

# The New Hermetics

## Level 2 - The Zealot



Welcome to the Zealot level of the New Hermetics. Now that you have gotten this far you are really doing well! This level is about understanding and managing your emotional states and the subtle forces of your energy body. It is called the Zealot level because it requires a certain amount of zeal to get through this level. You will master the emotional plane (the sephirah Yesod in Qabala as well as working through the paths of ש [shin] and ר [resh] ).

You are first introduced to your emotional world by confronting your greatest fear: the fear of death. Then, through breath work, movement and refocusing the mind, you are trained to become more deeply aware of your emotional body and how to reframe your emotions into empowering, transformational tools. Powerful breathing techniques will be presented which will calm and balance your emotions. The New Hermetics tool for manifesting synchronicity will also be taught for your use, allowing you to begin actively manifesting magical transformations in your life.

1. Death and Rebirth
2. Dissolving Negative Emotions
3. Anchoring Positive Emotions
4. Pranayama 1: The Complete Breath
5. Pranayama 2: Anuloma Viloma Breath
6. Pranayama 3: Chakra Breathing
7. Pranayama 4: Charging Chakras
8. Manifesting Synchronicity

Each of these programs is a technology designed to move your mind in specific directions. Find a quiet place to sit or lie down where you will be comfortable and able to devote your full attention to the programs. Each program is about a half hour. DO NOT listen to these programs while you are engaged in other activities, particularly driving or working on anything that requires your full concentration. You should always have this workbook nearby so that you can complete the written work immediately at the end of each program. This work is usually fairly small and can be completed in less than five additional minutes. Please fill out the workbook as you proceed, completing each section in order to the best of your abilities. You may skip around to a certain degree, but try to keep relatively in order.

## Session 1 - Death and Rebirth

The Zealot level begins with an exploration of our death, and our emerging into an eternal, spiritual life. This is a tool for rebirth into a higher life, a higher level of being.

Before you can truly experience higher consciousness in a practical way, you must overcome the fear of death, and begin to integrate yourself in the inner world of the spiritual life. This program will help you to overcome this fear, and to awaken into the eternity that we all dwell in. Please listen to the program and answer the questions below.

Date and Time You Listened to This Program \_\_\_\_\_

Please describe your three death experiences:

1.

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2.

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3.

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Please describe your experiences of the gates into the light:

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How did the program affect you?

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## Session 2 - Dissolving Negative Emotions (The Power of Water)

Negative emotions lodge themselves in our bodies and make it difficult for us to enjoy life fully. These emotions are actually trying to help us to change negative patterns in our lives, but we often repress these messages and the negative emotions linger in some place of tightness in our bodies. Emotions are meant to move through us, like the ebbs and flows of the sea. It is important to use this program in conjunction with understanding the message that the emotion is giving to us, and listening to its advice. It is only then that you can really let the emotion flow through and away from you fully.

Please make note of the negative and positive emotions that you regularly feel.

NEGATIVE

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POSITIVE

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Date and Time you listened to this program \_\_\_\_\_

Please describe your experience:

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Stand up right now, face drooping, shoulders hunched, stooped and tense. Look down or close your eyes. Stay in this position for 10-20 seconds. Then come back to the workbook.

How did this feel?

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Now stand up erect, your shoulders back and open, arms spread at sides. Smile. Hold this position for 10-20 seconds. Then come back to the workbook.

How did this feel?

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Look at the list of negative emotions that you regularly feel. Choose the emotion that you feel most often. How do you tend to hold yourself when feeling this emotion?

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How could you hold yourself differently that might help you release this negative emotion?

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Over the next few days, please practice dissolving your negative emotions using either your physiology or your thoughts, or some combination, recording your results.

Negative Emotion 1

Date and time you experienced and dissolved negative emotion \_\_\_\_\_

Negative Emotion you experienced \_\_\_\_\_

How did you dissolve this negative emotion?

- ☐ Breathing
- ☐ Shifting posture
- ☐ Smiling
- ☐ Changing the context of the emotion by thinking about it in a new way
- ☐ Adjusting the content of the feeling through changing sensory experiences

How did this work for you? \_\_\_\_\_

What was this negative emotion trying to alert you to, and what will you do about it? \_\_\_\_\_

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### Negative Emotion 2

Date and time you experienced and dissolved negative emotion \_\_\_\_\_

Negative Emotion you experienced \_\_\_\_\_

How did you dissolve this negative emotion?

- ☐ Breathing
- ☐ Shifting posture
- ☐ Smiling
- ☐ Changing the context of the emotion by thinking about it in a new way
- ☐ Adjusting the content of the feeling through changing sensory experiences

How did this work for you? \_\_\_\_\_

What was this negative emotion trying to alert you to, and what will you do about it? \_\_\_\_\_

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### Negative Emotion 3

Date and time you experienced and dissolved negative emotion \_\_\_\_\_

Negative Emotion you experienced \_\_\_\_\_

How did you dissolve this negative emotion?

- ☐ Breathing
- ☐ Shifting posture
- ☐ Smiling
- ☐ Changing the context of the emotion by thinking about it in a new way
- ☐ Adjusting the content of the feeling through changing sensory experiences

How did this work for you? \_\_\_\_\_

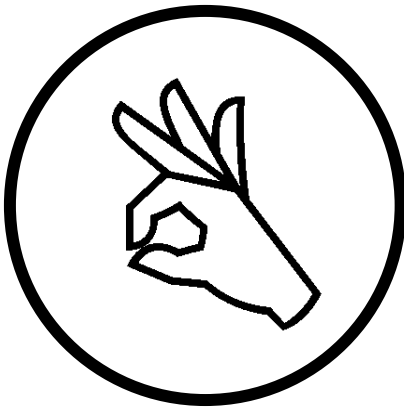
What was this negative emotion trying to alert you to, and what will you do about it? \_\_\_\_\_

\_\_\_\_\_

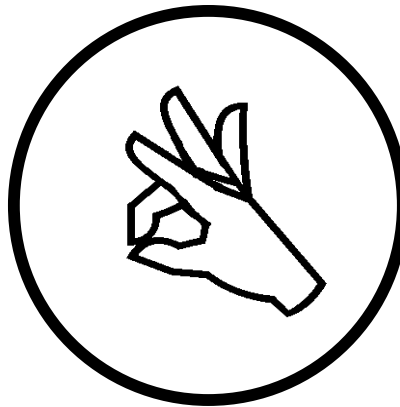
## Session 3 - Anchoring Positive Emotions

Anchors are one of the ultimate weapons for the New Hermeticist. We will literally create signals for our emotional bodies to automatically shift in a new direction. You can easily adapt the following tool to anchor any emotional state, but with this tool you will at least create anchors for the following positive emotions: CREATIVITY, TRANQUILITY, VITALITY, EXCELLENT COMMUNICATION, INSTANT MEDITATION, INSTANT CONFIDENCE.

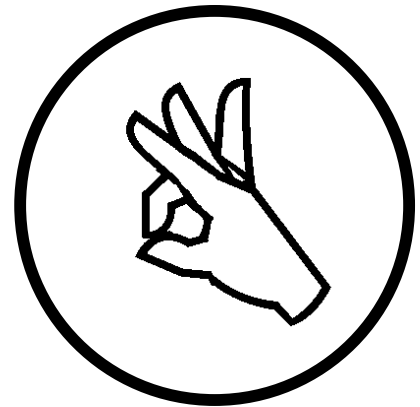
The anchors will be attached to finger signals that are based on some ancient hand gestures from both the Tantric and the Hermetic magical tradition, and they will be extremely powerful in helping you to literally transform your life. The diagrams below will indicate them for reference.



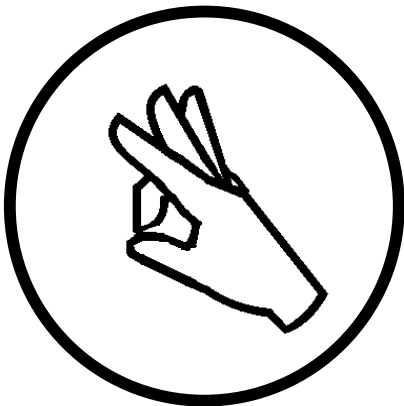
Index fingers and thumbs together, "CREATIVITY"



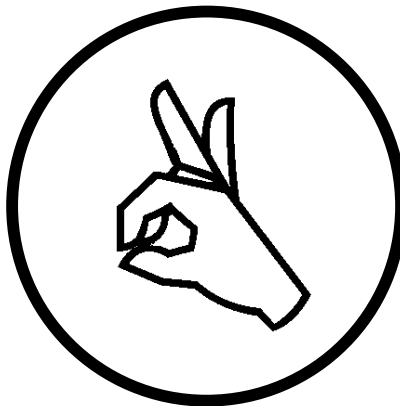
Middle fingers and thumbs together, "TRANQUILITY"



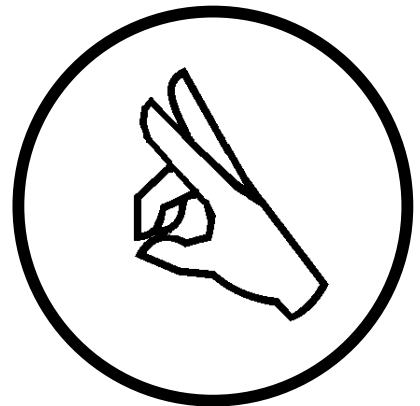
Ring fingers and thumbs together, "VITALITY"



Pinky fingers and thumbs together, "COMMUNICATION"



Index, middle fingers and thumbs together, "MEDITATION"



Ring, pinky fingers and thumbs together, "CONFIDENCE"

It is very important to get yourself emotionally involved with these emotional states to a *fevered pitch* in order to anchor them most effectively. Press the anchors firmly but comfortably. Don't cause yourself pain. If you already use these finger signals for something else in your spiritual pursuits, please feel free to somewhat alter these.

Please go ahead and listen to the program now.

Date and Time You Listened to This Program \_\_\_\_\_

Please describe your experience:

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Did you feel like you really got into these states when you anchored them?

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Did you anchor them at the peaks of these emotions?

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Next time you listen to this program make sure that that answer to these two questions is a very definite 'yes!'

Please use these anchors whenever you wish to experience these positive emotions. You may use your "meditation" anchor from now onto enter the altered state. You will listen to this program again later, to more fully condition these anchors.

## **Session 4 - Pranayama 1 - The Complete Breath**

One of the most effective ways to cleanse and calm your emotional body is through the breath. The next set of programs offer breathing techniques that are based on Eastern Yoga practices. This is one of the only parts of the New Hermetics that specifically uses Eastern technology. The yogis of India have a very scientific understanding of the emotional body and specific techniques for centering and managing the emotions.

Please keep in mind the western breathing tools you were taught in the Initiate Level, because you will be able to use the technology of charging the breath energy with intention during your pranayama once you are familiar with these techniques.

**Do not use these tools within an hour after eating as it may cause abdominal discomfort. If at any time you are feeling excessively uncomfortable please stop and resume again later. The purpose of these tools is to purify, vitalize and calm your body, not to make you ill. If you are in a state of ill health use these tools with caution and build up slowly.**

The Complete Breath will dramatically increase the oxygen supply in your body. It will allow your heart rate to slow down, calming your body and allowing your central nervous system to relax. Please go ahead and listen to the program now.

Date and Time You Listened to This Program \_\_\_\_\_

Please describe your experience:

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## **Session 5 - Pranayama 2 - Anuloma Viloma Breath**

This is alternate nostril breathing. The purpose of this tool is to align the right and left sides of your body, so that energy is flowing evenly through your body. As you breathe with this exercise you will use a ratio of 1:4:2 for inhaling: retaining: exhaling. In the instructions we use the count of 4:16:8, but you can eventually adjust this to your personal needs and level of experience. It is said that you begin to develop "siddhis" or magical powers such as levitation when you retain the breath for a minute or more, but you'll have to experiment to find out for yourself. You may notice some unusual physical phenomena such as bodily rigidity, perspiration, and feeling lighter than air as a result of using this tool. If you are left handed, you may reverse these instructions as you see fit.

Date and Time You Listened to This Program \_\_\_\_\_

Please describe your experience:

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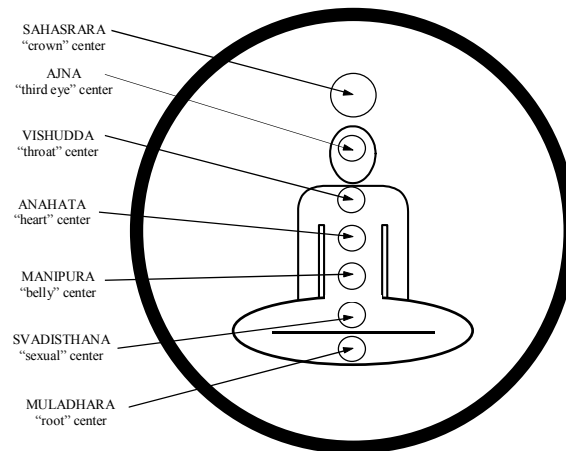
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## Session 6 - Pranayama 3 - Chakra Breathing

With this tool you will explore the seven chakras through breathing into them and working with your Inner Teacher to remove any blocks that there may be. With this tool you will physically learn the location of each of your chakras. You will begin to explore the feelings associated with each of the chakras, and start to clear blocks in your energy system to allow the free flow of "kundalini" through your system.



The Seven Chakras

DIAGRAM 50

By regularly stimulating your chakras with this and the next tool you will increase your overall inner energy level, you will evolve more rapidly, and get more joy and bliss out of life. Your Inner Teacher can help you to understand and to clear any blocks that you may find in your chakras.

Date and Time You Listened to This Program \_\_\_\_\_

Please describe your experience, including any blockages or discomfort you discovered:

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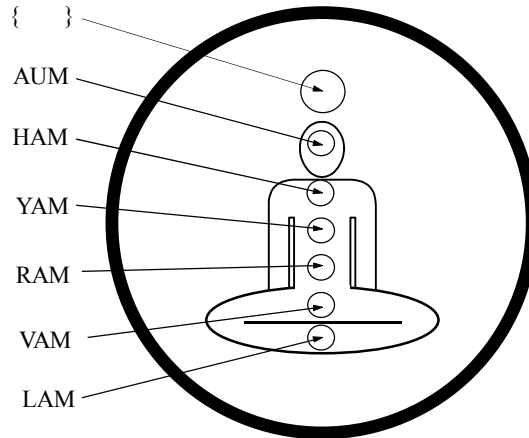
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## Session 7 - Pranayama 4 - Charging Chakras

With this tool you will begin to charge your chakras with the resonant energy of specific "seed" sounds that the ancient Yogis discovered as they meditated on each of the chakras. By intoning these sounds, you will be helping your chakras to vibrate at their most effective natural frequencies. This may or may not be literally true, but it seems to have a salutary effect either way.



The Seed Sounds of the Seven Chakras

DIAGRAM 51

Date and Time You Listened to This Program \_\_\_\_\_

Please describe your experience, including any blockages or discomfort you discovered:

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## Session 8 - Manifesting Synchronicity

The following is a simple tool for creating any manifestation in your life. You can use this tool for anything from improving your self-confidence to attracting new relationships into your life or creating an influx of financial abundance. In order for this tool to work, it requires that you believe it will work. It is recommended that you use this tool for simple, easily manifested results at first, and then you can build to larger manifestations as you begin to believe in your own power. If you use this tool without believing that it will work, this belief will completely negate its effectiveness. Simply choose something that you want to occur in your life, and listen to the program.

Date and Time \_\_\_\_\_

Please record the Manifestation you desire \_\_\_\_\_

Do you believe it can manifest? \_\_\_\_\_

Do you really want it? \_\_\_\_\_

Are you ready to expect it? \_\_\_\_\_

If the answer is a resounding yes to all three of these questions then you are ready to begin.

Describe your experience \_\_\_\_\_

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After a few weeks, please describe how this manifestation has occurred in your life:

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## Session 9 - Dissolving Negative Emotions (The Power of Water)

Please listen to this program again, and complete the work below.

Date and Time you listened to this program \_\_\_\_\_

Please describe your experience:

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Picture someone you know, or some famous person who seems confident, happy and charismatic. How do they carry themselves? How do you think they view themselves? What might they be saying to themselves to facilitate these feelings of confidence? Get a clear sense of this, then stand up and pretend to be that person, carrying yourself like them, thinking like them, being them for a minute or two.

How did this feel?

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Picture someone you know, or some famous person who seems outgoing, courageous, and daring. How do they carry themselves? How do you think they view themselves? What might they be saying to themselves to facilitate these feelings? Get a clear sense of this, then stand up and pretend to be that person, carrying yourself like them, thinking like them, being them for a minute or two.

How did this feel?

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Picture someone you know, or some famous person who seems spiritual and wise. How do they carry themselves? How do you think they view themselves? What might they be saying to themselves to facilitate these feelings? Get a clear sense of this, then stand up and pretend to be that person, carrying yourself like them, thinking like them, being them for a minute or two.

How did this feel?

How did this feel?

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Over the next few days, please practice dissolving your negative emotions using either your physiology or your thoughts, or some combination, recording your results.

Negative Emotion 1

Date and time you experienced and dissolved negative emotion \_\_\_\_\_

Negative Emotion you experienced \_\_\_\_\_

How did you dissolve this negative emotion?

\_\_\_ Breathing

- ☐ Shifting posture
- ☐ Smiling
- ☐ Changing the context of the emotion by thinking about it in a new way
- ☐ Adjusting the content of the feeling through changing sensory experiences

How did this work for you? \_\_\_\_\_

Do you feel a change in your emotional awareness? \_\_\_\_\_ How So? \_\_\_\_\_

### Negative Emotion 2

Date and time you experienced and dissolved negative emotion \_\_\_\_\_

Negative Emotion you experienced \_\_\_\_\_

How did you dissolve this negative emotion?

- ☐ Breathing
- ☐ Shifting posture
- ☐ Smiling
- ☐ Changing the context of the emotion by thinking about it in a new way
- ☐ Adjusting the content of the feeling through changing sensory experiences

How did this work for you? \_\_\_\_\_

Do you feel a change in your emotional awareness? \_\_\_\_\_ How So? \_\_\_\_\_

### Negative Emotion 3

Date and time you experienced and dissolved negative emotion \_\_\_\_\_

Negative Emotion you experienced \_\_\_\_\_

How did you dissolve this negative emotion?

- ☐ Breathing
- ☐ Shifting posture
- ☐ Smiling
- ☐ Changing the context of the emotion by thinking about it in a new way
- ☐ Adjusting the content of the feeling through changing sensory experiences

How did this work for you? \_\_\_\_\_

Do you feel a change in your emotional awareness? \_\_\_\_\_ How So? \_\_\_\_\_

## Session 10 - Anchoring Positive Emotions

Please go ahead and listen to the program again now.

Date and Time You Listened to This Program \_\_\_\_\_

Please describe your experience:

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Please close your eyes and test your anchors, by pressing your fingers together and saying the cue words exactly as you did when you anchored them. You should feel the emotions surrounding these states as you do so. Please write a few words about each of your anchors, including thoughts about how you might even more effectively anchor them next time you listen to the program.

Creativity\_\_\_\_\_

Tranquility\_\_\_\_\_

Vitality\_\_\_\_\_

Communication\_\_\_\_\_

Meditation\_\_\_\_\_

Confidence\_\_\_\_\_

Please use these anchors whenever you wish to experience these positive emotions. You may use your "meditation" anchor from now onto enter the altered state.

## Session 11 - Pranayama 2 - Anuloma Viloma Breath

Please listen to the program again now.

Date and Time You Listened to This Program \_\_\_\_\_

Please describe your experience:

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## Session 12 - Pranayama 3 - Chakra Breathing

Please listen to the program again now.

Date and Time You Listened to This Program \_\_\_\_\_

Please describe your experience, including any blockages or discomfort you discovered:

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## **Session 13 - Pranayama 4 - Charging Chakras**

Please listen to the program again now.

Date and Time You Listened to This Program \_\_\_\_\_

Please describe your experience, including any blockages or discomfort you discovered:

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## **Session 14 - Manifesting Synchronicity**

Please choose another manifestation and listen to the program again now.

Date and Time \_\_\_\_\_

Please record the Manifestation you desire \_\_\_\_\_

Do you believe it can manifest? \_\_\_\_\_

Do you really want it? \_\_\_\_\_

Are you ready to expect it? \_\_\_\_\_

If the answer is a resounding yes to all three of these questions then you are ready to begin.

Describe your experience \_\_\_\_\_

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After a few weeks, please describe how this manifestation has occurred in your life:

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## **Session 15 - Dissolving Negative Emotions (The Power of Water)**

Please listen to this program again, and complete the work below.

Date and Time you listened to this program \_\_\_\_\_

Please describe your experience:

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Stand up right now and use whatever techniques you prefer to make yourself feel TOTALLY BLISSFUL.

How does this feel?

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Stand up right now and use whatever techniques you prefer to make yourself feel TOTALLY UNSTOPPABLE.

How does this feel?

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Stand up right now and use whatever techniques you prefer to make yourself feel TOTALLY ECSTATIC

How does this feel?

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Over the next few days, please practice dissolving your negative emotions using either your physiology or your thoughts, or some combination, recording your results.

Negative Emotion 1

Date and time you experienced and dissolved negative emotion\_\_\_\_\_

Negative Emotion you experienced \_\_\_\_\_

How did you dissolve this negative emotion?

- ☐ Breathing
- ☐ Shifting posture
- ☐ Smiling
- ☐ Changing the context of the emotion by thinking about it in a new way
- ☐ Adjusting the content of the feeling through changing sensory experiences

How did this work for you?\_\_\_\_\_

Do you feel a change in your emotional awareness? \_\_\_\_\_ How So? \_\_\_\_\_

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Negative Emotion 2

Date and time you experienced and dissolved negative emotion\_\_\_\_\_

Negative Emotion you experienced \_\_\_\_\_

How did you dissolve this negative emotion?

- ☐ Breathing
- ☐ Shifting posture
- ☐ Smiling

- ☐ Changing the context of the emotion by thinking about it in a new way
- ☐ Adjusting the content of the feeling through changing sensory experiences

How did this work for you? \_\_\_\_\_

Do you feel a change in your emotional awareness? \_\_\_\_\_ How So? \_\_\_\_\_

### Negative Emotion 3

Date and time you experienced and dissolved negative emotion \_\_\_\_\_

Negative Emotion you experienced \_\_\_\_\_

How did you dissolve this negative emotion?

- ☐ Breathing
- ☐ Shifting posture
- ☐ Smiling
- ☐ Changing the context of the emotion by thinking about it in a new way
- ☐ Adjusting the content of the feeling through changing sensory experiences

How did this work for you? \_\_\_\_\_

Do you feel a change in your emotional awareness? \_\_\_\_\_ How So? \_\_\_\_\_

## Session 16 - Anchoring Positive Emotions

Please go ahead and listen to the program again now.

Date and Time You Listened to This Program \_\_\_\_\_

Please describe your experience:

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Please use these anchors whenever you wish to experience these positive emotions. You may use your "meditation" anchor from now onto enter the altered state.

Over the next few days, please use each of these anchors in an appropriate situation and describe your results.

Creativity

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Tranquility

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Vitality

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Communication

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Meditation

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Confidence

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## **Session 17 - Pranayama 2 - Anuloma Viloma Breath**

Please listen to the program again now.

Date and Time You Listened to This Program \_\_\_\_\_

Please describe your experience:

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## **Session 18 - Pranayama 3 - Chakra Breathing**

Please listen to the program again now.

Date and Time You Listened to This Program \_\_\_\_\_

Please describe your experience, including any blockages or discomfort you discovered:

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## **Session 19 - Pranayama 4 - Charging Chakras**

Please listen to the program again now.

Date and Time You Listened to This Program \_\_\_\_\_

Please describe your experience, including any blockages or discomfort you discovered:

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## Session 20 - Manifesting Synchronicity

Please choose another manifestation and listen to the program again now.

Date and Time \_\_\_\_\_

Please record the Manifestation you desire \_\_\_\_\_

Do you believe it can manifest? \_\_\_\_\_

Do you really want it? \_\_\_\_\_

Are you ready to expect it? \_\_\_\_\_

If the answer is a resounding yes to all three of these questions then you are ready to begin.

Describe your experience \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

After a few weeks, please describe how this manifestation has occurred in your life:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## Session 21 - Death and Rebirth

Please listen to the program again now.

Date and Time You Listened to This Program \_\_\_\_\_

Please describe your three death experiences:

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_

Please describe your experiences of the gates into the light:

\_\_\_\_\_  
\_\_\_\_\_

How did the program affect you?

\_\_\_\_\_  
\_\_\_\_\_