

THE ROAD HOME PRESENTS



YOUR FREE VIDEO COURSE
ON TRANSMUTING ANY OBSTACLE WITH 3
POTENT EMBODIMENT TOOLS

WORKBOOK

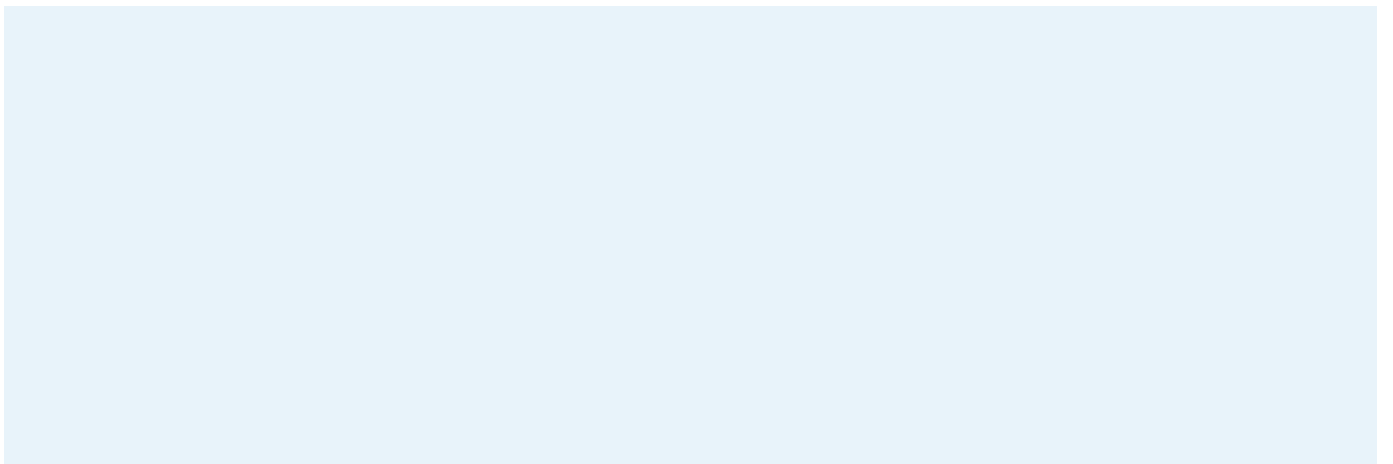
BY ANNIKA KNEPPER

QUIZ

01 Please take a moment to identify **ONE** area of life that causes you the **MOST** stress, where you would like to experience a transformation. You can choose from one of the options below by circling it, or define your own category

1. Mental or Physical Health
 2. Finances
 3. Work
 4. Family
 5. Community
 6. Relationship to society/culture you live in
 7. Romantic Relationships
 8. Relationship to God/ spirituality/ religion/ church, etc.
 9. The place you live (house, neighborhood, town, city, state, country etc)
 10. Sexuality
 11. Political Climate
 12. Relationship to Nature/Environment
 13. Relationship to Addiction (food, media/tech, porn, alcohol, drugs, etc.)
 14. Other (go ahead and define)
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-

02 After selecting the area of life you want to focus on, take a few minutes to journal in the space below about your current experience. What specifically about this area of life isn't working for you? What frustrating or stressful elements seem insurmountable? If you allow yourself to vent and be petty about this situation without judging yourself, what would you allow yourself to say?



03 Now take a moment to describe how you **WANT** to feel in relationship to this area of life. If you didn't have to figure out **HOW** to get it, and let yourself drop any judgment around your desires being reasonable or practical, what would you let yourself truly want?

Example: (I'll choose the area of community) I want to have a 'ride or die' group of 4-6 friends that feel like blood family. We build the best memories cracking each other up, traveling, building businesses, and raising families alongside one another.

04 Now Make a list of 5 limiting beliefs, fears, or doubts that arise for you when you think of attaining your desire. What people/circumstances/or mindsets are getting in the way of you having what you want?

Example: 1) Social media is ruining peoples' ability to connect. 2) People have too much trauma to sustain the kind of connections I want. 3) If you weren't lucky enough to be born into a family or community like that, it's going to be really hard to create it... etc.

1.

2.

3.

4.

5.

05

Of those 5 belief systems you identified above, which one causes you the most stress? Which one triggers the most upset in your mind and body? Go ahead and pick ONE of the 5 from above and write it again below. This belief system will be the one we are going to work on transforming for the remainder of the videos.

LESSON ONE

INVOKING NEUROPLASTICITY

In this worksheet, you will get an opportunity to invoke neuroplasticity by asking potent questions. Try on the stance that this exercise is less about 'figuring out the right answers' and more about evoking a STATE of genuine curiosity. Notice how your body responds as you ask the following questions. Does your mind slow down a bit? Does your heart open a bit? What's happening in your gut?

NOT ALL QUESTIONS ARE CREATED EQUALLY

Some questions are disguised as assumptions that lead to further rumination or mind-closing. Below are a few examples of questions that are designed to open your mind and body. Try them on!

This first question is based on the concept that behind every fear is a vulnerable desire to love. You can ask yourself this question over and over again until you get to your root desire.

Example: If my belief system is 'Work sucks the life out of me,' my underlying vulnerable desire behind that statement might be, 'I don't want to feel half alive.' Upon further reflection, my vulnerable desire behind not wanting to feel half alive is that 'I want to pursue what I love, but I'm uncertain whether people appreciate my passions.' Delving even deeper, I recognize that my vulnerable desire behind that is, 'I want people to recognize my value, to be enthusiastic about my talents, and to establish a mutually beneficial relationship where I feel valued and accepted.' Bingo <-- That is my vulnerable root desire behind the statement 'Work sucks the life out of me'.

01 Okay, it's your turn! What is your vulnerable desire behind the fear/ limiting belief system you identified on Page 3? Keep digging in with this question, until you feel your heart softening and opening a bit.

02 After you've identified your root vulnerable desire, come up with one more open-ended question that leaves you feeling open to possibility. Don't try to answer this question. Sit in the unknown and meditate. Open up all of your listening senses as if you are having conversation with 'god'.

Example: "What would it feel like in my body to be truly valued and appreciated for the work that I LOVE to do?"

This second question is based on the concept that nothing is inherently right or wrong, good or bad, or black or white; it just exists as it is. Its purpose is to dissolve dualistic thinking. For instance, water can be perceived as 'good' when it quenches your thirst and 'bad' when it becomes a tsunami wave approaching your city. Does this make water inherently good or bad? No, water is a holistic and neutral entity. Similarly, killing isn't inherently good or bad either. It can be seen as 'bad' when someone is killed by a gun and 'good' when a doctor honors the request of a suffering patient to relieve them of their misery. It remains a holistic and neutral entity. What is the holistic truth underlying your stressful belief?

Example: If my statement is 'She is rejecting me, and that's a bad thing,' I can examine the opposite perspective in various ways to assess the validity of those statements. I might consider whether there's any truth to the statement 'How can her rejection be a good thing?' I can inquire, 'Are there ways she accepts me that I'm not noticing?' or 'In what ways am I also rejecting her?'

03 Go ahead and flip your original stressful belief/statement around a few times and see if you can find deeper truths beyond the black and white thinking. What if there was some goodness or truth in the opposite belief?

Example: “Her rejection is a good thing because she is teaching me how to be someone who loves themselves regardless of outside approval. I wouldn’t be able to learn how to do that if everyone accepted me.”

04 After you have come up with a few answers, end on asking at least one other open-ended question that leaves you feeling open to possibility. Don’t try to answer this question. Sit in the unknown and meditate. Open up all of your listening senses as if you are having conversation with ‘god’.

Example: “What would my life be like if I didn’t flinch away from rejection? What would it take to master the kind of love where I can fully accept people without trying to control their thinking?”

This third question is designed to question your most basic assumptions.

Pretend you are entering kindergarten again and you are just coming across words and concepts for the first time. Really reconsider what they mean!

05 Break down the basic assumptions behind each word in your statement

Example: If my statement is “I can’t handle my digestion problems” I can ask the following questions. “Who is this ‘I’ i’m talking about?” Or “How do I know when I’ve handled something?”. I can also ask “What is digestion?” Or “What if the concept of a ‘problem’ wasn’t a bad thing?”

06 After you have come up with a few answers, end on asking at least one other open-ended question that leaves you feeling open to possibility. Don’t try to answer this question. Sit in the unknown and meditate. Open up all of your listening senses as if you are having conversation with ‘god’.

Example: “What if I am not the problems I experience? How would my life be different if I didn’t absorb the challenges I faced into my identity?”

LESSON TWO

ALCHEMIZING INTENSE SENSATIONS

Directions: Take your stressful belief/statement that you've been working with so far, and say it out loud a few times. Notice how your body viscerally responds to this belief. If it's not responding, embellish in the story a little bit until you feel sensations arising.

01 On a scale of 1-10, rate the intensity of the sensations you are experiencing in your body. Circle a number.

1 2 3 4 5 6 7 8 9 10

02 Answer the following objective questions about the sensations that you are experiencing. Remember to stay away from subjective descriptions such as 'I'm sad', and instead use objective descriptions such as 'My throat is constricting, and there is heaviness in my chest'.

A) Where do you feel the sensation? Is it in one spot of your body? Multiple spots? Write down every part of your body where you feel a notable sensation...

B) How big is the circumference of the sensation? Use your finger to outline the boundaries of the sensation (or multiple sensations) on your body. You don't need to write anything down, just take note.

C) Ask yourself what the shape of this sensation is. Is it a circle? A blob? A triangle? An unrecognizable shape? Write down your answer.

D) What is the texture of the sensation? Is it rough? Smooth? Bubbly? Write down your answer.

D) How would you describe the vibe of the sensation using sounds? Does it remind you of a song? Does it sound like an avalanche? Does it sound like silence? Write down your answer.

03 Rate the intensity of the sensations you are experiencing after doing the above exercise. How does your body feel now on a scale of 1-10? Did the intensity of your sensations increase or decrease?

1 2 3 4 5 6 7 8 9 10

Tune back to the video. There, we will practice the next concept, which is practicing staying with the sensations without trying to change them or label them as good or bad. Once you have done those exercises with me in the video, come back to this workbook to journal about your experience.

04

Take time to journal about your experience. How does your body feel now? What was it like to sit with the sensations without trying to change them? Could you increase your capacity from 15 seconds to 30 to 45? What happened when you didn't label the sensations as good or bad? How is what we did different from how you normally treat your emotions?

A large, empty light blue rectangular area intended for journaling, occupying most of the page below the text.

LESSON THREE

TRAINING YOUR BODY TO RECEIVE PLEASURE

Directions: It's your turn to practice make believing! Remember, we naturally knew how to do this as kids. The point of make-believing is to help your BODY register pleasurable sensations associated with what you WANT. We hold our bodies in different positions/ energy patterns associated with what we believe. The more we can help our body hold the energy patterns of the NEW beliefs we are adopting the more we become that person, and the more the world perceives and treats us like that person.

For example, when you feel worthy, your spine straightens and your heart opens more. Imagine how YOU respond to someone who has a more hunched spine and shut down heart vs someone who has a stronger spine and more open chest? And now imagine how people would respond differently to you if you made this change in your body? This isn't about fooling people and artificially changing your physical posture. It's about integrating the sensations and intelligence that comes with each energy you run through your body, and allowing your psyche to be changed by it. There is a big difference!

01 Begin by imagining a scenario of what you want. Identify the characters in this scenario (including the version of yourself you are growing into), what the attributes of each character are, how you want them to behave, and where the scene is taking place. Go ahead and write down some of the details you imagine.

How many characters are in your 'make-believing' scenario? What are their attributes and behaviors? Make sure to include yourself

Where is this scene taking place? What does the place feel like?

What is the best possible outcome of this situation that you are make-believing? Write down how you want to feel

02

Set a timer for 15 minutes and start make-believing! Take turns being the new version of yourself, as well as the characters that you are interacting with. Let your posture, energy, and voice reflect those characters accurately! Don't worry about doing it perfectly. This is supposed to be an experiment where you can make mistakes.

Once you have generated some of the feelings of what you want to feel in your body, take some time to savor those sensations. Breathe them in! Notice how these energy states are changing your psyche.

03 After you have finished your 15 min make-believing session, take some time to journal about how that experience was for you. How did this make believing session change your psyche? Can you feel yourself opening up to new possibilities in your life? How often did your body reject the feelings of what it wanted? How often were you actually able to take in the sensations of what you wanted?

CONGRATULATIONS! You made it to the end of this course!
I hope you enjoyed learning some basic tools to harness your body's intelligences for transformation.

If you felt a powerful shift in your psyche in just a few hours of doing this work by yourself, imagine how your life could shift with persistent weekly dedication, expert support, and a huge arsenal of embodied transformational tools? This course just skims the surface of what's possible!

To learn more about 1:1 coaching support go ahead and check out the 1:1 coaching page on my website and schedule a free 40 min consultation with me! I look forward to meeting you and supporting you on your journey <3