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**Preface** 

This is a free guide. If you paid for this guide, you may have been deceived. I have made this beginner's guide as simple and easy to follow as possible. You must be serious about doing these practices. Otherwise, this guide will not benefit you much.

This is a short guide. There are five methods in this guide. You cannot skip the first two methods because they are the basis for your practice. When you master Method 1 and 2, you will greatly improve yourself. Method 3, 4, and 5 are optional.

These practices can be somewhat boring, but if you do them diligently, they will awaken your inner witness, build your inner foundation, and change your life from the inside out.

There are many different ways to do inner work. I only included my own practice, because it's important to stay authentic by preaching what I practice instead of practicing what I preach.

In December 2020, I suddenly knew that I needed to write this guide. I sincerely hope that this guide will help you in some way. You are loved. You are worthy. You are enough. You are beautiful.

With love and blessings!
Zon Jan a.k.a. Inner Practitioner

#### What is Inner Work?

Inner work is the process of developing awareness of what is happening inside you and consciously practicing to reduce its negative impact on you.

#### Inner work has two parts:

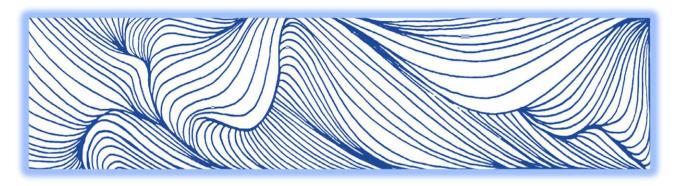
- 1. Becoming aware of what is happening inside you through repetition of practice.
- 2. Practicing reducing its negative impact on you.



#### **Your Inner Witness**

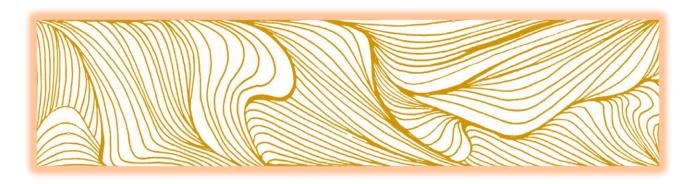
Your awareness comes from your inner witness. Your inner witness is with you 24x7 and it knows exactly what is happening inside you. Most people are traumatized and conditioned to ignore their inner witnesses. As a result, they often don't know what is happening inside them.

You need to be aware of what is happening inside you. You don't need to know why it happens – that is the scope of healing and shadow work.



# **Before You Start – Tidy Up Your Bedroom**

Take some time to tidy up the bedroom or the entire home. Your external living environment is a reflection of your internal living environment. This will greatly help you in your inner work.



## **Before You Start – Pranic Breathing**

Pranic breathing will increase your life energy, reduce stress, relax you, lower your heart rate and blood pressure, improve core muscle stability, and gradually stabilize your mind. Pranic breathing is very helpful for your inner work.

Close your mouth.

Touch your palate (upper mouth) with your tongue. This will connect the front and back energy channels of your body.

Breathe with your diaphragm through your nose.

Inhale and count to 7.

Pause and count to 1.

Exhale and count to 7.

Pause and count to 1.

Repeat.

This is pranic breathing 7-1-7-1.

If you can, please try 6-3-6-3. This is more difficult, but it will increase your life energy more than 7-1-7-1.

Before doing inner work, do pranic breathing for 3-10 minutes.

#### **Method 1 – Identify Your Emotions**

This method is very important because it will make you become aware of what is happening inside. Without awareness, permanent change is not possible.

Whenever you are emotional, breathe, relax your body, and identify the emotion you are experiencing. For example, anger, disgust, fear, frustration, jealousy, happiness, sadness, etc.

Write down this emotion on the notepad of your phone. If you cannot identify it, write unknown. There are no shortcuts. Practice as much as possible. It's natural and normal to fail many times. Don't give up and keep practicing.

After a week, look at the emotions you wrote down. You will begin to see an emotional cycle. You will realize that you unknowingly spend a lot of time through this emotional cycle.

The more you practice, the more you will realize what is happening inside. This realization occurs due to your increased awareness, and it will begin to awaken your inner witness.

This is not an easy method. In fact, this is a difficult Zen practice. Keep practicing this method until it becomes second nature to you. This is one of the fastest ways to change your life and improve your destiny.

When you feel that you are pretty good at this method – trust what you feel, proceed to Method 2.

#### **Method 2 – Watch Your Emotions**

By now, you can identify most of your emotions. This new awareness means that you no longer autopilot through your life. We proceed to the next method – watch your emotions.

Whenever you are emotional, breathe, relax your body, identify the emotion you are experiencing (Method 1), watch its rise, its impact on you, and its disappearance (Method 2).

For example, you are angry and you identify this emotion as anger (Method 1):

- 1. You see it rise within you.
- 2. You see it becoming larger.
- 3. You see how it makes you think that you are innocent.
- 4. You see how it makes you think that you are right and the other person is wrong.
- 5. You see how it makes you think this is unfair.
- 6. You see how it makes you blame them.
- 7. You see how it makes you want to attack them to punish them.
- 8. You see yourself becoming less angry.
- 9. You see it disappear.

In the beginning, this may be difficult and you may fail many times. This is natural and normal. Do your best to watch your negative emotions. The more you practice, the easier it will be.

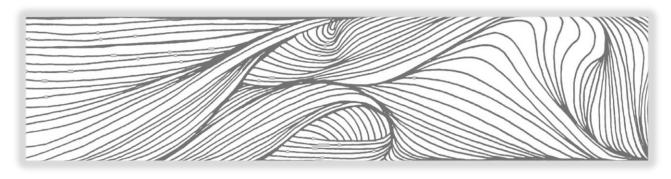
There are no shortcuts. You just need to keep practicing. This practice will further increase your awareness and bring you closer to your inner witness.

This is a difficult Zen practice. The fact that you can observe your emotions means that you are not your emotions – anything that can be observed inside you is not you.

This practice will seriously increase your awareness. Keep practicing this method until it becomes second nature to you. You will experience many changes. This is one of the fastest ways to change your life and improve your destiny.

Without actual practice, inner transformation and embodiment are almost impossible. In addition, your mind often deceives you into thinking that you can embody something without practice.

When you feel that you are pretty good at this method – trust what you feel, proceed to Method 3.



## **Method 3 – Face Your Triggered Reaction**

By now, you can identify most of your emotions and watch them come and go. However, because you are not healed, sometimes you will be triggered by certain people and circumstances.

Even if you can identify and watch your emotions, once triggered, you will lose your awareness, return to autopilot mode, and say and do things unconsciously.

At this stage, you don't need to know why you are triggered – that is the scope of healing and shadow work, but you need to face your triggered reaction, which has three parts:

- 1. Know when you are triggered.
- 2. Stay in the moment you know you are triggered.
- 3. Practice being unmoved by your triggered reaction.



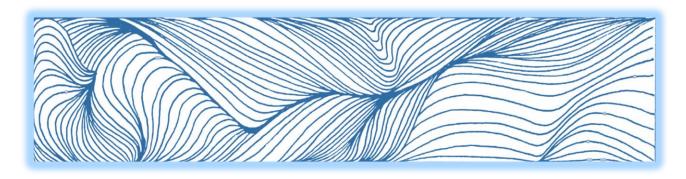
## **Know When You Are Triggered**

One of the best ways to know is to remember how your body felt when triggered. For example:

- 1. Inner pressure.
- 2. Tensed muscles.
- 3. Shortness of breath.
- 4. Suddenly feeling heavy, off, or small.
- 5. Suddenly feeling foggy and can't think clearly.
- 6. Other...

Your body may feel different from the above. Write down how your body felt when triggered. If you suddenly realize more body sensations, update your list.

Check this list every day to remind yourself by thinking about your body's feeling. The more you check this list to remind yourself, the more you will suddenly know when triggered.



By checking this list every day, you tell your unconscious mind to remind you when you are triggered. Your unconscious mind is with you 24x7 and remembers everything. You can program your unconscious mind by repetition.

When you are triggered, there will be a moment when you will suddenly know that you are triggered. This inner knowing is either your awareness, or a reminder from your unconscious mind.

If this inner knowing does not happen to you, it's perfectly fine. Keep reading this list every day and believe it will happen. Take your time and be gentle with yourself. This is an important stage that must occur naturally.



## Stay in The Moment You Know You Are Triggered

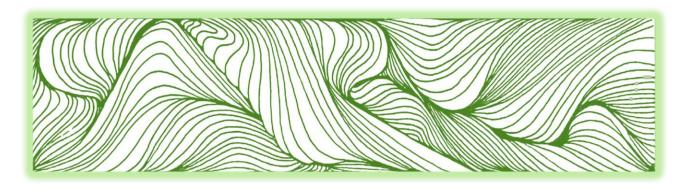
The moment you know you are triggered, this is a golden opportunity. However, this moment will pass quickly, and you will soon be hijacked and lose your awareness.

The trick is to stay in this moment of awareness through a sudden body movement. For me, I clench my fist with my primary hand and dig my fingers into my palm, causing temporary discomfort.

This sudden body movement and temporary discomfort usually brings me back to the present and keeps me in this moment of awareness. By doing this, I can usually avoid being hijacked and losing awareness.

You can also perform multiple sudden body movements. For example, you take a deep breath and clench your fist. Whatever that can let you stay in this moment of awareness without harming yourself is fine.

Keep practicing until it becomes second nature to you. You can come up with your own unique sudden body movement. It can be taking a deep breath or turning your neck to the left. There is no right or wrong. Do whatever works for you.



# **Practice Being Unmoved By Your Triggered Reaction**

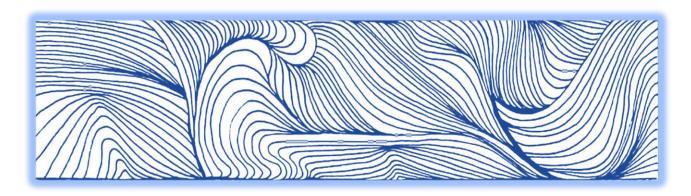
When you are not being hijacked, you are aware and can practice being unmoved by your triggered reaction. You will need to face your physical feelings and negative emotions.

For example, when I am triggered, I usually encounter the following situations:

- 1. Inner pressure.
- 2. Tensed muscles.
- 3. Shortness of breath.
- 4. Suddenly feeling heavy, off, or small.
- 5. Suddenly feeling foggy and can't think clearly.
- 6. Other...

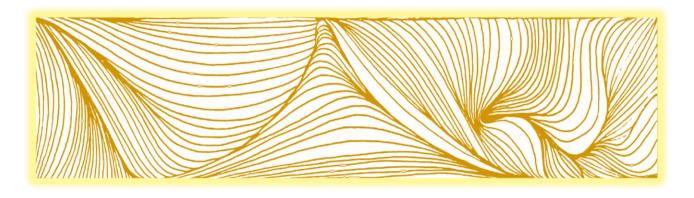
Since I am aware and not hijacked, I can face these situations. Your body may feel different from the above. Therefore, you may encounter different situations.

The first thing you need to do is take a deep breath or do pranic breathing to relax your body and nervous system. This is the most difficult part of this section. Continue to breathe deeply or do pranic breathing until your body and nervous system calm down.



If you cannot calm your body and nervous system, go to the bathroom and splash some water on your face. If you can, sit down in the bathroom. Continue to breathe deeply or do pranic breathing. Your body and nervous system will gradually calm down.

The next thing you need to do is watch your negative emotions - a skill you practiced and learned from Method 2. There are no shortcuts. You just need to keep practicing and you will become better at these things. It will eventually become natural to you.

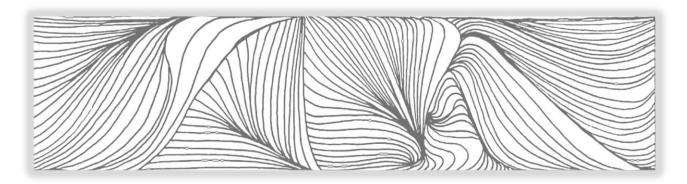


## **Method 4 – Stop Complaining**

At this stage, you don't need to know why you complain – that is the scope of healing and shadow work. However, most people complain because complaining is usually a way to make them feel better.

Many years ago, I made an inner decision to stop complaining. Here is the method I used:

- 1. Make an inner decision to stop complaining.
- 2. Set your intention to stop complaining.
- 3. Know when you want to complain.
- 4. Practice stopping complaining.



## Make an Inner Decision to Stop Complaining

An inner decision is a conscious decision made from the heart. The heart is the real master, not the ego. Ego is just a servant. When the heart makes a decision, the ego obeys.

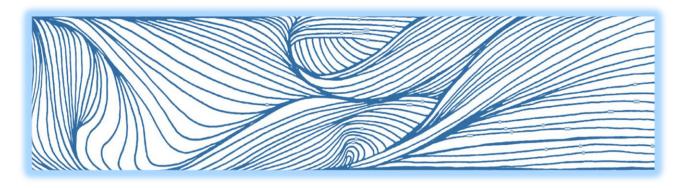
Be serious about stopping complaining. Desire from the heart to stop complaining. Make an inner decision to stop complaining. The universe will hear your inner decision and respond.



## **Set Your Intention to Stop Complaining**

Set your intention to stop complaining every morning. Your intention is very powerful. It tells your unconscious mind what you want. It also tells the universe what you want.

The more you set your intention to stop complaining, the more your unconscious mind will remind you when you want to complain, the more the universe will respond to help you.



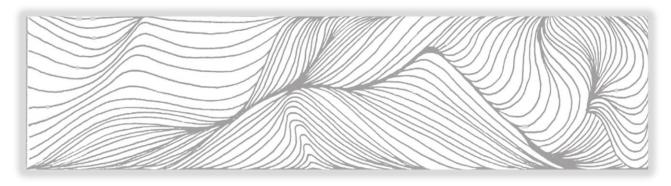
## **Know When You Want to Complain**

One of the best ways to know is to remember how your body felt when you wanted to complain. For example:

- 1. Inner pressure.
- 2. Tensed muscles.
- 3. Shortness of breath.
- 4. Suddenly feeling this is unfair.
- 5. Suddenly feeling this is too much.
- 6. Other...

Your body may feel different from the above. Write down how your body felt when you wanted to complain. If you suddenly realize more body sensations, update your list.

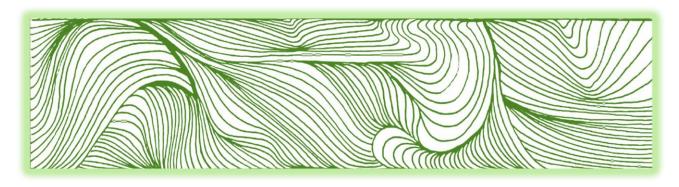
Check this list every day to remind yourself by thinking about how your body felt. The more you check this list to remind yourself, the more you will suddenly know when you want to complain.



By checking this list every day, you tell your unconscious mind to remind you when you want to complain. Your unconscious mind is with you 24x7 and remembers everything. You can program your unconscious mind by repetition.

When you want to complain, there will be a moment when you will suddenly know that you want to complain. This inner knowing is either your awareness, or a reminder from your unconscious mind.

If this inner knowing does not happen to you, it's perfectly fine. Keep reading this list every day and believe it will happen. Take your time and be gentle with yourself. This is an important stage that must occur naturally.



# **Practice Stopping Complaining**

When you know you want to complain, you are aware and can practice stopping complaining. It may be difficult and unnatural for you at first.

This is because you have unconsciously complained many times before and created an inner pattern. It's usually difficult and unnatural to go against this inner pattern.

First, clench your fist with your primary hand and dig your fingers into your palm (or use your own method), causing temporary discomfort. This sudden body movement and temporary discomfort will usually bring you back to the present moment.

Next, take a deep breath or do pranic breathing to relax your body. Continue to breathe deeply or do pranic breathing until your body calms down.

If you cannot calm your body, go to the bathroom and splash some water on your face. If you can, sit down in the bathroom. Continue to breathe deeply or do pranic breathing. Your body will gradually calm down.

When your body is calm, the desire to complain will subside. There are no shortcuts. You just need to keep practicing and you will become better at this process. The more you practice, the easier and more natural it will become.



## **Method 5 – Stop Seeking Validation**

At this stage, you don't need to know why you seek validation from others – that is the scope of healing and shadow work. However, most people seek validation from others to reduce their insecurities.

The truth is that no one can validate you, only your conscience can validate you. In other words, the validator is inside, not outside.

Many years ago, I made an inner decision to stop seeking validation from others. Here is the method I used:

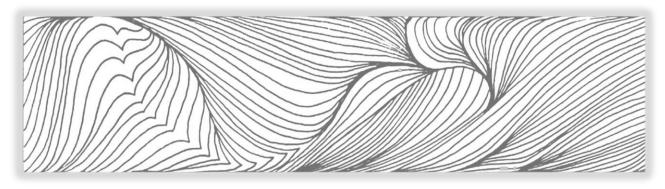
- 1. Make an inner decision to stop seeking validation.
- 2. Set your intention to stop seeking validation.
- 3. Know when you want to seek validation.
- 4. Practice stopping seeking validation.



# Make an Inner Decision to Stop Seeking Validation

An inner decision is a conscious decision made from the heart. The heart is the real master, not the ego. Ego is just a servant. When the heart makes a decision, the ego obeys.

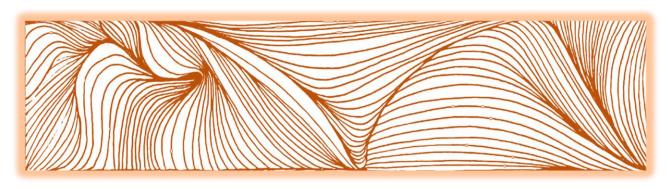
Be serious about stopping seeking validation from others. Desire from the heart to stop seeking validation from others. Make an inner decision to stop seeking validation from others. The universe will hear your inner decision and respond.



## **Set Your Intention to Stop Seeking Validation**

Set your intention to stop seeking validation from others every morning. Your intention is very powerful. It tells your unconscious mind what you want. It also tells the universe what you want.

The more you set your intention to stop seeking validation from others, the more your unconscious mind will remind you when you want to seek validation from others, the more the universe will respond to help you.



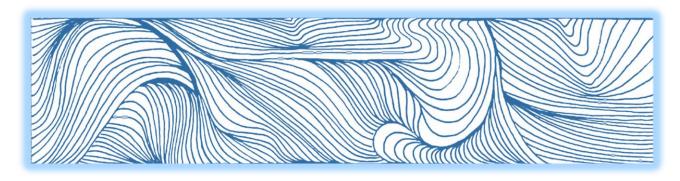
#### **Know When You Want to Seek Validation**

One of the best ways to know is to remember how you felt when you wanted to seek validation from others. For example:

- 1. Feeling insecure.
- 2. Feeling empty inside.
- 3. Desire to belong with others.
- 4. Want others to agree with you so that you feel better.
- 5. Other...

You may feel different from the above. Write down how you felt when you wanted to seek validation from others. If you suddenly realize more feelings or body sensations, update your list.

Check this list every day to remind yourself by thinking about your feelings or body sensations. The more you check this list to remind yourself, the more you will suddenly know when you want to seek validation from others.



By checking this list every day, you tell your unconscious mind to remind you when you want to seek validation from others. Your unconscious mind is with you 24x7 and remembers everything. You can program your unconscious mind by repetition.

When you want to seek validation from others, there will be a moment when you will suddenly know that you want to seek validation from others. This inner knowing is either your awareness, or a reminder from your unconscious mind.

If this inner knowing does not happen to you, it's perfectly fine. Keep reading this list every day and believe it will happen. Take your time and be gentle with yourself. This is an important stage that must occur naturally.



## **Practice Stopping Seeking Validation**

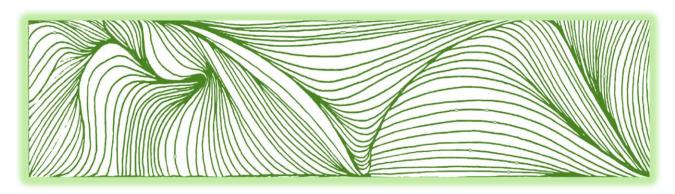
When you know you want to seek validation from others, you are aware and can practice to stop. It may be difficult for you at first. This is because you have been conditioned to seek validation from others many times before.

First, clench your fist with your primary hand and dig your fingers into your palm (or use your own method), causing temporary discomfort. This sudden body movement and temporary discomfort will usually bring you back to the present moment.

Next, take a deep breath or do pranic breathing to relax your body. Continue to breathe deeply or do pranic breathing until your body calms down.

If you cannot calm your body, go to the bathroom and splash some water on your face. If you can, sit down in the bathroom. Continue to breathe deeply or do pranic breathing. Your body will gradually calm down.

When your body is calm, the desire to seek validation from others will subside. There are no shortcuts. You just need to keep practicing and you will become better at this process. The more you practice, the easier it will be.



#### A Usable Pattern From Method 4 and 5

Methods 4 and 5 have a usable pattern:

- 1. Make an inner decision to stop xxx.
- 2. Set your intention to stop xxx.
- 3. Know when you want to xxx.
- 4. Practice stopping xxx.

For example, if you want to stop pleasing others (xxx = pleasing others):

- 1. Make an inner decision to stop pleasing others.
- 2. Set your intention to stop pleasing others.
- 3. Know when you want to please others.
- 4. Practice stopping pleasing others.

Part 1 and Part 2 are the same as Method 4 and 5.

Part 3 may be different because when you want to please others, your feelings and body sensations may be different.

Part 4 is the same as Method 4 and 5.

You can use this pattern to consciously practice stopping almost anything on yourself.



#### **About Me**

My name is Zon Jan. I was born in Taiwan. I immigrated to Los Angeles when I was 13 years old.

I was weak and insecure. Here are some labels to describe who I used to be - I was an emotional abuser, attention seeker, clinger, controller, liar, manipulator, narcissist, people-pleaser, pretender, and validation seeker. I attracted many low-vibe people who hurt me, and I learned to hurt them emotionally.

When I was 33 years old, most of my body was broken. I met an Enlightened Being who healed my body. The Enlightened Being used supernatural powers to lure me to learn Buddhism. I endured 26 consecutive hours of inner pressure from this Enlightened Being that eventually cracked my narcissistic inner core and awakened my heart.

When I was reborn, I cried because I saw all the harm I caused to others and myself. I called everyone that I hurt and apologized. Although I have experienced many awakenings, I have hidden quietly among people and did my inner and shadow work.

In October 2017, I suddenly heard an inner voice telling me to post tweets on Twitter. I ignored it four times but gave in after the fifth time and got on Twitter.

In November 2017, my mind suddenly became mostly neutral. As a result, I have experienced many inner changes and awakenings. Some things described in spiritual books became my inner reality.

In February 2018, Mother Earth sent out many energy waves around the world. This has brought me more changes. By 2019, many things became clear. For example, I now know that sharing my truth on Twitter is part of my soul contract.



#### **Contact Me**

Twitter <a href="https://twitter.com/MindTendencies2">https://twitter.com/MindTendencies2</a>

Instagram <a href="https://www.instagram.com/mindtendencies2">https://www.instagram.com/mindtendencies2</a>

Blog <a href="https://innerpractitioner.com">https://innerpractitioner.com</a>

Newsletter <a href="https://tinyletter.com/Inner\_Practitioner">https://tinyletter.com/Inner\_Practitioner</a>

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