

THE HOLLAND METHOD

A PATH INWARD, A RETURN TO WHOLENESS

Dawnos™



A PATH & PRACTICE

THE WORK

A DAILY CHECKIN



VISION
(Morning)

JOURNALING

AFFIRMATION



READING

PAUSING

MEDITATION



RESISTANCE

PHYSICAL
MOVEMENT

VISION
(Evening)

REMEMBER THE VISION & HOW AM I FEELING?

(EMOTIONALLY, PHYSICALLY, SPIRITUALLY)

WHAT AM I BELIEVING?

(POSITIVE VOICE & NEGATIVE VOICE)

THE QUESTIONS TOOL

AFFIRMATION OF THE DAY & EVENING

TASK(S) FOR THE DAY

CREATIVE -

PROFESSIONAL -

RELATIONSHIP -

SELF -

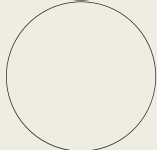
EVENING REVIEW

THE WORK

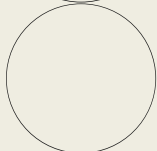
**VISION**

(Morning)

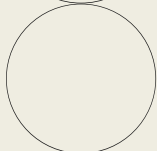
ALIGNING YOUR LIFE WITH WHAT TRULY MATTERS TO YOUR SOUL.

**JOURNALING**

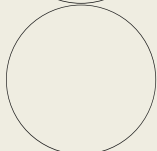
LISTENING TO YOUR INNER WORLD AND GIVING IT A VOICE.

**AFFIRMATION**

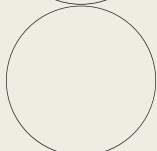
REORIENTING YOUR MIND TOWARD LOVE, WORTH, AND POSSIBILITY.

**MEDITATION**

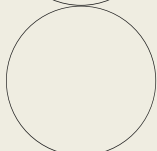
RETURNING TO PRESENCE BY QUIETING THE MIND AND LISTENING WITHIN.

**READING**

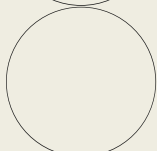
REORIENTATING TO TRUTH, OFFERING INSPIRATION AND ALIGNMENT WITH WHO YOU ARE AND WHERE YOU'RE GOING

**PAUSING**

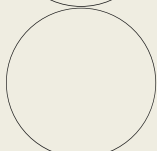
STEPPING OUT OF AUTOPILOT TO RECONNECT WITH YOUR PURPOSE.

**RESISTANCE**

FACING THE PLACES WE AVOID - AND MOVING THROUGH IT UNLOCKING ENERGY AND CLARITY.

**PHYSICAL
MOVEMENT**

SHIFTING YOUR PHYSICAL STATE, TO RESTORE YOUR EMOTIONAL BALANCE.

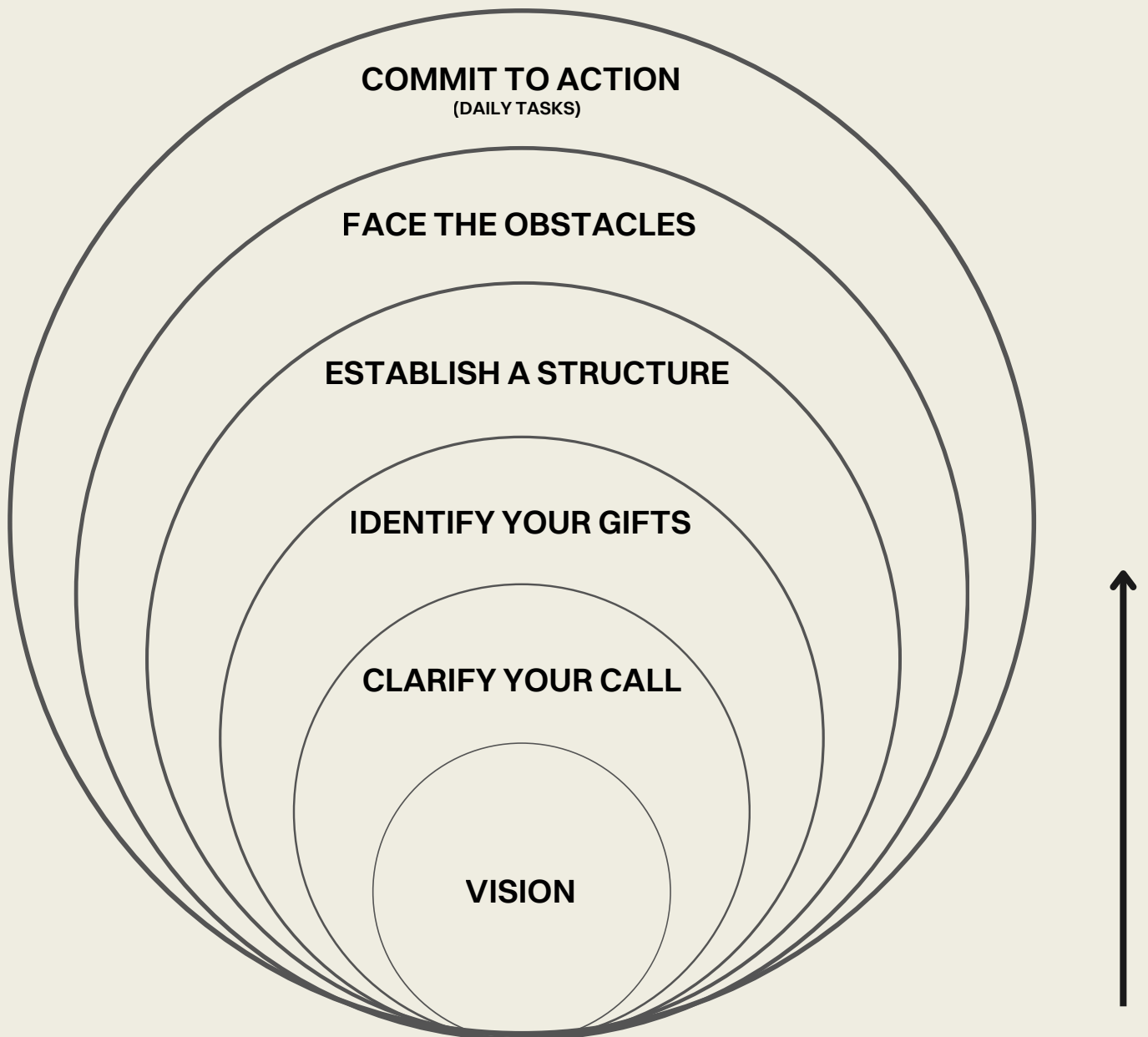
**VISION**

(Evening)

REVIEWING THE DAY - SPACE FOR REFLECTION AND ALIGNMENT BEFORE REST.

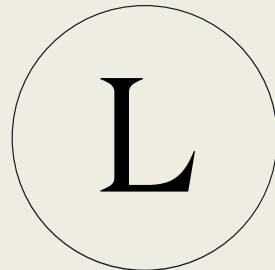
THE VISION

DAWNOS ORIENTED ALBUM // TRACK 1



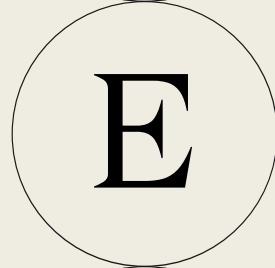
A PRACTICE TO HELP ESTABLISH YOUR VISION AND PURPOSE

LEAP



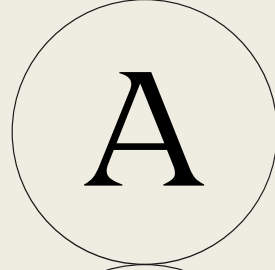
LOVE

Is this coming from love rather than fear?
Does it move you toward connection instead
of self-protection?



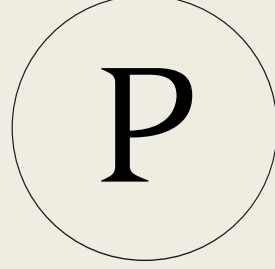
EXPANSION

Does this open you into greater freedom and
growth? Or does it contract you into old
patterns?



ALIVENESS

Does this bring energy, vitality, and presence
into your body? Or does it drain and diminish
you?

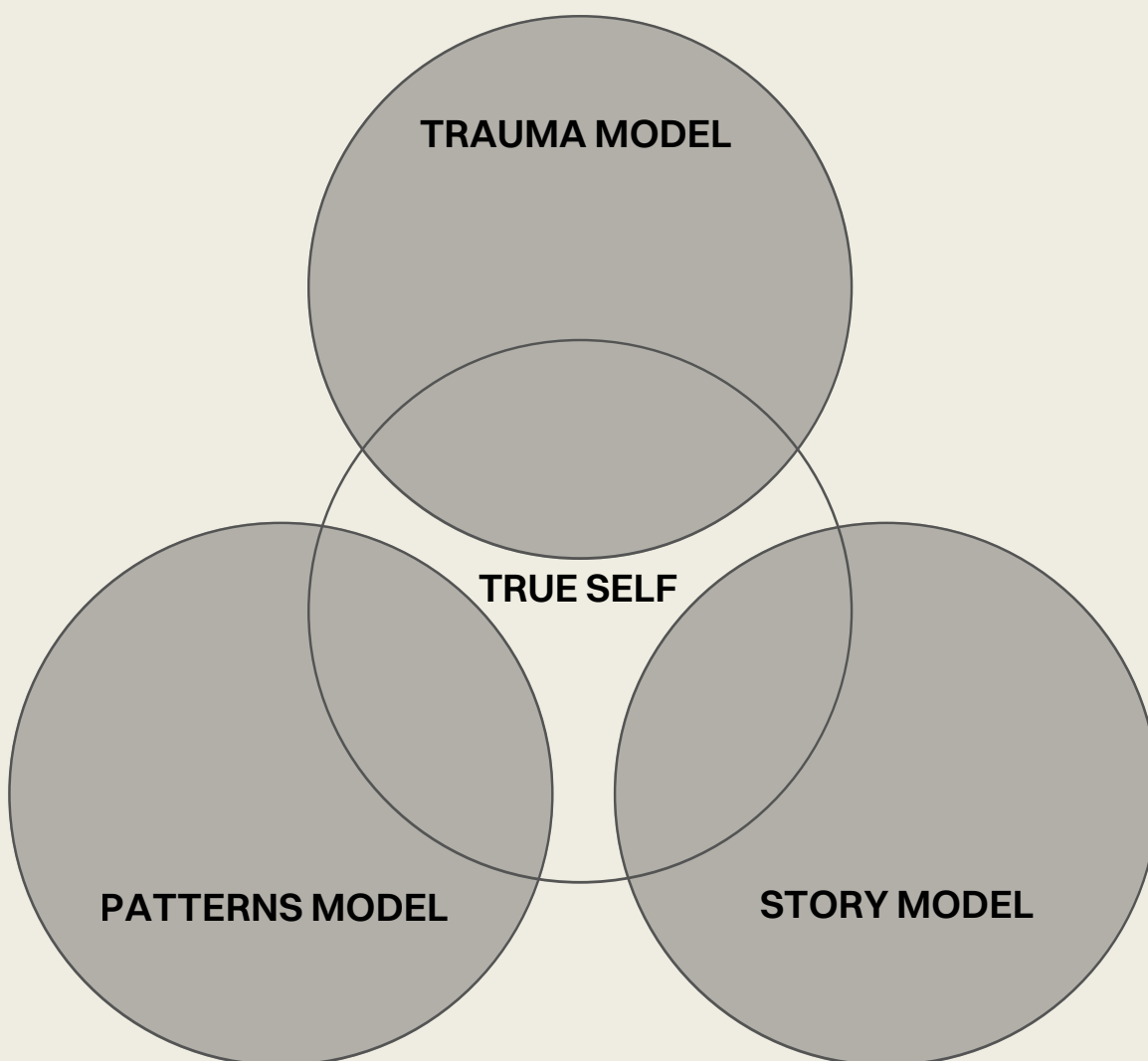


PURPOSE

Does this align with your deeper calling?
Does it serve something larger than your
ego?

THE SHADOW

DAWNOS ORIENTED ALBUM // TRACK 4
DAWNOS REORIENTED ALBUM // TRACK 3



SOURCE

DAWNOS ORIENTED ALBUM // TRACK 7

S	SEEK	Invite a Higher Power, whether you call it God or define it as your Source, to be present with you in this moment.
O	OPEN	Stay open to hearing, observing, and listening for that Source. Be mindful of anything that may be hindering your connection.
U	UNKNOWN	Embrace the unknown found in silence and observation, allowing yourself to acknowledge any distractions that draw you away from this space.
R	RESOURCE	Reach out to anyone or anything that has influenced your life—mentors, teachers, family, even those who are no longer with us. If you're seeking wisdom, welcome it into your life.
C	COMPASSION	Embrace receiving compassion and support from those who have come to mind.
E	EXPERIENCE	Embrace this moment fully; take note of the qualities, thoughts, and emotions that arise within you right now.

FELT SENSE

DAWNOS ORIENTED ALBUM // TRACK 10

1

LOCATION

If the energy were located in the body, where would it be? Notice where your body is uncomfortable. Typically, it is the first place that comes to mind.

2

COLOR

Colors can represent energy. Connecting to colors it allows you to connect more to the energy. This is also part of Chakra work, which has been around for thousands of years and is represented by colors.

3

SHAPE | SYMBOL

Identifying a shape/symbol accesses a different part of the brain region.

4

WEIGHT

There is often a weight and heaviness to our ego body's pain. How heavy does it feel?

5

TEMPERATURE

Energy has a temperature to it. We will often feel hot, warm, or cold. Often it is related to different emotions. For example, anger is often heat whereas fear, shame, or loneliness is cold.

6

AGE

This question helps make a connection to older energy of the past most often of childhood that has been stored.

THE QUESTIONS

DAWNOS DISORIENTED ALBUM // TRACK 1

1

Am I open to seeing or hearing this differently?

2

Is this a mind of fear or the mind of Love?

3

Am I willing to be in the care of Love?

4

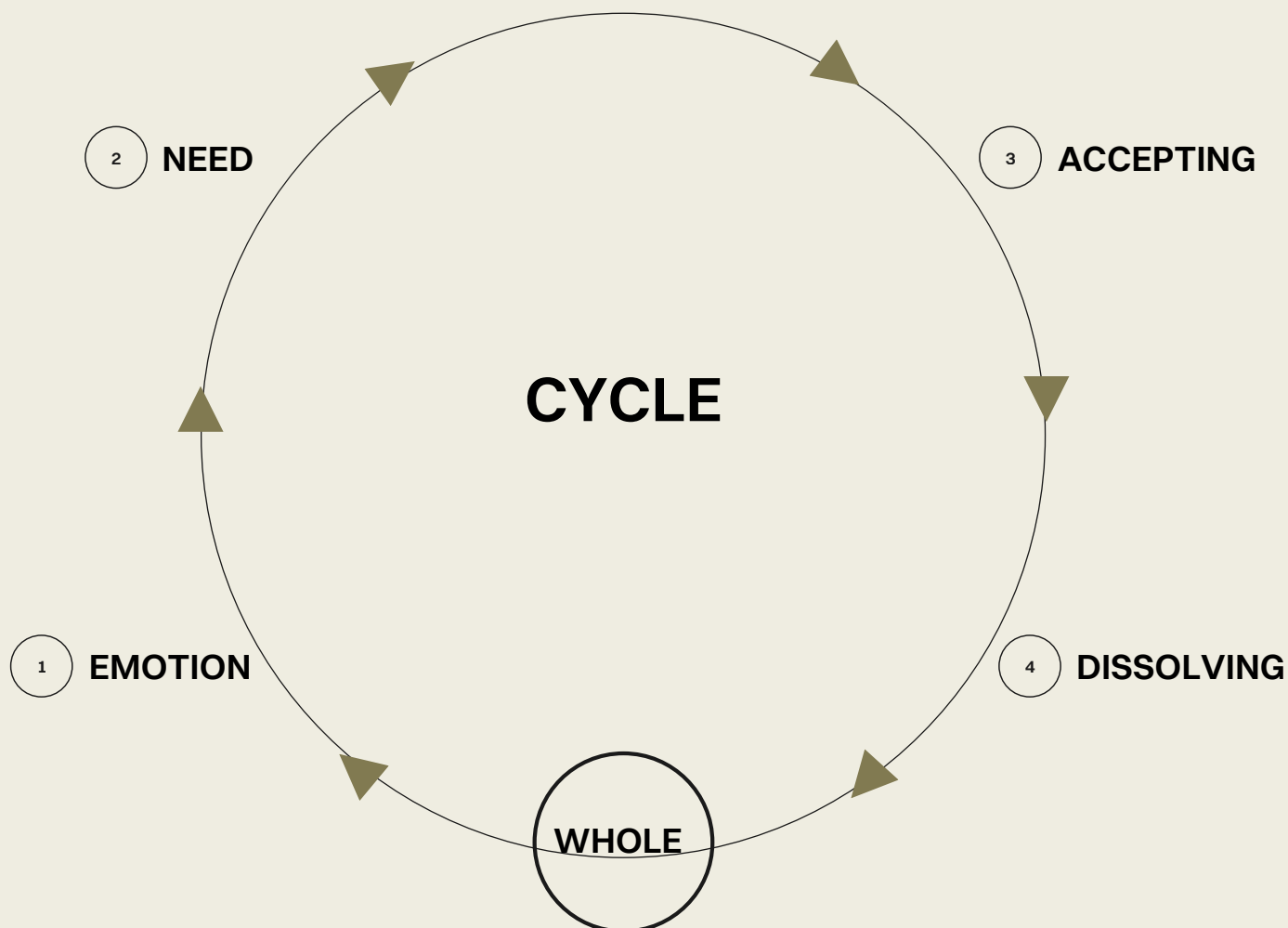
What happens when I listen or see from a mind of fear?
(What images/messages of past or future, emotions, thoughts occur?)

5

What does the mind of Love say or show?

EMOTIONAL CYCLE

DAWNOS DISORIENTED ALBUM // TRACK 4



A TOOL TO HELP YOU THROUGH EMOTIONAL INFLAMMATION, ALLOWING YOU TO COMPLETE THE EMOTIONAL CYCLE

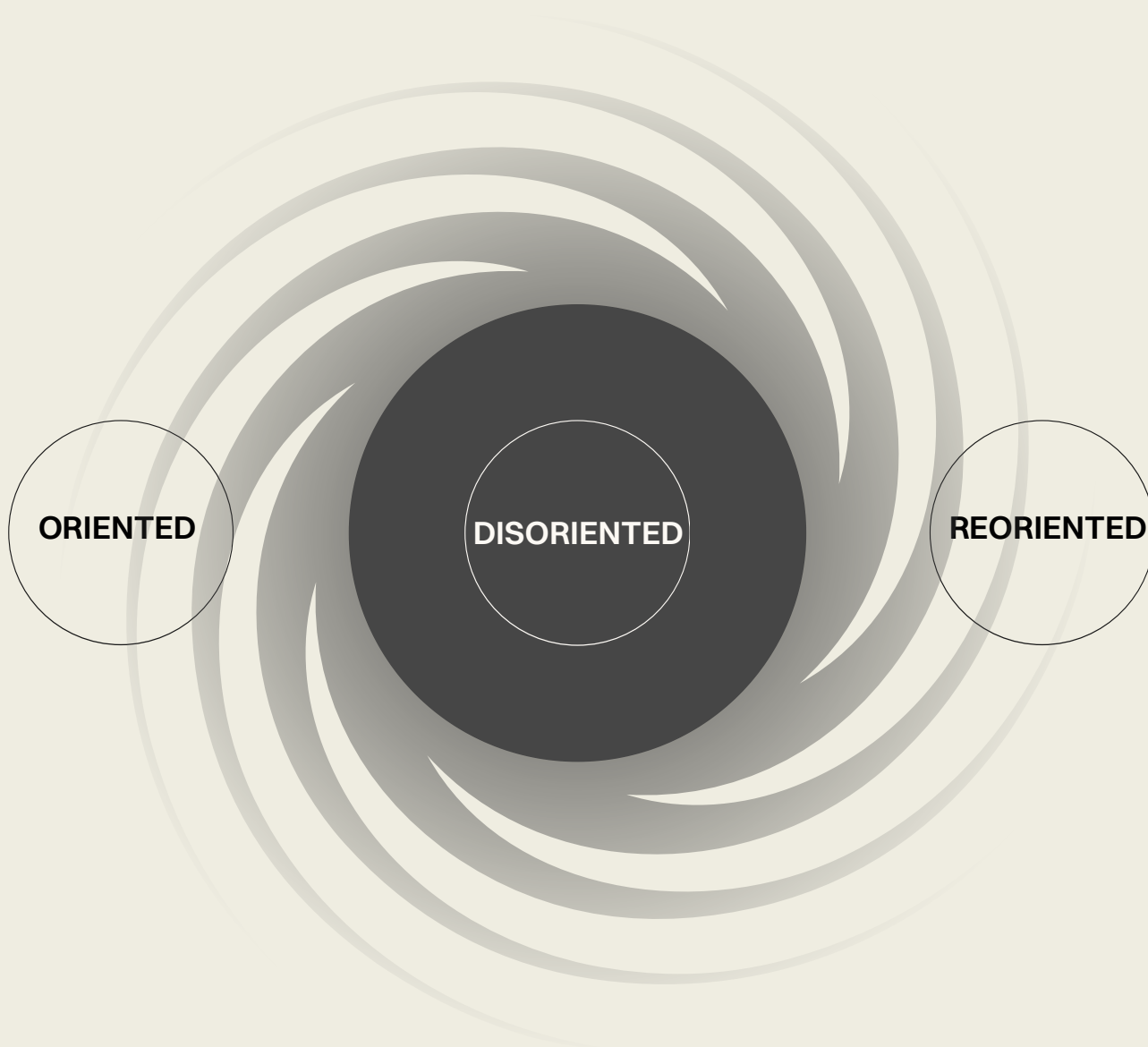
PARENT

DAWNOS DISORIENTED ALBUM // TRACK 9

P	PART	Identify the part of you that is feeling distress, the emotions, the thoughts, etc.
A	ASK	Access/Ask/Analyze where you are feeling it in your body. Allow yourself to fully connect to this part of you.
R	REMEMBER	Remember a moment from your childhood and reflect on everything you experienced—particularly what was left unfinished and what you needed but didn't receive. Visualize yourself in that situation. Connect with that younger version of yourself as deeply as you can. Concentrate on a vivid picture of yourself during that period in your life.
E	ENVISION	Envision a perfect childhood environment, a space that would have been ideally tailored for you. Envision nurturing and loving parental figures, paying attention to the details, traits, and qualities you needed during that time. Have fun with it for a moment!
N	NURTURE	Notice these loving parental qualities being shown to you. Notice being fully nurtured especially through the troubling parts of you that have been painful. Then see your adult self nurturing this part of you.
T	TRANSFORM	Wait for an Alchemy to occur. This energy will dissolve. The intensity will lessen.

VORTEX

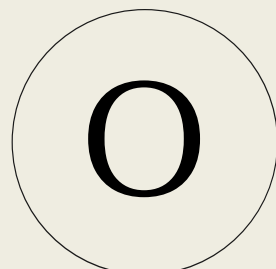
DISORIENTED ALBUM // TRACK 10 & TRACK 11



A VISUAL REMINDER THAT BENEATH CHAOS, A QUIET ORDER IS AT WORK.

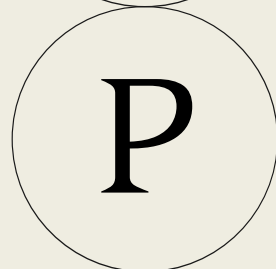
OPEN

DAWNOS REORIENTED ALBUM // TRACK 2



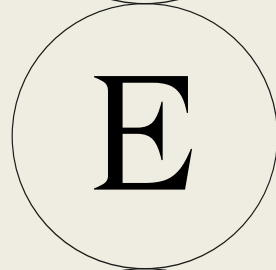
OBSERVE IT

Feel the emotions, notice the thoughts, and the story you are thinking and believing.



PERMISSION

Rather than resist the energy, try to allow it to be here, engage it.



EXPLORE

Inquire the following in the body: Location, Shape, Weight, Color, Temperature, Age (younger self).

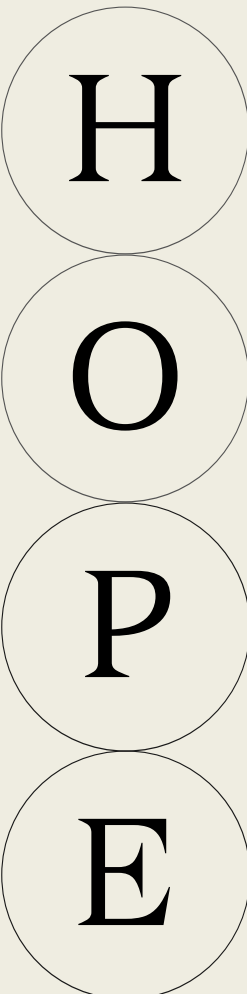


NURTURE

Allow yourself to merge with the energy, become one with it, nurture yourself through it.

HOPE

DAWNOS REORIENTED ALBUM // TRACK 6

**H****HUMANITY**

This involves fully embracing the entirety of our thoughts, emotions, and feelings. It is about experiencing the richness of life and allowing ourselves to fully engage in every moment.

O**OPEN**

The pivot involves embracing the vastness and expansiveness that lies beyond oneself. It means opening yourself to the broader world that exists beyond your individual perspective and experience.

P**PEACE**

With this shift, you embrace the notion of "it is as it should be," and a profound sense of peace begins to emerge.

E**EVERYTHING**

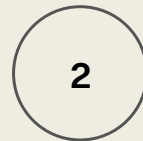
At this ultimate juncture, the understanding that you are intertwined with everything, and that everything is intertwined with you, becomes a profound realization.

THIRD WAY

REORIENTED ALBUM // TRACK 8



FIGHT |
CLINGING



FLIGHT |
ADVERSION

Clinging or escalating often springs from anger and fear—the shadow of control that tries to force solutions from a power stance, reducing everything to right vs. wrong.

When fear drives avoidance, we exercise control by not engaging—momentary relief that only postpones the real work.



ENGAGE |
FLOW

The third way receives the energy and softens it into peace and connection, releasing the demand for an immediate fix. From this stance—"everything is as it should be"—we let events unfold for ourselves and others, meeting what comes and working with it.

PRESENT

DAWNOS REORIENTED ALBUM // TRACK 10

P

PERCEIVE

Notice how you are seeing a troubling situation. Are you perceiving from a state of fear?

R

REALITY

Question if your perception is Reality. Is it true?

E

EXPERIENCE

Noticing how your Body is responding. Is it from the Ego's Body's perspective or Whole Body?

S

SOURCE

Invite in Help. Bring in Love, Support, Truth, and Peace.

E

EXPLORE

Become familiar with the Felt Sense of the energy you are holding.

N

NURTURE

Rather than resist the energy, try to allow it to be here, engage it. Nurture by merging with the energy. Learn to not resist it.

T

TRANSFORM

Wait for an Alchemy to occur. This energy will dissolve. The intensity will lessen.