activities for engagement and growth

# A FLOWING RIVER OR A MELTING CLOCK

## THE DUALITY OF TIME

- One of the key concepts in time perception's fluidity is time's duality. Time can be seen as both a linear and a cyclical phenomenon. Linear time is the idea that time moves in a straight line from past to present to future. Cyclical time, on the other hand, is the idea that time is constantly repeating itself.
- The duality of time can be seen in the image of a flowing river. The river is constantly flowing forward, but it is also continually returning to its source. This cyclical nature of time is reflected in the image of the melting clock. The clock is continuously melting, but it is also continually being reformed.



# LINEAR TIME

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**Aging:** The most obvious example is our own lives. We are born, grow older, and eventually die. Each day, we move further away from our birth and closer to our end. This is a forward progression that doesn't repeat.

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**Historical Events:** Events in history happen once and then become the past. World War II and the moon landing events have a fixed place in time and don't recur.

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**Technology:** Think of technological progress. We've moved from typewriters to computers to smartphones. Each advancement linearly builds upon the last.



# THE FLOWING RIVER AND MELTING CLOCK ANALOGY

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This is a beautiful way to visualize time's duality:

- **Flowing River:** The water is constantly moving forward (linear time), but the river itself remains, with water continuously returning to its source (cyclical time).
- **Melting Clock:** The clock face melts away, showing the constant passing of moments (linear time). However, as the wax drips and reforms, it could be interpreted as time's cyclical nature. Each moment fades but contributes to the creation of the next.







**LINEAR TIME AND ITS  
MANIFESTATIONS (AGING,  
HISTORICAL EVENTS, AND  
TECHNOLOGICAL PROGRESS)  
CAN PROVIDE SEVERAL  
PRACTICAL APPLICATIONS  
FOR PERSONAL  
TRANSFORMATION**



# Embracing Impermanence



- **AGING:** Recognizing the finite nature of life can help us prioritize what truly matters. It can prompt us to cherish moments, pursue meaningful experiences, and nurture relationships.



- **HISTORICAL EVENTS:** Understanding that moments in time are fleeting can help us appreciate the present. It encourages mindfulness and the ability to savor each experience.



- **TECHNOLOGY:** The rapid pace of technological advancement highlights the constant flux of our world. Embracing change and adaptability becomes essential for personal growth.



## FINDING MEANING IN PROGRESSION

- **AGING:** Each life stage offers unique learning and development opportunities. We can find meaning in the journey of self-discovery that accompanies aging.
- **HISTORICAL EVENTS:** Examining the progression of historical events can reveal patterns and lessons that inform our current decisions and aspirations.
- **TECHNOLOGY:** Recognizing the cumulative nature of technological progress can inspire us to contribute to the ongoing narrative of innovation and improvement.

# CULTIVATING A GROWTH MINDSET

- **AGING:** Viewing aging as a process of continuous growth can lead to self-acceptance and a positive outlook on the future.

- **HISTORICAL EVENTS:** Studying the evolution of societies and cultures can demonstrate the potential for positive change and inspire us to strive for personal and collective growth.

- **TECHNOLOGY:** The relentless march of technology can serve as a reminder that learning is a lifelong endeavor and that embracing challenges can lead to personal breakthroughs.

# ACCEPTING LOSS AND CHANGE

- ▶ • **AGING**: Acknowledging the inevitability of loss (of youth, loved ones, etc.) can help us develop resilience and cope with grief and transitions.
- ▶ • **HISTORICAL EVENTS**: Understanding the impact of past events, both positive and negative, can prepare us to face future uncertainties with grace and wisdom.
- ▶ • **TECHNOLOGY**: The rapid obsolescence of technology can teach us to detach from material possessions and focus on more enduring values and relationships.

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# CYCLICAL TIME



**Seasons:** The most common example is the yearly cycle of seasons (spring, summer, fall, winter). Each season comes and goes, only to return in the following year.



**Day and Night:** The daily cycle of sunrise, daylight, sunset, and night constantly repeats.



**Lunar Phases:** The moon goes through its phases (new moon, waxing crescent, full moon, waning gibbous, etc.) in a predictable cycle.



**Celebrations:** Many cultures celebrate holidays and festivals tied to specific times of the year, marking a cyclical return to those traditions.



**Life Cycles:** Even within our linear lifespan, we experience sleep-wake patterns, menstrual cycles, and the broader cycles of birth, growth, decline, and death that repeat across generations.





# THE FLOWING RIVER AND MELTING CLOCK ANALOGY

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This is a beautiful way to visualize time's duality:

- **Flowing River:** The water is constantly moving forward (linear time), but the river itself remains, with water continuously returning to its source (cyclical time).
- **Melting Clock:** The clock face melts away, showing the constant passing of moments (linear time). However, as the wax drips and reforms, it could be interpreted as time's cyclical nature. Each moment fades but contributes to the creation of the next.







**CYCLICAL TIME AND ITS  
MANIFESTATIONS (SEASONS, DAY AND  
NIGHT, LUNAR PHASES, CELEBRATIONS,  
AND LIFE CYCLES) OFFER SEVERAL  
PRACTICAL APPLICATIONS FOR  
PERSONAL TRANSFORMATION**



# EMBRACING RHYTHM AND ROUTINE

- ▶ SEASONS, DAY AND NIGHT: Recognizing the natural rhythms of time can help us establish healthy routines for sleep, work, and personal activities. Aligning ourselves with these cycles can improve productivity and well-being.
- ▶ LUNAR PHASES: Tuning into the lunar cycle can help us become more aware of our own internal rhythms and energy levels, allowing for better self-care and planning.
- ▶ CELEBRATIONS: Participating in cultural or personal celebrations can connect us to traditions and provide a sense of belonging and continuity.
- ▶ LIFE CYCLES: Understanding the cyclical nature of life can help us embrace the different stages of growth, change, and renewal. This can foster acceptance of the aging process and life's transitions.

# FINDING RENEWAL AND GROWTH

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**SEASONS**: Each season offers new beginnings and fresh starts. We can use the changing seasons to set new goals, let go of the past, and embrace change.



**DAY AND NIGHT**: The day and night cycle reminds us of the importance of rest and rejuvenation. We can use this time to reflect, recharge, and prepare for new challenges.



**CELEBRATIONS**: Celebrations can mark milestones and accomplishments, providing a sense of closure and an opportunity to set new intentions for the future.



**LIFE CYCLES**: Life's cyclical nature demonstrates that endings are not final. We can find hope and renewal in the knowledge that even after loss or setbacks, new beginnings are always possible.

# CULTIVATING MINDFULNESS AND GRATITUDE

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**SEASONS, DAY AND NIGHT, LUNAR PHASES:** Paying attention to the subtle changes in nature can heighten our awareness of the present moment and foster a sense of gratitude for the beauty and interconnectedness of life.



**CELEBRATIONS:** Celebrations can be a time to express gratitude for our blessings and appreciate the people and experiences that bring us joy.



**LIFE CYCLES:** Reflecting on the cycles of life can deepen our appreciation for the preciousness of time and the importance of making the most of each moment.



# CONNECTING TO SOMETHING BIGGER

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**SEASONS, DAY AND NIGHT, LUNAR PHASES**: These natural cycles remind us that we are part of something larger than ourselves. Connecting to the rhythms of nature can provide a sense of grounding and perspective.



**CELEBRATIONS**: Cultural celebrations can connect us to our heritage and shared human experiences, fostering community and belonging.



**LIFE CYCLES**: Recognizing the cyclical nature of life can help us understand our place in the grand scheme of things and connect to the generations that came before us and those that will follow.

# SLIDE 3: INSIGHTS FROM TIME PERCEPTION

## ▶ **Point 1: Narrative Construction and Self-Discovery**

- Understanding personal stories: Influence on time perception
- Discover hidden beliefs: Path to self-transformation
- Personal growth: Linked to time perception

## ▶ **Point 2: Emotional States and Cognitive Awareness**

- Emotional impact on time: Indicator of well-being
- Positive and negative states: Varying time experiences
- Cognitive insights: Guide to emotional regulation

## ▶ **Point 3: Achieving Greater Self-Mastery**

- Present-moment awareness: Mindfulness benefits
- Avoiding negative thought spirals: Maintain balanced perception
- Deliberate activity choices: Enhance meaningful engagement

# 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.

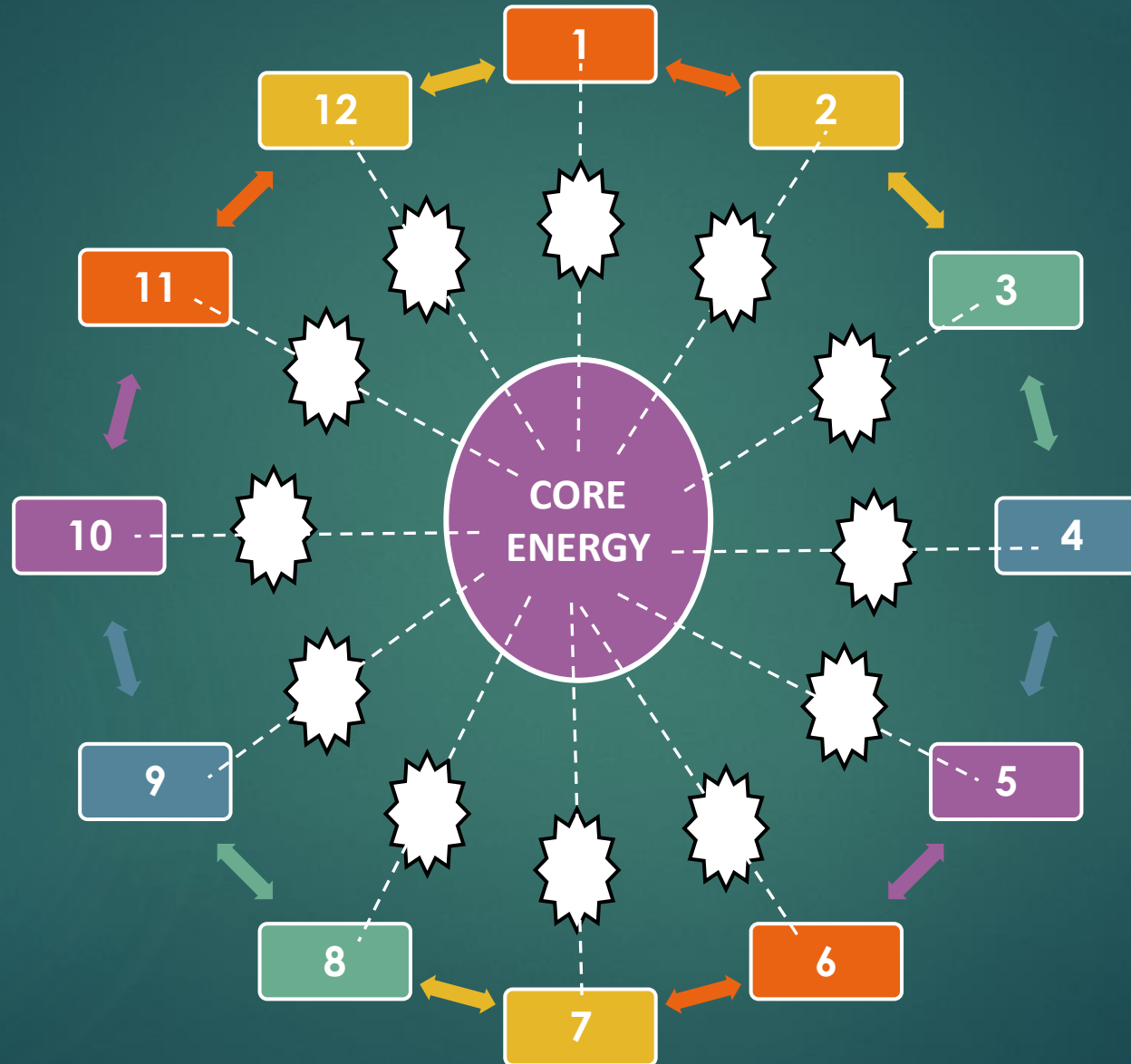
**DIMENSION # 10 - Environment:** This area relates to your physical surroundings and living conditions, including your home, neighborhood, and community.

**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)**

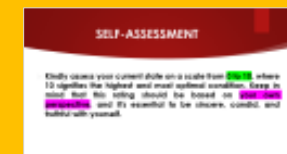
- \* Focuses on physical surroundings and living conditions
- \* Involves home, neighborhood, and community

### **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



# WRITE SPECIFIC STEPS TO BE TAKEN...

## (review of HOMEWORK – week # 10)

- ▶ FROM WEEK 3: In Workbook #2, write 1 to 12. (Put today's date). Write one simple sentence, from your own perspective, a sentence about how to increase each self-assessment number and to prevent the decrease of each number. (Let's do this one at a time.)

1 -  
2 -  
3 -  
4 -  
5 -  
6 -  
7 -  
8 -  
9 -  
10 -  
11 -  
12 -

# ADD ALL THE NUMBERS TOGETHER

1 – (5)

2 – (4)

3 – (7)

4 – (6)

5 – (8)

6 – (3)

7 – (4)

8 – (7)

9 – (9)

10 – (2)

11 – (4)

12 – (5)

Total: 64

**MAXIMUM  
TOTAL = 120  
(GOAL: 84 OR  
MORE, WEEK TO  
WEEK = 70%  
LEVEL OF  
BALANCE)**

DOWNWARD STEPS	ORIGINAL VALUE	10% REDUCTION	NEW VALUE
0	120	12	108
1	108	11	97
2	97	10	87
3	87	9	77
4	79	8	71
5	71	7	64
6	64	6	57
7	57	5.7	52
8	52	5.1	46
9	46	4.6	42
10	42	4.1	38
11	38	3.7	34
12	34	3.4	31
13	31	3.1	27
14	27	2.7	25
15	25	2.5	22
16	22	2.2	20
17	20	2.0	18
18	18	1.8	16
19	16	1.6	14
20	15	1.5	13

# WRITE SPECIFIC STEPS TO BE TAKEN...

## (week # 12: HOMEWORK)

► In Workbook #2, write 1 to 12. (Put today's date). Write one simple sentence, from your own perspective, a sentence about how to increase each self-assessment number and to prevent the decrease of each number. (By the end of tomorrow, write these sentences and apply in the week.)

- 1 -
- 2 -
- 3 -
- 4 -
- 5 -
- 6 -
- 7 -
- 8 -
- 9 -
- 10 -
- 11 -
- 12 -

# WEEKLY TRACKING WORKSHEET

Date of Completion: \_\_\_\_\_

Instructions: For each dimension, rate your self-assessment on a scale of 0 to 10 (0 being a completely low level and 10 being the highest possible level).

Dimensions:	Rating (0-10)
1. Career	
2. Finances	
3. Physical Health	
4. Mental Health	
5. Family and Relationships	
6. Social Life	
7. Personal Development	
8. Spiritual Life	
9. Recreation and Leisure	
10. Environment	
11. Contribution to Society	
12. Life Vision	



# 12 DIMENSIONS - TRACKING SHEET

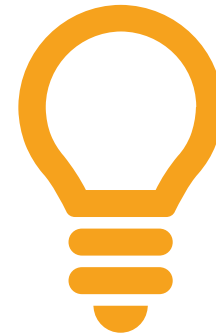
	WEEK # 1	WEEK # 2	WEEK # 3	WEEK # 4	WEEK # 5
<u>Dimensions</u>	Rating (0-10)	Rating (0-10)	Rating (0-10)	Rating (0-10)	Rating (0-10)
1. Career					
2. Finances					
3. Physical Health					
4. Mental Health					
5. Family and Relationships					
6. Social Life					
7. Personal Development					
8. Spiritual Life					
9. Recreation and Leisure					
10. Environment					
11. Contribution to Society					
12. Life Vision					
WEEKLY TOTAL:	0	0	0	0	0

## **PERCEPTION OF TIME AND ENERGY MANAGEMENT**

- **Effective utilization of personal energy hinges on one's perception of time; when individuals feel time-rich, they are more likely to engage in activities that rejuvenate their energy and contribute positively to their well-being.**

# IMPACT OF ENERGY LEVELS ON TIME PERCEPTION

- **High personal energy levels can make individuals feel as though time passes more quickly during engaging activities, enhancing their productivity and creativity, while low energy often makes time seem to drag, increasing feelings of drudgery and inefficiency.**



## **PSYCHOLOGICAL TIME AND ENERGY ALLOCATION**

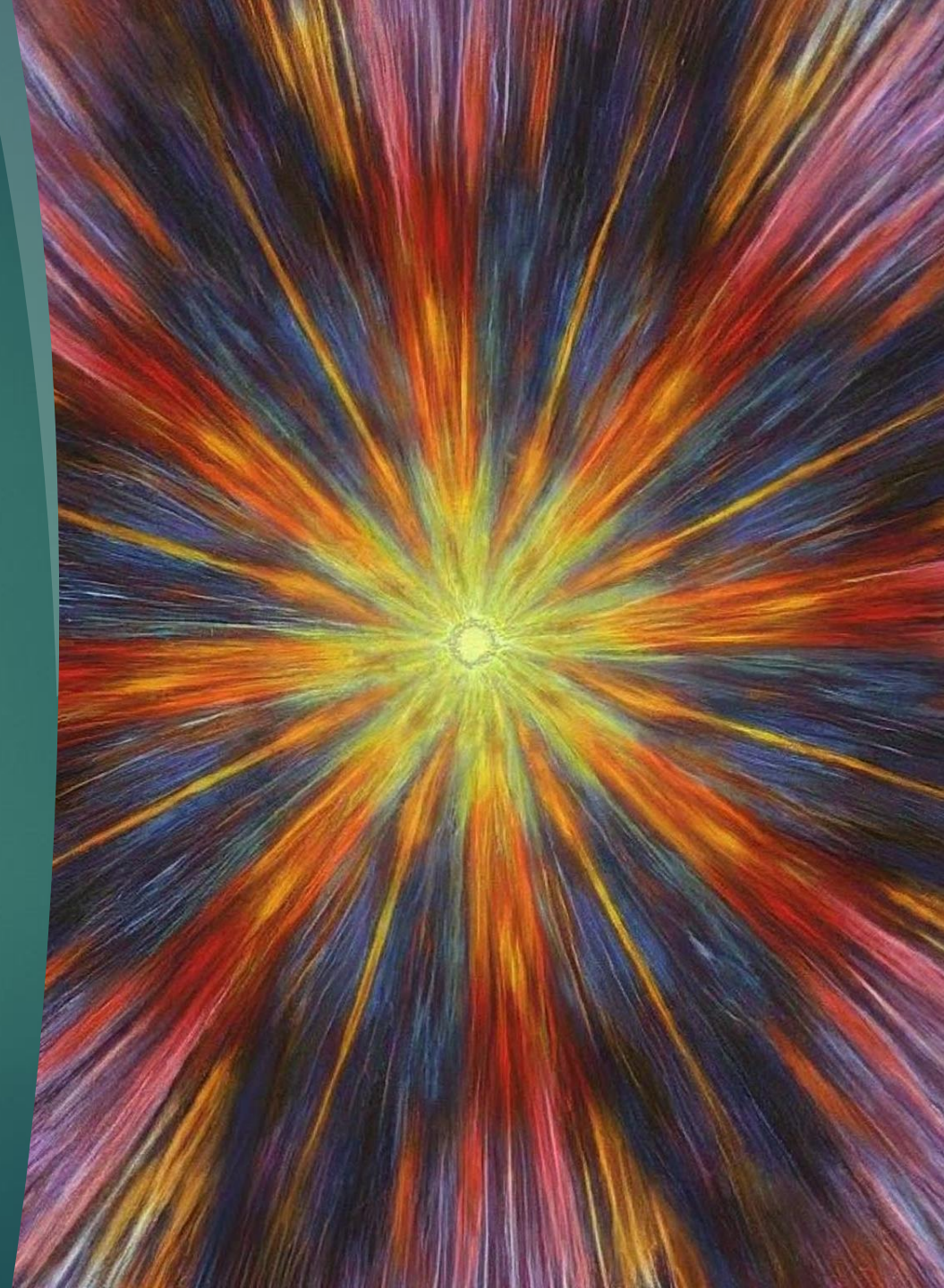
**Mindful management of psychological time allows for a balanced approach to energy expenditure, preventing burnout by allocating time for both productive tasks and restorative breaks, thereby maintaining long-term personal and professional health.**





## **PRINCIPLE # 20 – EMOTIONAL ENERGY & SYNCHRONIZED EMOTIONS**

- Emotional energy is the unseen force generated by our feelings, both positive and negative, that fuels our actions, choices, and interactions with the world around us. It's the energetic drive behind our enthusiasm, passion, anger, sadness, and everything in between. This energy not only impacts our individual lives but also radiates outwards, influencing the emotional atmosphere of groups, communities, and even entire societies.



## **CENTRAL CONCEPT OF PERSONAL TRANSFORMATION WEEK 18 HOMEWORK: 3X5 CARD – READ ONCE DAILY**

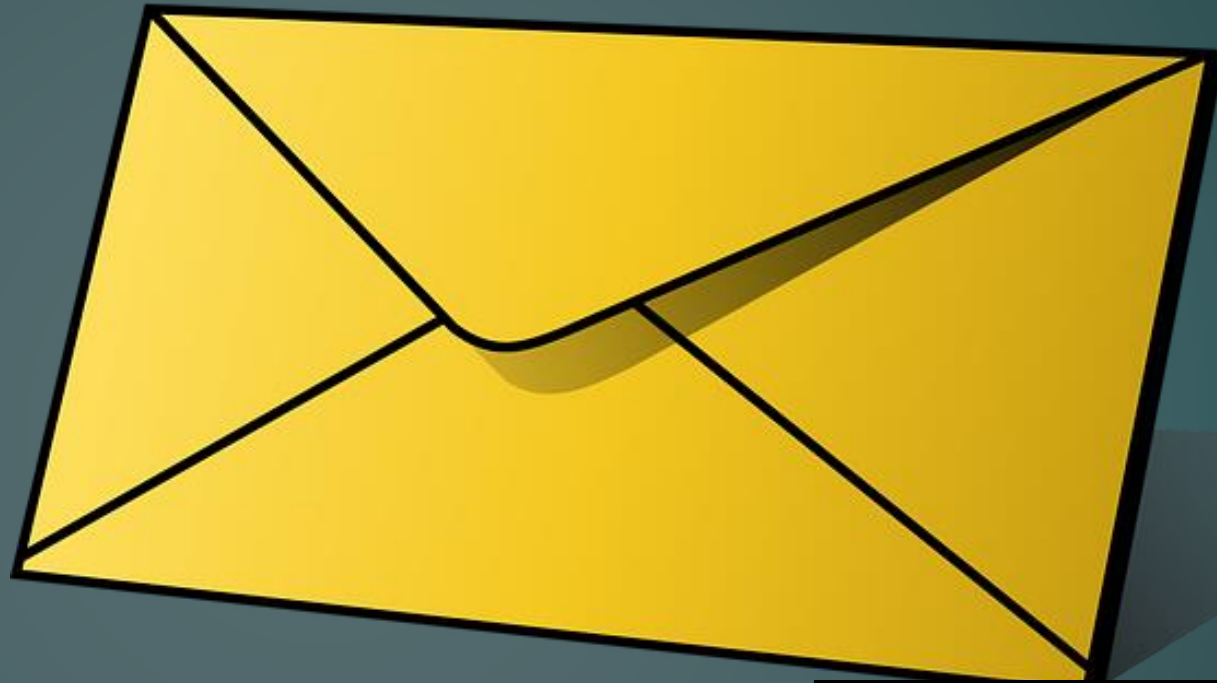
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**The human mind, with its intricate workings and endless complexities, is a fascinating phenomenon that requires a substantial amount of energy to function. However, this energy can be drained by personal conflicts that arise both within and outside 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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# 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:



What is the BEST use of  
my time, this week?

# NEVER GIVE UP



Fearless **Soul**