



## Aware Of Awake: The Awake Daily Journal

### *Mapping Your Path from Inconsolable to Empowered*

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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?"*

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

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