

ODYSSEY

THE LIVING MOMENT Forms for the Odyssey Program

21 Days to Living in the Moment

Train your brain to be wiser and braver in stress.

Increase energy, clarity and confidence.

Eliminate anxiety and depression.

Russell R. Hassler

Odyssey Leadership

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Note to the user: These forms are a companion to the book Odyssey: The Living Moment, by Russell R. Hassler. The book and these forms are intended as an informational guide. The remedies, approaches, and techniques described in the book and implemented through these forms are meant to supplement, and not to be a substitute for, professional medical care or treatment. They should not be used to treat a serious ailment without prior consultation with a qualified health care professional.

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The Odyssey Methodology

1. TUNE IN

Remember your day

Close your eyes and mentally review your day.

Remember the pings—the people, places or events—that caused you stress, then determine the eMotion triggered by the ping.

- A ping is a significant emotional experience that shifts your energy.
- You remember pings because of their emotional energy.

Record your pings

Pick the three most impactful pings of the day and record. [PING - box 1] For each ping, choose the eState that best suits how you responded to the eMotion experienced and record. [TUNE IN - box 2]

Reflect your energy

Focus on how the ping affected your energetic state.

Teach your brain what the ping feels like (i.e. grief, anxiety, apathy, etc.).

Mentally label the feelings with a rational understanding of the eMotion.

2. TURN ON

Raise your eState

Choose an eState higher than the one experienced for each ping and record. [TURN ON - box 3]

Replay your day

Close your eyes and with palm on forehead, visualize reliving each ping in the higher eState. Imagine the same people, place or event ping in the new eState.

 Include all aspects of the more empowering eMotion. See yourself being confident, responding authentically with pleasant gestures, facial expressions, calm voice, etc.

Resolve your pings

Set action to neutralize the ping-energy. Ask yourself: What task or solution is necessary to fix a problem? Reconnect with a person? What steps are required to repair what is broken / disconnected? In courage, take action!

 Set an intention to follow through on the commitment. With palm on forehead, mentally rehearse being courageous / optimistic / accepting of the situation. Visualize the new behavior. Train the brain for a highenergy response to stress.



The Quest Journal - Day One -

odyssey

Date: \mathbf{Day} : S - M - T - W - Th - F - S

eState	eMotion	
Experience	Feeling	Energy
Enlightenment	Nirvana	1000
Peace	Bliss	600
Joy	Serenity	540
Love	Reverence	500
Reason	Understanding	400
Acceptance	Forgiveness	350
Optimism	Willingness	310
Trust	Neutrality	250
Courage	Affirmation	200
Pride	Scorn	175
Anger	Resentment	150
Desire	Craving	125
Fear	Anxiety	100
Grief	Regret	75
Apathy	Despair	50
Guilt	Blame	30
Shame	Humiliation	20

PING—a significant emotional experie	ence		
[box 1]			
	Duration:	hr	min.
TUNE IN [box 2]			
TURN ON [box 3]			

PING —a significant emotional expo	erience		
	Duration:	hr	min.
TUNE IN	Duration: _	hr	min.
	Duration: _	hr	min.
TUNE IN TURN ON	Duration: _	hr	min.

GRATITUDE
1.
2.
3.

If the only prayer you say in your whole life is 'thank you' that should suffice.— Meister Eckhart

PING—a significant emotional experi	ence		
	Duration:	hr	<u>min.</u>
TUNE IN			
TURN ON			



The Quest Journal - Day Two -

odyssey

eState	eMotion	
Experience	Feeling	Energy
Enlightenment	Nirvana	1000
Peace	Bliss	600
Joy	Serenity	540
Love	Reverence	500
Reason	Understanding	400
Acceptance	Forgiveness	350
Optimism	Willingness	310
Trust	Neutrality	250
Courage	Affirmation	200
Pride	Scorn	175
Anger	Resentment	150
Desire	Craving	125
Fear	Anxiety	100
Grief	Regret	75
Apathy	Despair	50
Guilt	Blame	30
Shame	Humiliation	20

PING—a significant emotional experi	ence		
[box 1]			
	Duration: _	hr	min.
TUNE IN [box 2]			
TURN ON [box 3]			

Day: S - M - T - W - Th - F - S

PING—a significant emotional exp	perience
	Duration:hrmin.
TUNE IN	
TONE IN	
TURN ON	

GRATITUDE	
1.	
2.	
3.	

If the only prayer you say in your whole life is 'thank you' that should suffice.— Meister Eckhart

PING—a significant emotional expe	rience		
	Duration: _	hr	min.
TUNE IN			
TURN ON			

Emotion hierarchy adapted from Map of Consciousness: *Power vs. Force*. David R. Hawkins, M.D. Ph.D., 1995.

Date:



The Quest Journal - Day Three -

odvssev

Date: \mathbf{Day} : S - M - T - W - Th - F - S

eState	eMotion	
Experience	Feeling	Energy
Enlightenment	Nirvana	1000
Peace	Bliss	600
Joy	Serenity	540
Love	Reverence	500
Reason	Understanding	400
Acceptance	Forgiveness	350
Optimism	Willingness	310
Trust	Neutrality	250
Courage	Affirmation	200
Pride	Scorn	175
Anger	Resentment	150
Desire	Craving	125
Fear	Anxiety	100
Grief	Regret	75
Apathy	Despair	50
Guilt	Blame	30
Shame	Humiliation	20

PING —a significant emotional experi	ence		
	Duration:	hr	min.
TUNE IN			
TURN ON			

PING—a significant emotional experience			
	Duration:	hr	min
TUNE IN	Duracion	111	
TURN ON			
4			

GRATITUDE	
1.	
2.	
3.	

If the only prayer you say in your whole life is 'thank you' that should suffice.— Meister Eckhart

PING—a significant emotional experience			
	D	,	
TUNE IN	Duration:	<i>nr.</i>	min.
TURN ON			



The Quest Journal - Day Four -

_min.

odyssey

Anger

Desire

Fear

Grief

Guilt

Shame

Apathy

ouyssey			Date:	$\mathbf{Day}: \ S - M - T - W - Th - F - S$
eState	eMotion		PING-	a significant emotional experience
Experience	Feeling	Energy		
Enlightenment	Nirvana	1000		
Peace	Bliss	600		
Joy	Serenity	540		Duration: hr.
Love	Reverence	500	TUNE IN	
Reason	Understanding	400		
Acceptance	Forgiveness	350	TURN O	N
Optimism	Willingness	310		
Trust	Neutrality	250	PING_	a significant emotional experience
Courage	Affirmation	200		a organization of the control of the
Pride	Scorn	175		

· · · · · ·	•		
TUNE IN	Duration: _	hr	min.
TURN ON			

GRATITUDE	
1.	
2.	
3.	

Resentment

Craving

Anxiety

Regret

Despair

Blame

Humiliation

150

125

100

75

50

30

20

If the only prayer you say in your whole life is 'thank you' that should suffice.— Meister Eckhart

PING—a significant emotional exp	perience		
TUNE IN	Duration:	hr	min.
TONE IN			
TURN ON			



The Quest Journal - Day Five -

odyssey

Date: \mathbf{Day} : S - M - T - W - Th - F - S

eState	eMotion	
Experience	Feeling	Energy
Enlightenment	Nirvana	1000
Peace	Bliss	600
Joy	Serenity	540
Love	Reverence	500
Reason	Understanding	400
Acceptance	Forgiveness	350
Optimism	Willingness	310
Trust	Neutrality	250
Courage	Affirmation	200
Pride	Scorn	175
Anger	Resentment	150
Desire	Craving	125
Fear	Anxiety	100
Grief	Regret	75
Apathy	Despair	50
Guilt	Blame	30
Shame	Humiliation	20

PING—a significant emotiona	l experience	
	Duration: _	hrmin.
TUNE IN		
TURN ON		

PING —a significant emotional experience			
	Duration:	hr	min.
TOTAL TAL			_
TUNE IN			
TURN ON			

GRATITUDE	
1.	
2.	
3.	

If the only prayer you say in your whole life is 'thank you' that should suffice.— Meister Eckhart

PING—a significant emotional	experience	
TUNE IN	Duration:	_hrmin.
TURN ON		
TORN ON		



odyssey

The Thought Inventory

Date:

eState	eMotion		My Active Thoughts	eSta
Experience	Feeling	Energy	1.	
Enlightenment	Nirvana	1000	Action needed:	
Peace	Bliss	600	2.	
Joy	Serenity	540	Action needed:	
Love	Reverence	500	3.	
Reason	Understanding	400	Action monded	
Acceptance	Forgiveness	350	Action needed: 4.	
Optimism	Willingness	310		
Trust	Neutrality	250	Action needed:	
Courage	Affirmation	200	5.	
Pride	Scorn	175	Action needed:	
Anger	Resentment	150	6.	
Desire	Craving	125	Action needed:	
Fear	Anxiety	100	7.	
Grief	Regret	75		
Apathy	Despair	50	Action needed: 8.	
Guilt	Blame	30		
Shame	Humiliation	20	Action needed:	

Observations:	 	 	

Day Seven—Rest and Reflect Upon Your Week

Look back at the daily exercises and transcribe your pings in the boxes below. Note any commonalities and group accordingly. This exercise is not to assign blame, but to elevate your awareness of the people, places or events that are disturbing your energy. Observe any patterns. Consider high-energy strategies that would help neutralize the ping. Plan any action necessary.

Day One Pings	Common Pings—People, Places & Events
1.	
2.	
2.	
3.	
Day Two Bings	
Day Two Pings 1.	
2.	
3.	
J.	
Day Three Pings	
1.	Strategies for Improvement
2.	
3.	
Day Four Pings	
1.	
2.	
3.	
Day Five Pings 1.	Action Items:
1.	
2.	
3.	



The Quest Journal - Day Eight -

odyssey

Date:	Day:	S — M -	— T —	w —	Th —	F —	5

eState	eMotion	
Experience	Feeling	Energy
Enlightenment	Nirvana	1000
Peace	Bliss	600
Joy	Serenity	540
Love	Reverence	500
Reason	Understanding	400
Acceptance	Forgiveness	350
Optimism	Willingness	310
Trust	Neutrality	250
Courage	Affirmation	200
Pride	Scorn	175
Anger	Hate	150
Desire	Craving	125
Fear	Anxiety	100
Grief	Regret	75
Apathy	Despair	50
Guilt	Blame	30
Shame	Humiliation	20

PING—a significant emotional experience			
	Duration:hrmin.		
TUNE IN			
TURN ON			

PING—a significant emotional experience			
	Duration:hrmin.		
TUNE IN			
TURN ON			

GRATITUDE	
1.	
2.	
3.	

If the only prayer you say in your whole life is 'thank you' that should suffice.— Meister Eckhart

PING—a significant emotional experience				
	Duration:	hr	min.	
TUNE IN				
TURN ON				



The Quest Journal - Day Nine -

odyssey

eState	eMotion	
Experience	Feeling	Energy
Enlightenment	Nirvana	1000
Peace	Bliss	600
Joy	Serenity	540
Love	Reverence	500
Reason	Understanding	400
Acceptance	Forgiveness	350
Optimism	Willingness	310
Trust	Neutrality	250
Courage	Affirmation	200
Pride	Scorn	175
Anger	Hate	150
Desire	Craving	125
Fear	Anxiety	100
Grief	Regret	75
Apathy	Despair	50
Guilt	Blame	30

Energy	
1000	
600	
540	
500	
400	
350	
310	
250	
200	
175	
150	
125	
100	
75	ŀ
50	
30	
20	

Date:

GRATITUDE	
1.	
2.	
3.	

Shame

Humiliation

If the only prayer you say in your whole life is 'thank you' that should suffice.— Meister Eckhart

PING—a significant of	emotional	experience		
		Duration: _	hr	_min.
TUNE IN				
TURN ON				

 $\mathbf{Day}: \ \mathsf{S} - \mathsf{M} - \mathsf{T} - \mathsf{W} - \mathsf{Th} - \mathsf{F} - \mathsf{S}$

_PING—a significant emotional expe	rience _
	Duration:hrmin.
TUNE IN	
TURN ON	

PING —a significant emotiona	l experience
	Duration:hrmin.
TUNE IN	
TURN ON	



The Quest Journal - Day Ten -

odyssey

Date: \mathbf{Day} : S - M - T - W - Th - F - S

eState	eMotion	
Experience	Feeling	Energy
Enlightenment	Nirvana	1000
Peace	Bliss	600
Joy	Serenity	540
Love	Reverence	500
Reason	Understanding	400
Acceptance	Forgiveness	350
Optimism	Willingness	310
Trust	Neutrality	250
Courage	Affirmation	200
Pride	Scorn	175
Anger	Hate	150
Desire	Craving	125
Fear	Anxiety	100
Grief	Regret	75
Apathy	Despair	50
Guilt	Blame	30
Shame	Humiliation	20

_PING—a significant emotional e	experience		_
	Duration:	hr	min.
TUNE IN			
TURN ON			

_ PING —a significant emotional exp	perience		
	Duration:	hr	min.
TUNE IN			
TURN ON			

GRATITUDE	
1.	
2.	
3.	

If the only prayer you say in your whole life is 'thank you' that should suffice.— Meister Eckhart

_PING—a significant emotional e	xperience		
	Duration: _	hrmin	n.
TUNE IN			
TURN ON			



The Quest Journal - Day Eleven -

odyssey

Date: \mathbf{Day} : S - M - T - W - Th - F - S

eState	eMotion	
Experience	Feeling	Energy
Enlightenment	Nirvana	1000
Peace	Bliss	600
Joy	Serenity	540
Love	Reverence	500
Reason	Understanding	400
Acceptance	Forgiveness	350
Optimism	Willingness	310
Trust	Neutrality	250
Courage	Affirmation	200
Pride	Scorn	175
Anger	Resentment	150
Desire	Craving	125
Fear	Anxiety	100
Grief	Regret	75
Apathy	Despair	50
Guilt	Blame	30
Shame	Humiliation	20

PING —a significant emotional e	experience	
[box 1]		
	Duration:	hrmin.
TUNE IN [box 2]		
TURN ON [box 3]		

PING —a significant emotional exper	ience		
	D		
			min
TUNE IN	Duration:	hr	min.
TUNE IN	Duration: _	hr	min.
TUNE IN TURN ON	Duration: _	hr	min.
	Duration: _	hr	min

GRATITUDE	
1.	
2.	
3.	

If the only prayer you say in your whole life is 'thank you' that should suffice.— Meister Eckhart

PING—a significant emotional experience			
	Duration: _	hr	min.
TUNE IN			
TURN ON			



The Quest Journal - Day Twelve -

odyssey

Date: \mathbf{Day} : S - M - T - W - Th - F - S

eState	eMotion	
Experience	Feeling	Energy
Enlightenment	Nirvana	1000
Peace	Bliss	600
Joy	Serenity	540
Love	Reverence	500
Reason	Understanding	400
Acceptance	Forgiveness	350
Optimism	Willingness	310
Trust	Neutrality	250
Courage	Affirmation	200
Pride	Scorn	175
Anger	Resentment	150
Desire	Craving	125
Fear	Anxiety	100
Grief	Regret	75
Apathy	Despair	50
Guilt	Blame	30
Shame	Humiliation	20

PING —a significant emotiona	ıl experience
[box 1]	
	Duration:hrmin.
TUNE IN [box 2]	
TURN ON [box 3]	

PING —a significant emotional exp	perience		
	Duration:	hr	min.
TUNE IN	Duration: _	hr	<u>min.</u>
TUNE IN TURN ON	Duration: _	hr	min.

GRATITUDE	
1.	
2.	
3.	

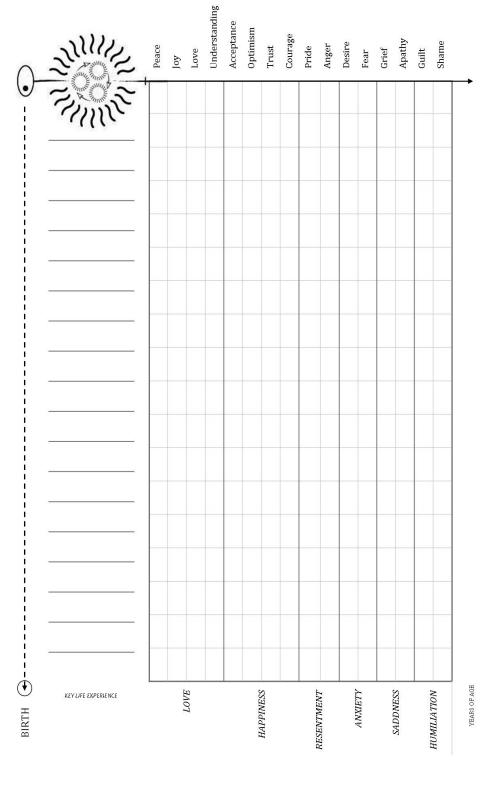
If the only prayer you say in your whole life is 'thank you' that should suffice.— Meister Eckhart

PING—a significant emotional experience			
	Duration: _	hr	min.
TUNE IN			
TURN ON			

My eMemory Inventory EARLIEST MEMORIES:	Associated eMotions: humiliation, sadness, anxiety, resentment, happiness or love
CHILDHOOD MEMORIES:	Associated eMotions: humiliation, sadness, anxiety, resentment, happiness or love

TEENAGE MEMORIES:	Associated eMotions: humiliation, sadness, anxiety, resentment, happiness or love
YOUNG ADULT MEMORIES:	Associated eMotions: humiliation, sadness, anxiety, resentment, happiness or love

RECENT MEMORIES:	Associated eMotions: humiliation, sadness, anxiety, resentment, happiness or love







Day Fourteen—Rest and Reflect on Your Week

Look back at the daily exercises and transcribe your pings in the boxes below. Note any commonalities and group accordingly. This exercise is not to assign blame, but to elevate your awareness of the people, places or events that are disturbing your energy. Observe any patterns. Also consider strategies that would help resolve the ping. Note any action necessary. Remember, courage is the gateway to high-energy states.

Day Eight Pings	Common Pings—People, Places and Events
1.	
2.	
3.	
Day Nine Pings	
1.	
2.	
3.	
Day Ten Pings	
1.	Observations / Strategies for Improvement
2.	
3.	
Day Eleven Pings	
1.	
2.	
3.	
Day Twelve Pings	Action Items:
1.	
2.	
3.	



The Quest Journal - Day Fifteen -

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eState	eMotion	
Experience	Feeling	Energy
Enlightenment	Nirvana	1000
Peace	Bliss	600
Joy	Serenity	540
Love	Reverence	500
Reason	Understanding	400
Acceptance	Forgiveness	350
Optimism	Willingness	310
Trust	Neutrality	250
Courage	Affirmation	200
Pride	Scorn	175
Anger	Resentment	150
Desire	Craving	125
Fear	Anxiety	100
Grief	Regret	75
Apathy	Despair	50
Guilt	Blame	30
Shame	Humiliation	20

PING —a significant emotional experien	ıce		
[box 1]			
	Duration:	_hr	_min.
TUNE IN [box 2]			
TURN ON [box 3]			

PING—a significant emotional experience			
	Duration:	hr	min
TUNE IN	Duración _		
TUNE IN TURN ON	Du. acioni		
	Du. acion.		

GRATITUDE	
1.	
2.	
3.	

If the only prayer you say in your whole life is 'thank you' that should suffice.— Meister Eckhart

PING—a significant emotional experience			
	Duration:	hr	min.
TUNE IN			



The Quest Journal - Day Sixteen -

odvssev

Date:	Day:	S —	M —	T —	W —	Th —	F —	S
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eState	eMotion	
Experience	Feeling	Energy
Enlightenment	Nirvana	1000
Peace	Bliss	600
Joy	Serenity	540
Love	Reverence	500
Reason	Understanding	400
Acceptance	Forgiveness	350
Optimism	Willingness	310
Trust	Neutrality	250
Courage	Affirmation	200
Pride	Scorn	175
Anger	Resentment	150
Desire	Craving	125
Fear	Anxiety	100
Grief	Regret	75
Apathy	Despair	50
Guilt	Blame	30
Shame	Humiliation	20

PING—a significant emotional	experience	
[box 1]		
	Duration:hr	min.
TUNE IN [box 2]		
TURN ON [box 3]		

f PING—a significant emotional experience			
		_	
	Duration:	hr	min.
TUNE IN	Duration:	hr	min.
TUNE IN TURN ON	Duration:	hr	min.
	Duration:	hr	_min.

GRATITUDE	
1.	
2.	
3.	

If the only prayer you say in your whole life is 'thank you' that should suffice.— Meister Eckhart

PING—a significant emotional experience			
	Duration:	hr	min.
TUNE IN			
TURN ON			



The Quest Journal - Day Seventeen -

odyssey

eState	eMotion	
Experience	Feeling	Energy
Enlightenment	Nirvana	1000
Peace	Bliss	600
Joy	Serenity	540
Love	Reverence	500
Reason	Understanding	400
Acceptance	Forgiveness	350
Optimism	Willingness	310
Trust	Neutrality	250
Courage	Affirmation	200
Pride	Scorn	175
Anger	Resentment	150
Desire	Craving	125
Fear	Anxiety	100
Grief	Regret	75
Apathy	Despair	50
Guilt	Blame	30
Shame	Humiliation	20

PING—a significant emotional experience		
[box 1]		
	Duration:hrmin.	
TUNE IN [box 2]		
TURN ON [box 3]		

Day: S - M - T - W - Th - F - S

PING—a significant emotional experience		
	Duration:	_hrmin.
TUNE IN		
TURN ON		

GRATITUDE	
1.	
2.	
3.	

If the only prayer you say in your whole life is 'thank you' that should suffice.— Meister Eckhart

PING —a significant emotional experience			
	Duration:	hr	_min.
TUNE IN			
TURN ON			

Emotion hierarchy adapted from Map of Consciousness: *Power vs. Force.* David R. Hawkins, M.D. Ph.D., 1995.

Date:



The Quest Journal - Day Eighteen -

odyssey

Date: \mathbf{Day} : S - M - T - W - Th - F - S

eState	eMotion	
Experience	Feeling	Energy
Enlightenment	Nirvana	1000
Peace	Bliss	600
Joy	Serenity	540
Love	Reverence	500
Reason	Understanding	400
Acceptance	Forgiveness	350
Optimism	Willingness	310
Trust	Neutrality	250
Courage	Affirmation	200
Pride	Scorn	175
Anger	Resentment	150
Desire	Craving	125
Fear	Anxiety	100
Grief	Regret	75
Apathy	Despair	50
Guilt	Blame	30
Shame	Humiliation	20

PING—a significant emotional experience		
[box 1]		
	Duration:hrmin.	
TUNE IN [box 2]		
TURN ON [box 3]		

PING—a significant emotional experience		
	Duration:hrmin.	
TUNE IN		
TONE IN		
TURN ON		

GRATITUDE	
1.	
2.	
3.	

If the only prayer you say in your whole life is 'thank you' that should suffice.— Meister Eckhart

PING —a significant emotional experience				
	Duration:	hr	_min.	
TUNE IN				
TURN ON				



The Quest Journal - Day Nineteen -

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Date:	Day:	S —	M —	T —	W —	Th —	F —	S
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eState	eMotion	
Experience	Feeling	Energy
Enlightenment	Nirvana	1000
Peace	Bliss	600
Joy	Serenity	540
Love	Reverence	500
Reason	Understanding	400
Acceptance	Forgiveness	350
Optimism	Willingness	310
Trust	Neutrality	250
Courage	Affirmation	200
Pride	Scorn	175
Anger	Resentment	150
Desire	Craving	125
Fear	Anxiety	100
Grief	Regret	75
Apathy	Despair	50
Guilt	Blame	30
Shame	Humiliation	20

PING—a significant emotional	experience
[box 1]	
	Duration:hrmin.
TUNE IN [box 2]	
TURN ON [box 3]	

	PING—a significant emotional experience									
n.	hrn	Duration: _								
					TUNE IN	TU				
					TURN ON	JT				
7	hrn	Duration: _								

GRATITUDE	
1.	
2.	
3.	

If the only prayer you say in your whole life is 'thank you' that should suffice.— Meister Eckhart

PING—a significant emotional experience									
	Duration:	_hrmin.							
TUNE IN									
TURN ON									

Day Twenty Exercise

Rest and Reflect on your Week.

Look back at the daily exercises and transcribe your pings in the boxes below. Note any commonalities and group accordingly. This exercise is not to assign blame, but to elevate your awareness of the people, places or events that are disturbing your energy. Observe any patterns. Also consider strategies that would help neutralize the ping. Note any action necessary.

Day Fifteen Pings	Common Pings—People, Places and Things
1.	
2.	
2.	
3.	
Day Sixteen Pings	
1.	
2.	
3.	
Day Seventeen Pings	
1.	Observations / Strategies for Improvement
2.	
3.	
Day Eighteen Pings	
1.	
2.	
3.	
Day Nineteen Pings	Action Items:
1.	
2.	
3.	



Personal Value Assessment

	E	DAY OF WEEK											
		Peace											
		Ј∘у											
		Love											
		Reason											
		Acceptance											
		Optimism											
4. My eState		Trust											
eSt		Courage											
My		Pride											
4		Anger											
		Desire											
		Fear											
		Grief											
		Apathy											
		Guilt											
		Shame											
_		POSTITIVE											
3	3.	NEGATIVE											
													-
					8 8			3 (5				0	
<u> </u>					(2)			3 (3		3		(5)	
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