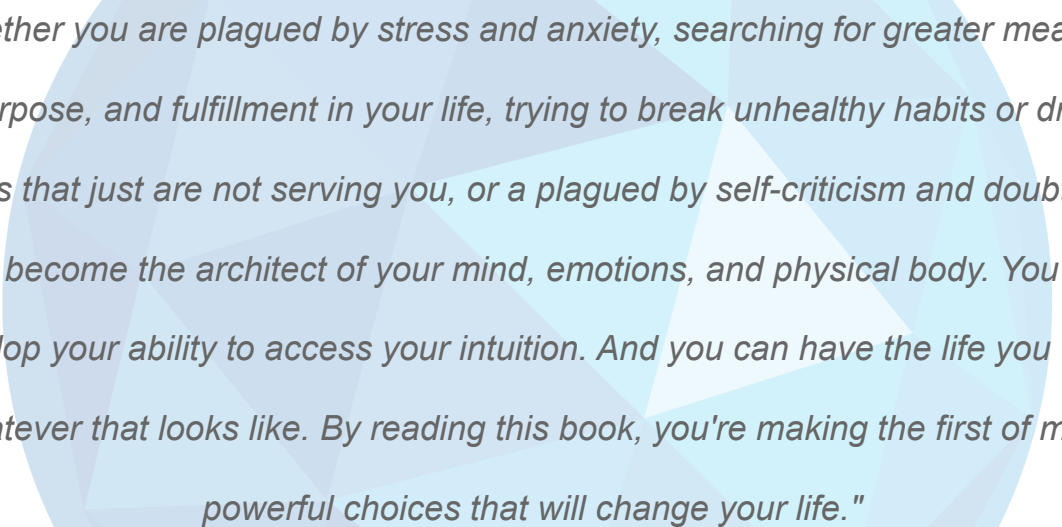




INNER**MATRIX**  
SYSTEMS

# *The Inner Matrix* Companion Workbook

*The Art & Science of Personal Mastery*



*"Whether you are plagued by stress and anxiety, searching for greater meaning, purpose, and fulfillment in your life, trying to break unhealthy habits or drop things that just are not serving you, or a plagued by self-criticism and doubt, you can become the architect of your mind, emotions, and physical body. You can develop your ability to access your intuition. And you can have the life you want, whatever that looks like. By reading this book, you're making the first of many powerful choices that will change your life."*

*-Joey Klein*



## Get the Most out of *The Inner Matrix*

To get the most out of *The Inner Matrix*, and leverage it as a training tool now and into the future, we suggest this Three Level Note-Taking Strategy.

### Level 1: Highlight

Highlight any and all sections that stand out to you as interesting or important.

### Level 2: Underline

Underline sentences or paragraphs that apply to you and where you are in your life/journey. These sentences or paragraphs are talking directly to you and your life situation!

### Level 3: Star

Put a star next to any sentence or section that is a paradigm shift. Meaning, it completely reverses or flips your old model of thinking. This section redefines how you look at yourself, others and the world.

When reviewing your book in the future, if you have more time, read the book again; if you have less time re-read the highlighted sections; even less time, just read all the underlined items, and if you only have a few minutes, go back and review your stars.





## Chapter 2: The First Relationships

*Your first, most direct patterning came from your mother and, in infancy, from your closest caregivers. We gravitate toward and align with what is most familiar to us, and we feel that familiarity because of the patterns that were imprinted on us.*

- Joey Klein

### Reflection

Thinking back to when you were in the womb of your mother, note what was present in her world. What were her life circumstances? What was her mental, emotional, physical and intuitive capacity? If you do not have access to this information about your birth mother, simply imagine and make your best intuitive guess. How does this relate to where you are today?

*Example: My mother was happy and felt secure while pregnant with me. She always says I was the easiest pregnancy and birth of her three children, and that she felt great. Interestingly, she was afraid and stressed out while pregnant with my older sister, and then depressed while pregnant with my younger sister. I can see these traits in my siblings.*

---

---

---

---

Similarly, note the same about your earliest caregivers and environment. Who was present? What were their life circumstances? What mental, emotional, physical and intuitive capacity did they have at the time? How does this relate to where you are today?

*Example: My grandparents took a hand in raising us. There was so much joy and connection in that household. We had fun, lots of laughs and togetherness. We all sang and danced together. To this day, getting together with family is a party!*

---

---

---

---





## Chapter 4: The Mind's Cage

*Even though you often are not paying attention to your thoughts, the mind is constantly thinking.  
Anyone, at any time, can access and direct their mind as they choose.*

- Joey Klein

## Reflection

Spend a few minutes in silence with your eyes closed, and simply observe the mind. Note where the mind went, what thoughts were present, what feelings surfaced. Note anything that struck you about the experience of observing the mind.

*Example: My mind was all over the place...it was like trying to follow a toddler around a crowded department store. But interestingly, it gave me the perspective of feeling separate from my mind.*

[illegible]



## Chapter 5: The Dynamic Interaction Between Mind and Emotion

*First you feel, then you think. Emotions drive the mind and the mind in turn intensifies the emotions.*

- Joey Klein

### Reflection

Thinking through your day today or yesterday, name an emotion you experienced, and see if you can name the thoughts that were driven by that emotion. Note what happened next...did the emotion intensify? What do you notice about the interplay between mind and emotion?

*Example: I woke up feeling anxious about my day and thought: how am I going to get everything done? Then I felt totally overwhelmed and resentful, and thought: why is it all up to me? Then I felt downright angry. I noticed how the emotion got worse the more I thought about it - like a spiral effect.*

---

---

---

---

---

---

---

---

---

---

---

---







## Chapter 7: Where You Live

*Stress is a fear-based emotion that we do not know how to shift. We get caught in this emotion and it creates a perpetual negative impact over time.*

- Joey Klein

## Reflection

What connections have you seen between stress in your life and physical illness?

*Example: I spent so many years under so much stress that I developed inflammatory arthritis which was caused by 'leaky gut syndrome'. I find it so interesting that our emotions live in our gut, and that mine leaked out and wreaked havoc on my body!*

[illegible]



## Chapter 8: The Transformative Power of the Intuitive Self

*Your brain is always working on your behalf. It is always highlighting and filing away what you have told it is important. Two things tell your brain what to zero in on: focus, and an intense emotion. Your brain learns to pay special attention to anything you give significant focus. It also highlights anything tied to emotion.*

- Joey Klein

### Reflection

Name a time in your life when you felt an intuitive *knowing* about something, and describe what unfolded for you in that space.

*Example: I got an automated email from my real estate agent with a new listing in my favorite neighborhood. I wasn't in the market to buy a new house and I wasn't in the position to afford this one, but the moment I saw it I knew it was my house. My agent informed me that it was in escrow with someone else. I wasn't phased by this news—I had no idea how I was going to make it happen, but I knew it would be mine. It was like suddenly, a path appeared, and everything was easy—it fell out of escrow, I found a way to make it work financially and I made it happen!*

---

---

---

---

---

---

---

---

---

---



## Chapter 9: The Mirror

*Your entire world is a mirror, but your close relationships reflect the most powerful magnification of your internal self.*

- Joey Klein

## Reflection

Think to your closest relationships today. In what ways are they a mirror reflection of you? Do you see the same patterns in your partner or close friend that you see in yourself? Do you fit like a puzzle with your partner or your boss?

*Example: Although it looks totally different on the outside, my partner and I each have a pattern of insecurity/unworthiness. In my last job, I recreated my childhood—I was frantically trying to keep everything afloat, while my bosses were distracted and destructive. I fit with that company like a puzzle.*

[illegible]



## Chapter 10: Defining Your Reality

*As you begin to embody new states of being, you become a powerful force in your environment and start to have a significant impact on those closest to you.*

- Joey Klein

### Reflection

Name a time when you defined your reality simply by shifting the way you related to a challenging situation. What would become possible if you knew how to make these shifts any time you wanted to?

*Example: I was able to do this when my dad got diagnosed with brain cancer, and it was clear that he wasn't going to survive it. Family members were so sad and suffering and I could easily have joined them. But somehow my best self took over and I decided that I was going to be grateful and joyful instead. The way I showed up had a profound influence on my family; together, we got to enjoy the last months of his life with him, and he died peacefully, surrounded by love. To this day I don't feel sad when I think about him being gone; I just feel love and gratitude. It's like I decided how it was going to be for me, and so it was. It occurs to me that if I figured out how to do this at will, it would be like having a super power—anything and everything would be possible!*

---

---

---

---

---

---

---

---

---

---

## Additional Notes

[illegible]

## Additional Notes

[illegible]