



	A	B	C
1	TPC PREP - 1 / 2 / 3	CLIENT: PREP Start Time: _____ Finish Time: _____ PRACTITIONER:	Page 1
2	TEXP PREP - 4 / 5 / 6 / 7 / 8 / 9		
3	DATE:		
4	Pen: PREP 1 BLUE - PREP 2 GREEN - PREP 3 PURPLE - PREP 4 RED		
5	Test:	Treat:	Turn:
6	Connectedness:- Level	Global / Uni / Ext / Int	
7	Consciousness:- Grouping	G3 / G2 / G1 / Void / PG (Parental Guidance)	
8	Condition	1 / 2 / 3 / 4 / 5 / 6 / 7 / 8 / 9	
9	Polarity	MIND: COND _____ BODY: COND _____ SOUL: COND _____	
10	Emotion (Overall)	Int / Ext / Uni	
11	Emotion (Mind)	Int / Ext / Uni	
12	Chakra	1. Earth / 2. Base / 3. Sacral / 4. Solar Plexus / 5. Heart 6. Throat / 7. Third Eye / 8. Crown / 9. Point of Halo	
13	FOGS	1. FOG / 2. Deep / 3. MUD / 4. Destructive / 5. 5th Element – L/R 6. Void of Golden Thread / 7. Outer / 8. Seed / 9. Eternity	
14	FOG Emotions	Int / Ext / Uni	
15	PAIN	MIND: COND _____ BODY: COND _____ SOUL: COND _____	
16	UP (Ultimate Permission) Test One Per Line PREP 1 Testing Only	L _____ / 10 - Mind / Body / Soul - Ability / Choosing / Timing - Adjustment / Connection / Sustaining - Experience / Pride / Achievement	
17	Energy	MIND: _____ / 10 BODY: _____ / 10 SOUL: _____ / 10	
18	Keys	L _____ / 10 (anxiety) ; R _____ / 10 (depressed state)	
19	PTS (post trauma)	L _____ / 10 POD:	
20	Resilience to Stress	L _____ / 10	
21	Happiness	L _____ / 10	
22	Overall Process	BODY FUNCTION:-	
23	Overall:- Stage & Pillar	STAGE _____ PILLAR _____ M / B / S	
24	FIX-IT-LIST Priorities		
25	- Priority 1		
26			
27	- Priority 2		
28			
29	- Priority 3		
30			
31	- Priority 4		
32			
33	- Priority 5		
34			
35	NOTE:	Red = a Condition to be cleared	
36	COPYRIGHT © 2022 THE PILLAR PRACTICE PTY LTD - ALL RIGHTS RESERVED.		
37			

	A	B	C
38	PREP CONTINUED:-	CLIENT:	Page 2
39	DATE:		
40	PREP 1 ONLY		
41	FOGS		
42	1. FOG -	Stress (INT / EXT / UNI)	
43	2. Deep FOG -	Fear (INT / EXT / UNI)	
44	3. MUD -	Disconnect (INT / EXT / UNI)	
45	4. Destructive -	Weakness (INT / EXT / UNI)	
46	5. 5th Element -	Impurity (INT / EXT / UNI)	
47	6. Void of Golden Thread -	Block (INT / EXT / UNI)	
48	7. Outer / Beyond -	Negativity (INT / EXT / UNI)	
49	8. Seed -	Illusion (INT / EXT / UNI)	
50	9. Eternity -	Limbo (INT / EXT / UNI)	
51			
52	JOURNEY JOURNAL - ALL PREPS		
53	Review Journey Journal		
54	Explain / Test Lifestyle Guide		
55	ADVANCED ADDITIONAL TESTING:		
56	<u>PROCESS / BODY FUNCTION</u>		
57	<u>STRUCTURE</u>		
58	<u>NEUROLOGICAL</u>		
59	<u>BIOCHEMICAL</u>		
60	Gut Sensitivity	L _____ / 10 - Gluten / Wheat / Dairy / Processed Sugars	
61		Caffeine / Processed Foods / Alcohol / None / Other -	
62	Toxicity & Pineal	Toxicity L _____ / 10; Pineal L _____ / 10;	
63	GIT & Systemic	Bacterial / Viral/ Post Viral / Fungal / Parasitic / H. Pylori / None / Other -	
64	<u>OTHER</u>		
65	NOW BE	MIND: NOW / Past / Future - BE / Unable;	
66		BODY: NOW / Past / Future - BE / Unable;	
67		SOUL: NOW / Past / Future - BE / Unable;	
68	BUC	Benefit L _____ / 10; Understanding L _____ / 10; Clarity L _____ / 10	
69			
70	ADDITIONAL NOTES:		
71			
72			
73	FOLLOWUP NEXT:		
74	AVOID:		
75	COPYRIGHT © 2022 THE PILLAR PRACTICE PTY LTD - ALL RIGHTS RESERVED.		



	A	B	C
76	TPC PREP - 1 / 2 / 3	CLIENT: PREP Start Time: _____ Finish Time: _____ PRACTITIONER: _____	Page 3
77	TEXP PREP - 4 / 5 / 6 / 7 / 8 / 9		
78	DATE: _____		
79	Pen: PREP 1 BLUE - PREP 2 GREEN - PREP 3 PURPLE - PREP 4 RED		
80	Test:	Treat:	Turn:
81	Connectedness:- Level	Global / Uni / Ext / Int	
82	Consciousness:- Grouping	G3 / G2 / G1 / Void / PG (Parental Guidance)	
83	Condition	1 / 2 / 3 / 4 / 5 / 6 / 7 / 8 / 9	
84	Polarity	MIND: COND _____ BODY: COND _____ SOUL: COND _____	
85	Emotion (Overall)	Int / Ext / Uni	
86	Emotion (Mind)	Int / Ext / Uni	
87	Chakra	1. Earth / 2. Base / 3. Sacral / 4. Solar Plexus / 5. Heart 6. Throat / 7. Third Eye / 8. Crown / 9. Point of Halo	
88	FOGS	1. FOG / 2. Deep / 3. MUD / 4. Destructive / 5. 5th Element – L/R 6. Void of Golden Thread / 7. Outer / 8. Seed / 9. Eternity	
89	FOG Emotions	Int / Ext / Uni	
90	PAIN	MIND: COND _____ BODY: COND _____ SOUL: COND _____	
91	UP (Ultimate Permission) Test One Per Line PREP 1 Testing Only	L _____ / 10 - Mind / Body / Soul - Ability / Choosing / Timing - Adjustment / Connection / Sustaining - Experience / Pride / Achievement	
92	Energy	MIND: _____ / 10 BODY: _____ / 10 SOUL: _____ / 10	
93	Keys	L _____ / 10 (anxiety) ; R _____ / 10 (depressed state)	
94	PTS (post trauma)	L _____ / 10 POD:	
95	Resilience to Stress	L _____ / 10	
96	Happiness	L _____ / 10	
97	Overall Process	BODY FUNCTION:-	
98	Overall:- Stage & Pillar	STAGE _____ PILLAR _____ M / B / S	
99	FIX-IT-LIST Priorities		
100	- Priority 1		
101			
102	- Priority 2		
103			
104	- Priority 3		
105			
106	- Priority 4		
107			
108	- Priority 5		
109			
110	NOTE:	Red = a Condition to be cleared	
111	COPYRIGHT © 2022 THE PILLAR PRACTICE PTY LTD - ALL RIGHTS RESERVED.		
112			

	A	B	C
113	PREP CONTINUED:-	CLIENT:	Page 4
114	DATE:		
115	PREP 1 ONLY		
116	FOGS		
117	1. FOG -	Stress (INT / EXT / UNI)	
118	2. Deep FOG -	Fear (INT / EXT / UNI)	
119	3. MUD -	Disconnect (INT / EXT / UNI)	
120	4. Destructive -	Weakness (INT / EXT / UNI)	
121	5. 5th Element -	Impurity (INT / EXT / UNI)	
122	6. Void of Golden Thread -	Block (INT / EXT / UNI)	
123	7. Outer / Beyond -	Negativity (INT / EXT / UNI)	
124	8. Seed -	Illusion (INT / EXT / UNI)	
125	9. Eternity -	Limbo (INT / EXT / UNI)	
126			
127	JOURNEY JOURNAL - ALL PREPS		
128	Review Journey Journal		
129	Explain / Test Lifestyle Guide		
130	ADVANCED ADDITIONAL TESTING:		
131	<u>PROCESS / BODY FUNCTION</u>		
132	<u>STRUCTURE</u>		
133	<u>NEUROLOGICAL</u>		
134	<u>BIOCHEMICAL</u>		
135	Gut Sensitivity	L _____ / 10 - Gluten / Wheat / Dairy / Processed Sugars	
136		Caffeine / Processed Foods / Alcohol / None / Other -	
137	Toxicity & Pineal	Toxicity L _____ / 10; Pineal L _____ / 10;	
138	GIT & Systemic	Bacterial / Viral/ Post Viral / Fungal / Parasitic / H. Pylori / None / Other -	
139	<u>OTHER</u>		
140	NOW BE	MIND: NOW / Past / Future - BE / Unable;	
141		BODY: NOW / Past / Future - BE / Unable;	
142		SOUL: NOW / Past / Future - BE / Unable;	
143	BUC	Benefit L _____ / 10; Understanding L _____ / 10; Clarity L _____ / 10	
144			
145	ADDITIONAL NOTES:		
146			
147			
148	FOLLOWUP NEXT:		
149	AVOID:		
150	COPYRIGHT © 2022 THE PILLAR PRACTICE PTY LTD - ALL RIGHTS RESERVED.		
151			



	A	B	C
152	TPC PREP - 1 / 2 / 3	CLIENT: PREP Start Time: _____ Finish Time: _____ PRACTITIONER: _____	Page 5
153	TEXP PREP - 4 / 5 / 6 / 7 / 8 / 9		
154	DATE: _____		
155	Pen: PREP 1 BLUE - PREP 2 GREEN - PREP 3 PURPLE - PREP 4 RED		
156	Test:	Treat:	Turn:
157	Connectedness:- Level	Global / Uni / Ext / Int	
158	Consciousness:- Grouping	G3 / G2 / G1 / Void / PG (Parental Guidance)	
159	Condition	1 / 2 / 3 / 4 / 5 / 6 / 7 / 8 / 9	
160	Polarity	MIND: COND _____ BODY: COND _____ SOUL: COND _____	
161	Emotion (Overall)	Int / Ext / Uni	
162	Emotion (Mind)	Int / Ext / Uni	
163	Chakra	1. Earth / 2. Base / 3. Sacral / 4. Solar Plexus / 5. Heart 6. Throat / 7. Third Eye / 8. Crown / 9. Point of Halo	
164	FOGS	1. FOG / 2. Deep / 3. MUD / 4. Destructive / 5. 5th Element – L/R 6. Void of Golden Thread / 7. Outer / 8. Seed / 9. Eternity	
165	FOG Emotions	Int / Ext / Uni	
166	PAIN	MIND: COND _____ BODY: COND _____ SOUL: COND _____	
167	UP (Ultimate Permission) Test One Per Line PREP 1 Testing Only	L _____ / 10 - Mind / Body / Soul - Ability / Choosing / Timing - Adjustment / Connection / Sustaining - Experience / Pride / Achievement	
168	Energy	MIND: _____ / 10 BODY: _____ / 10 SOUL: _____ / 10	
169	Keys	L _____ / 10 (anxiety) ; R _____ / 10 (depressed state)	
170	PTS (post trauma)	L _____ / 10 POD:	
171	Resilience to Stress	L _____ / 10	
172	Happiness	L _____ / 10	
173	Overall Process	BODY FUNCTION:-	
174	Overall:- Stage & Pillar	STAGE _____ PILLAR _____ M / B / S	
175	FIX-IT-LIST Priorities		
176	- Priority 1		
177			
178	- Priority 2		
179			
180	- Priority 3		
181			
182	- Priority 4		
183			
184	- Priority 5		
185			
186	NOTE:	Red = a Condition to be cleared	
187	COPYRIGHT © 2022 THE PILLAR PRACTICE PTY LTD - ALL RIGHTS RESERVED.		
188			

	A	B	C
189	PREP CONTINUED:-	CLIENT:	Page 6
190	DATE:		
191	PREP 1 ONLY		
192	FOGS		
193	1. FOG -	Stress (INT / EXT / UNI)	
194	2. Deep FOG -	Fear (INT / EXT / UNI)	
195	3. MUD -	Disconnect (INT / EXT / UNI)	
196	4. Destructive -	Weakness (INT / EXT / UNI)	
197	5. 5th Element -	Impurity (INT / EXT / UNI)	
198	6. Void of Golden Thread -	Block (INT / EXT / UNI)	
199	7. Outer / Beyond -	Negativity (INT / EXT / UNI)	
200	8. Seed -	Illusion (INT / EXT / UNI)	
201	9. Eternity -	Limbo (INT / EXT / UNI)	
202			
203	JOURNEY JOURNAL - ALL PREPS		
204	Review Journey Journal		
205	Explain / Test Lifestyle Guide		
206	ADVANCED ADDITIONAL TESTING:		
207	<u>PROCESS / BODY FUNCTION</u>		
208	<u>STRUCTURE</u>		
209	<u>NEUROLOGICAL</u>		
210	<u>BIOCHEMICAL</u>		
211	Gut Sensitivity	L _____ / 10 - Gluten / Wheat / Dairy / Processed Sugars	
212		Caffeine / Processed Foods / Alcohol / None / Other -	
213	Toxicity & Pineal	Toxicity L _____ / 10; Pineal L _____ / 10;	
214	GIT & Systemic	Bacterial / Viral/ Post Viral / Fungal / Parasitic / H. Pylori / None / Other -	
215	<u>OTHER</u>		
216	NOW BE	MIND: NOW / Past / Future - BE / Unable;	
217		BODY: NOW / Past / Future - BE / Unable;	
218		SOUL: NOW / Past / Future - BE / Unable;	
219	BUC	Benefit L _____ / 10; Understanding L _____ / 10; Clarity L _____ / 10	
220			
221	ADDITIONAL NOTES:		
222			
223			
224	FOLLOWUP NEXT:		
225	AVOID:		
226	COPYRIGHT © 2022 THE PILLAR PRACTICE PTY LTD - ALL RIGHTS RESERVED.		
227			



	A	B	C
228	TPC PREP - 1 / 2 / 3	CLIENT: PREP Start Time: _____ Finish Time: _____ PRACTITIONER: _____	Page 7
229	TEXP PREP - 4 / 5 / 6 / 7 / 8 / 9		
230	DATE: _____		
231	Pen: PREP 1 BLUE - PREP 2 GREEN - PREP 3 PURPLE - PREP 4 RED		
232	Test:	Treat:	Turn:
233	Connectedness:- Level	Global / Uni / Ext / Int	
234	Consciousness:- Grouping	G3 / G2 / G1 / Void / PG (Parental Guidance)	
235	Condition	1 / 2 / 3 / 4 / 5 / 6 / 7 / 8 / 9	
236	Polarity	MIND: COND _____ BODY: COND _____ SOUL: COND _____	
237	Emotion (Overall)	Int / Ext / Uni	
238	Emotion (Mind)	Int / Ext / Uni	
239	Chakra	1. Earth / 2. Base / 3. Sacral / 4. Solar Plexus / 5. Heart 6. Throat / 7. Third Eye / 8. Crown / 9. Point of Halo	
240	FOGS	1. FOG / 2. Deep / 3. MUD / 4. Destructive / 5. 5th Element – L/R 6. Void of Golden Thread / 7. Outer / 8. Seed / 9. Eternity	
241	FOG Emotions	Int / Ext / Uni	
242	PAIN	MIND: COND _____ BODY: COND _____ SOUL: COND _____	
243	UP (Ultimate Permission) Test One Per Line PREP 1 Testing Only	L _____ / 10 - Mind / Body / Soul - Ability / Choosing / Timing - Adjustment / Connection / Sustaining - Experience / Pride / Achievement	
244	Energy	MIND: _____ / 10 BODY: _____ / 10 SOUL: _____ / 10	
245	Keys	L _____ / 10 (anxiety) ; R _____ / 10 (depressed state)	
246	PTS (post trauma)	L _____ / 10 POD:	
247	Resilience to Stress	L _____ / 10	
248	Happiness	L _____ / 10	
249	Overall Process	BODY FUNCTION:-	
250	Overall:- Stage & Pillar	STAGE _____ PILLAR _____ M / B / S	
251	FIX-IT-LIST Priorities		
252	- Priority 1		
253			
254	- Priority 2		
255			
256	- Priority 3		
257			
258	- Priority 4		
259			
260	- Priority 5		
261			
262	NOTE:	Red = a Condition to be cleared	
263	COPYRIGHT © 2022 THE PILLAR PRACTICE PTY LTD - ALL RIGHTS RESERVED.		
264			



	A	B	C
265	PREP CONTINUED:-	CLIENT:	Page 8
266	DATE:		
267	PREP 1 ONLY		
268	FOGS		
269	1. FOG -	Stress (INT / EXT / UNI)	
270	2. Deep FOG -	Fear (INT / EXT / UNI)	
271	3. MUD -	Disconnect (INT / EXT / UNI)	
272	4. Destructive -	Weakness (INT / EXT / UNI)	
273	5. 5th Element -	Impurity (INT / EXT / UNI)	
274	6. Void of Golden Thread -	Block (INT / EXT / UNI)	
275	7. Outer / Beyond -	Negativity (INT / EXT / UNI)	
276	8. Seed -	Illusion (INT / EXT / UNI)	
277	9. Eternity -	Limbo (INT / EXT / UNI)	
278			
279	JOURNEY JOURNAL - ALL PREPS		
280	Review Journey Journal		
281	Explain / Test Lifestyle Guide		
282	ADVANCED ADDITIONAL TESTING:		
283	<u>PROCESS / BODY FUNCTION</u>		
284	<u>STRUCTURE</u>		
285	<u>NEUROLOGICAL</u>		
286	<u>BIOCHEMICAL</u>		
287	Gut Sensitivity	L _____ / 10 - Gluten / Wheat / Dairy / Processed Sugars	
288		Caffeine / Processed Foods / Alcohol / None / Other -	
289	Toxicity & Pineal	Toxicity L _____ / 10; Pineal L _____ / 10;	
290	GIT & Systemic	Bacterial / Viral/ Post Viral / Fungal / Parasitic / H. Pylori / None / Other -	
291	<u>OTHER</u>		
292	NOW BE	MIND: NOW / Past / Future - BE / Unable;	
293		BODY: NOW / Past / Future - BE / Unable;	
294		SOUL: NOW / Past / Future - BE / Unable;	
295	BUC	Benefit L _____ / 10; Understanding L _____ / 10; Clarity L _____ / 10	
296			
297	ADDITIONAL NOTES:		
298			
299			
300	FOLLOWUP NEXT:		
301	AVOID:		
302	COPYRIGHT © 2022 THE PILLAR PRACTICE PTY LTD - ALL RIGHTS RESERVED.		
303			



	A	B	C
304	TPC PREP - 1 / 2 / 3	CLIENT: PREP Start Time: _____ Finish Time: _____ PRACTITIONER: _____	Page 9
305	TEXP PREP - 4 / 5 / 6 / 7 / 8 / 9		
306	DATE: _____		
307	Pen: PREP 1 BLUE - PREP 2 GREEN - PREP 3 PURPLE - PREP 4 RED		
308	Test:	Treat:	Turn:
309	Connectedness:- Level	Global / Uni / Ext / Int	
310	Consciousness:- Grouping	G3 / G2 / G1 / Void / PG (Parental Guidance)	
311	Condition	1 / 2 / 3 / 4 / 5 / 6 / 7 / 8 / 9	
312	Polarity	MIND: COND _____ BODY: COND _____ SOUL: COND _____	
313	Emotion (Overall)	Int / Ext / Uni	
314	Emotion (Mind)	Int / Ext / Uni	
315	Chakra	1. Earth / 2. Base / 3. Sacral / 4. Solar Plexus / 5. Heart 6. Throat / 7. Third Eye / 8. Crown / 9. Point of Halo	
316	FOGS	1. FOG / 2. Deep / 3. MUD / 4. Destructive / 5. 5th Element – L/R 6. Void of Golden Thread / 7. Outer / 8. Seed / 9. Eternity	
317	FOG Emotions	Int / Ext / Uni	
318	PAIN	MIND: COND _____ BODY: COND _____ SOUL: COND _____	
319	UP (Ultimate Permission) Test One Per Line PREP 1 Testing Only	L _____ / 10 - Mind / Body / Soul - Ability / Choosing / Timing - Adjustment / Connection / Sustaining - Experience / Pride / Achievement	
320	Energy	MIND: _____/10 BODY: _____/10 SOUL: _____/10	
321	Keys	L _____/ 10 (anxiety) ; R _____/10 (depressed state)	
322	PTS (post trauma)	L _____/ 10 POD:	
323	Resilience to Stress	L _____/ 10	
324	Happiness	L _____/ 10	
325	Overall Process	BODY FUNCTION:-	
326	Overall:- Stage & Pillar	STAGE _____ PILLAR _____ M / B / S	
327	FIX-IT-LIST Priorities		
328	- Priority 1		
329			
330	- Priority 2		
331			
332	- Priority 3		
333			
334	- Priority 4		
335			
336	- Priority 5		
337			
338	NOTE:	Red = a Condition to be cleared	
339	COPYRIGHT © 2022 THE PILLAR PRACTICE PTY LTD - ALL RIGHTS RESERVED.		
340			

	A	B	C
341	PREP CONTINUED:-	CLIENT:	Page 10
342	DATE:		
343	PREP 1 ONLY		
344	FOGS		
345	1. FOG -	Stress (INT / EXT / UNI)	
346	2. Deep FOG -	Fear (INT / EXT / UNI)	
347	3. MUD -	Disconnect (INT / EXT / UNI)	
348	4. Destructive -	Weakness (INT / EXT / UNI)	
349	5. 5th Element -	Impurity (INT / EXT / UNI)	
350	6. Void of Golden Thread -	Block (INT / EXT / UNI)	
351	7. Outer / Beyond -	Negativity (INT / EXT / UNI)	
352	8. Seed -	Illusion (INT / EXT / UNI)	
353	9. Eternity -	Limbo (INT / EXT / UNI)	
354			
355	JOURNEY JOURNAL - ALL PREPS		
356	Review Journey Journal		
357	Explain / Test Lifestyle Guide		
358	ADVANCED ADDITIONAL TESTING:		
359	<u>PROCESS / BODY FUNCTION</u>		
360	<u>STRUCTURE</u>		
361	<u>NEUROLOGICAL</u>		
362	<u>BIOCHEMICAL</u>		
363	Gut Sensitivity	L _____ / 10 - Gluten / Wheat / Dairy / Processed Sugars	
364		Caffeine / Processed Foods / Alcohol / None / Other -	
365	Toxicity & Pineal	Toxicity L _____ / 10; Pineal L _____ / 10;	
366	GIT & Systemic	Bacterial / Viral/ Post Viral / Fungal / Parasitic / H. Pylori / None / Other -	
367	<u>OTHER</u>		
368	NOW BE	MIND: NOW / Past / Future - BE / Unable;	
369		BODY: NOW / Past / Future - BE / Unable;	
370		SOUL: NOW / Past / Future - BE / Unable;	
371	BUC	Benefit L _____ / 10; Understanding L _____ / 10; Clarity L _____ / 10	
372			
373	ADDITIONAL NOTES:		
374			
375			
376	FOLLOWUP NEXT:		
377	AVOID:		
378	COPYRIGHT © 2022 THE PILLAR PRACTICE PTY LTD - ALL RIGHTS RESERVED.		
379			
380			



	A	B	C
381	TPC PREP - 1 / 2 / 3	CLIENT: PREP Start Time: _____ Finish Time: _____ PRACTITIONER: _____	Page 11
382	TEXP PREP - 4 / 5 / 6 / 7 / 8 / 9		
383	DATE: _____		
384	Pen: PREP 1 BLUE - PREP 2 GREEN - PREP 3 PURPLE - PREP 4 RED		
385	Test:	Treat:	Turn:
386	Connectedness:- Level	Global / Uni / Ext / Int	
387	Consciousness:- Grouping	G3 / G2 / G1 / Void / PG (Parental Guidance)	
388	Condition	1 / 2 / 3 / 4 / 5 / 6 / 7 / 8 / 9	
389	Polarity	MIND: COND _____ BODY: COND _____ SOUL: COND _____	
390	Emotion (Overall)	Int / Ext / Uni	
391	Emotion (Mind)	Int / Ext / Uni	
392	Chakra	1. Earth / 2. Base / 3. Sacral / 4. Solar Plexus / 5. Heart 6. Throat / 7. Third Eye / 8. Crown / 9. Point of Halo	
393	FOGS	1. FOG / 2. Deep / 3. MUD / 4. Destructive / 5. 5th Element – L/R 6. Void of Golden Thread / 7. Outer / 8. Seed / 9. Eternity	
394	FOG Emotions	Int / Ext / Uni	
395	PAIN	MIND: COND _____ BODY: COND _____ SOUL: COND _____	
396	UP (Ultimate Permission) Test One Per Line PREP 1 Testing Only	L _____ / 10 - Mind / Body / Soul - Ability / Choosing / Timing - Adjustment / Connection / Sustaining - Experience / Pride / Achievement	
397	Energy	MIND: _____/10 BODY: _____/10 SOUL: _____/10	
398	Keys	L _____/ 10 (anxiety) ; R _____/10 (depressed state)	
399	PTS (post trauma)	L _____/ 10 POD:	
400	Resilience to Stress	L _____/ 10	
401	Happiness	L _____/ 10	
402	Overall Process	BODY FUNCTION:-	
403	Overall:- Stage & Pillar	STAGE _____ PILLAR _____ M / B / S	
404	FIX-IT-LIST Priorities		
405	- Priority 1		
406			
407	- Priority 2		
408			
409	- Priority 3		
410			
411	- Priority 4		
412			
413	- Priority 5		
414			
415	NOTE:	Red = a Condition to be cleared	
416	COPYRIGHT © 2022 THE PILLAR PRACTICE PTY LTD - ALL RIGHTS RESERVED.		
417			

	A	B	C
418	PREP CONTINUED:-	CLIENT:	Page 12
419	DATE:		
420	PREP 1 ONLY		
421	FOGS		
422	1. FOG -	Stress (INT / EXT / UNI)	
423	2. Deep FOG -	Fear (INT / EXT / UNI)	
424	3. MUD -	Disconnect (INT / EXT / UNI)	
425	4. Destructive -	Weakness (INT / EXT / UNI)	
426	5. 5th Element -	Impurity (INT / EXT / UNI)	
427	6. Void of Golden Thread -	Block (INT / EXT / UNI)	
428	7. Outer / Beyond -	Negativity (INT / EXT / UNI)	
429	8. Seed -	Illusion (INT / EXT / UNI)	
430	9. Eternity -	Limbo (INT / EXT / UNI)	
431			
432	JOURNEY JOURNAL - ALL PREPS		
433	Review Journey Journal		
434	Explain / Test Lifestyle Guide		
435	ADVANCED ADDITIONAL TESTING:		
436	<u>PROCESS / BODY FUNCTION</u>		
437	<u>STRUCTURE</u>		
438	<u>NEUROLOGICAL</u>		
439	<u>BIOCHEMICAL</u>		
440	Gut Sensitivity	L _____ / 10 - Gluten / Wheat / Dairy / Processed Sugars	
441		Caffeine / Processed Foods / Alcohol / None / Other -	
442	Toxicity & Pineal	Toxicity L _____ / 10; Pineal L _____ / 10;	
443	GIT & Systemic	Bacterial / Viral/ Post Viral / Fungal / Parasitic / H. Pylori / None / Other -	
444	<u>OTHER</u>		
445	NOW BE	MIND: NOW / Past / Future - BE / Unable;	
446		BODY: NOW / Past / Future - BE / Unable;	
447		SOUL: NOW / Past / Future - BE / Unable;	
448	BUC	Benefit L _____ / 10; Understanding L _____ / 10; Clarity L _____ / 10	
449			
450	ADDITIONAL NOTES:		
451			
452			
453	FOLLOWUP NEXT:		
454	AVOID:		
455	COPYRIGHT © 2022 THE PILLAR PRACTICE PTY LTD - ALL RIGHTS RESERVED.		