

Module One
ACTIVATE Masters Program
Journal pages
Today's Date _____
With Master Activator, Julie Renee Doering



1. Speaking One-to-One

Attempt to muscle test please write the number of blocks you read from this procedure _____

It is helpful, especially if muscle testing is not an easy thing for you to write down evidence that at some point you have had challenges with communication one to one

i.e. The store clerk seems to need me to repeat things, or there is no result when I coach my client to take a specific action

a.

b.

c.



Proceed to clear

Muscle Test Clear _____ yes _____ no

2. Speaking One-to-Many

Muscle test number of blocks _____

Write evidence you have of one to many communication block

a.

b.

c.

Proceed to clear

Muscle Test Clear _____ yes _____ no



3. **Virtual oral communications via phone, Skype, & teleseminars**

Muscle test number of blocks_____

Write evidence you have of Virtual communication block

a.

b.

c.



Proceed to clear

Muscle Test Clear_____yes_____no

4. **Virtual written communications via email, blog posts, & publications**

Muscle test number of blocks

Write evidence you have of one to many communication block

a.

b.

c.



Proceed to clear

Muscle Test Clear_____yes_____no

Please note any changes you experienced. For example you might feel lighter, relieved, you might notice it is easier to breath. Writing down any subtle changes will help you create a stronger sense of being in charge and begin to develop your self-actualization muscle in the area of perception.

Changes I felt as I was using quantum energy to clear

Changes I felt as a result of clearing blocks from perception