



Aware Of Awake: The Awake Daily Journal

Mapping Your Path from Inconsolable to Empowered

LEGAL DISCLAIMER: Mind Your Body Centers and its staff are not doctors or licensed healthcare providers. We specialize in meditation and "Awake Mind-Body Balance" through dedicated meditation practices. This checklist is an educational tool for your personal knowledge. Always consult with a licensed medical professional before making any changes to your diet, exercise, or medical treatment.

Name: _____ **Date:** _____

Marker of the Week: _____ (e.g., O2, CO2, pH)

Section 1: Track your daily commitment

- **Time of Practice:** [] Brahma Muhurta (3am-6am) [] Other: _____
- **Acoustic Resonance (Aa-Au-Maa):** [] Completed 21x
- **Gas Exchange (14 Deep Breaths):** [] Completed
- **Focus State: Rate your "Thoughtless State" (1-10):** _____
- **Physical Sensation: Did you feel heat, cooling, or tingling?** _____

Section 2: Identify and eliminate "Biological Wastage" to protect your 13 Vitals.

- **Thoughts or negative emotions drained your energy today?**
- **What positive action or "Awake" moment did you experience?**
- **The 13-Marker Observation: How does your body feel in your primary "Trigger Point" area? [] Tight/Acidic [] Neutral [] Decompressed/Fluid**

Section 3: Phase 1 & 2 Progress Tracker

- **PCP Lab Appointment Date:** _____
- **Marker Change Log:** (Note any shifts in energy, sleep, or pain levels)
- **Reflection "Am I more 'Awake' tonight than I was this morning?"**

Mind Your Body Centers Specializing in Meditation & Awake Mind-Body Balance

Website: mindyourbodycenters.com

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