

## Summary of Questions/Exercises from the IAM Program

### Module 1 Assignment Questions

1. Briefly explain in one paragraph what meditation means to you?
2. List three benefits of meditation?
3. Briefly explain in one paragraph what energy therapy means to you?
4. List three benefits of energy therapy?
5. In what way can Inner Awakening Meditation & Healing Program help you?  
How do you plan to use it? Please submit a paragraph.

### Module 2 Assignment Questions

Listen to the Audio and watch the video.

For the next 7 days, do the exercises one after the other (*Breathing* and *Relaxation Therapy*).

1. Please make a note of what you experienced and at the end of the week send us your feedback in one to two paragraphs.

### Module 3 Assignment Questions

Please confirm an exact time and date for your attunement with your tutor.

#### **After receiving the attunement:**

1. Describe your experience of the attunement? How did you feel before, during and after?
2. Did you experience any symptoms of a cleansing? If so, please describe.

\*Note: Don't share anything that you aren't comfortable sharing including personal or private details.

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## **Module 4 Assignment Questions**

For the next 7 days for a total of 20-30 minutes a day:

1. Practice the Hand Exercise (activation of hand chakras) for 3-5 minutes
2. Practice the dynamic Inner Awakening Meditation & Healing Program for 20 minutes (increase with practice)
3. Write a paragraph on what you experienced to be submitted.

## **Module 5 Assignment Questions**

Choose five people that you wish to provide energy therapy to. These individuals can be your relatives, friends or even pets. Do no more than one energy therapy session per day.

Write a paragraph on what you the practitioner experienced and what the recipient experienced for each of the five sessions.

## **Module 6 Assignment Questions**

1. Complete 3 distant energy therapy sessions, no more than one per day. These individuals can be your relatives, friends or even pets. Write a paragraph about your experience of the healing.
2. Do 2 energy therapy sessions on the planet, no more than one per day. Write a paragraph about your experience of the healing.

## **Final IAM Assignment Questions**

1. Briefly explain in your own words what Inner Awakening Meditation & Healing Program means to you?
2. In what way can this system of therapy help you and others?
3. From all the exercises that you tried, which ones gave you the most profound experience? Briefly share that experience with us!