

ONGOING PRACTICES
JOURNAL

STATE OF CONSCIOUSNESS / EXERCISE CHARTS

State of Consciousness Fight-or Flight High Suffering / Primal Triggered

Fear	Abandoned / Alone	
Pain	Stagnant	
Failure	Discord	
Reactive	Combative	
Confused	Sad	
Doubt	Struggle	
Judging	Anger	
Anxious	Sadness	
Insecure	Hate	
Vulnerable	Shame	
Insignificant	Illusion	
Weak	Negative	
Frustrated	Inability	
Fatigued	Past Focused	
Needy	Lack of Motivation	

Notice any thoughts, feelings, and experiences you have that are associated with this State of Consciousness but are not listed above.

If they are common to your experience of this state and are not currently on the list of examples, consider adding them.

When you've completed any modifications of this list, you can continue your practice on the next page.

Fight-or-Flight Exercise Log
Beginning State of Consciousness
High Suffering/ Primal Triggered
Phase One

For the relief of suffering practice
for moving from fight-or-flight to rest-and-digest
Do one thing from the list below for 5 - 10 min.

Motivations to do certain activities can change, so
try a practice to make sure it works, before you add it to this log.

Remove or evolve anything that stops working.

Also, don't get too attached to one practice.

Some things work better on one day than they might on another.

*Once you've completed 5 – 10 minutes of your Phase One Practice,
always do something from your Phase Two list right away.
The next step is necessary to improve brain function and to
eventually break the fight-or-flight / rest-and-digest cycle.
So, never stop at 'rest-and-digest.' Always move on to the frontal lobe.
Phase Two practices begin on the next page.
You can wait to log your feelings until all your practices are complete.*

If you began with Phase One, your experience should have shifted to be something like what is listed below. If you're starting here, Congratulations, you're not in fight-or-flight today. Either way, continue with your Phase Two Practice below.

State of Consciousness
Rest-and Digest
Mild-Moderate Suffering / Primal Homeostasis

Safe	Supported	
Interactive	Complacent	
Comforted	Connected	
Thinking	Tolerant	
Surviving	Relaxed	
Reasonable	Working	
Discerning	'Fine'	
Soothed	Like / Dislike	
Adequate	Accepting	
Placated	Neutral	
Unattached	Secure	
Able	Calm	
Comfortable	Longing	
Uninspired	Empathy	
Unfulfilled	Externalized	

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Rest-and-Digest Exercise Log
Beginning State of Consciousness
Mild-Moderate Suffering / Primal Homeostasis
Phase Two

To become more centered practice,
for moving from rest-and-digest to success/thriving.
Do one thing from the list below for 10-20 min.

Motivations to do certain activities can change, so
try a practice to make sure it works, before you add it to this log.
Remove or evolve anything that stops working.
Also, don't get too attached to one practice.
Some things work better on one day than they might on another.

*If your feelings have not shifted from what you wrote before the practice,
return to the list and try another exercise.*

If you don't have time, just try something new tomorrow.

In the beginning, some days will be better than others.

Try to do something from this list at least 2 – 3 times a day.

Practice bringing yourself to your frontal lobe until you become proficient.

If you are ready to continue, you can move to Phase Three on the next page.

*If you feel complete, return to your daily log and
continue with the instructions there.*

If you are finishing Phase Two, your experience should have
Shifted to be similar, to what is listed below.

If you started here, congratulations, you're tapped into thriving today.

Even if you are beginning here, I would suggest doing a Phase Two Practice for at least a
couple of minutes before beginning
a Phase Three Practice, to maintain homeostasis

State of Consciousness
Successful / Thriving
Low Suffering / Human Homeostasis

Thriving	Flow / Movement	
Proactive	Harmonious	
Clear	Cooperative	
Curious	Supportive	
Assured	Ease	
Cherishing	Joy	
Calm	Love	
Confident	Honor / Pride	
Capable	Faith	
Significant	Patience	
Strong	Compassion	
Mindful	Learning	
Present	Focused	
Centered	Awake	

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When you've completed any modifications of this list,
you can continue your practice on the next page.

Successful / Thriving Exercise Log
Beginning State of Consciousness
Low Suffering / Human Homeostasis
Phase Three

To learn the art of Active Listening,
for moving from healthy human homeostasis
to developing advanced brain function.
Do one thing from the list below for 10-20 min.

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try a practice to make sure it works, before you add it to this log.
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Continue with this practice for as long as you like. When you feel complete, return to your daily log and continue with the instructions there.

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Remember:

- Have protein in every meal.
- Remember to eat fiber with every meal.
- Your total of protein should be *bodyweight x 0.5 = grams per day*.

How do you feel now?	When eaten or exercised	How many grams? How long?

Step Two: Do your dedicated practice for the day.

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What State do you think you're experiencing? Use the State of Consciousness Charts if you're not sure.	
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After you've decided which State of Consciousness Chart best represents your current experience, follow the instructions on the corresponding Exercise Log with the same title. For example: if you are beginning in a state of Rest-and-Digest use the Exercise Log titled Rest-and-Digest. You'll find it directly following the State of Consciousness Chart titled Rest-and-Digest.

After you have completed at least 20 minutes of practices, record how you feel below, under "After-practice" State of Consciousness

After-practice State of Consciousness:

Notes:

Congratulations!! You've finished your practices for today. You can do more later

Ongoing Practices Journal

Date: _____ **Time:** _____

Step One: Log Protein and Exercises

Log any protein or exercise you wish to track throughout the day. As you become more adept at your practices, you will begin to see more subtle patterns of how these activities affect your consciousness. So, it's good to keep track. I've included enough lines in the log to record multiple meals and a daily total as well.

Remember:

- Have protein in every meal.
- Remember to eat fiber with every meal.
- Your total of protein should be *bodyweight x 0.5 = grams per day*.

How do you feel now?	When eaten or exercised	How many grams? How long?

Step Two: Do your dedicated practice for the day.

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