

STUDENT BELT EXAM HANDBOOK

HOW TO EARN YOUR
SATORI WRISTBAND BELTS

STUDENT GUIDE

SATORIMETHOD.COM

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INTRODUCTION



Welcome!

Congratulations on choosing to walk the PATH of BUDO! Budo refers to the skills and practices developed while striving to unify the mind, body and spirit. Worked consistently, these skills and practices become intrinsic to the character of the practitioner and serve to level up those three key areas of life.

While still part of the PATH of LOVE, the PATH of BUDO implies a more directed and scheduled system of progression. One with a monitoring and accountability system meant to help keep you on your path.

With that in mind, modeling the time-tested process of a Martial Art Belt System, the Satori Wristband Belts help you measure your Mastery on your journey to your Black Belt in Life.

Don't misunderstand! You can totally create and walk your own PATH of BUDO without being part of the belt system.

But over the past 25 years Sensei and Sabrina have gathered the raw data and developed the transformative SATORI curriculum that, when followed, will help you to level up your life while releasing limiting beliefs and old patterns of behavior that no longer serve you.

When you understand your resistance, move through it, align and flow you can finally move forward to the life you desire. All of this is already incorporated into our Belt System. In fact, it's a way you can piggyback on our previous experience when walking your own path.

So whatever path you choose, enjoy the journey ahead!
Bask in your accomplishments and relish the learning along the way!

Sensei Tristan

Belts, Budo and The Path to Mastery

The ancient martial arts Model of Transformation is a great example of a dedicated student traveling a beautiful “Path to Mastery.” And their belt system, from the beginning White Belt level all the way to the advanced Black Belt, is a great symbol of that!

The tradition of using different color belts to mark a student’s progression, comes from the legend that new students started out with a white belt, but with more and more experience, their belt became darker and darker (becoming ‘stained’ with the dirt, sweat and blood of their experience.) There is a deeper symbolism to the colors of the belt progression, but let’s stick to the basics for now.

Basically, to help our members get on track, gain momentum and ultimately stick to their path of transformation we’ve implemented this same time-tested model of the student’s belt path in the Life Force Mastery Dojo (LFMD).

In fact we’ve based our entire curriculum on this **“Path to Mastery”** so you too can quickly get on track and stay on track with your personal transformation.

Now, don’t be afraid of that word, “Mastery.”

Mastery doesn’t have to be an intense or scary concept. Some people hear that term and think of it as an unreachable destination that will be the final culmination of everything. The thing is, there’s always room for more improvement and we’re always evolving and leveling up.

An Olympian can be said to have “mastered” their skill. But they are still always striving to improve and reach higher heights. There are already many skills you’ve mastered. Driving for example. You probably don’t even have to think about it anymore while you’re doing it. And just because you ‘mastered’ driving, doesn’t mean you’ve reached the pinnacle and you’re done.

In fact you’ll often hear Sensei say, **“Master your Mastery”** because no one is really ever DONE, and we can always keep on growing.

There is a Japanese term for this Path of Mastery: Budo. And on that Path we apply the attribute of: Kaizen, which means constant improvement.

Sensei has filmed an in-depth look at this topic of Mastery and how to apply our unique G.O.A.L.S. process to your life.

[You can enjoy this training HERE.](#)

THE BELT PROCESS

The Power of Cycles and Breathers

To help everyone continue to level up their energy in the Life Force Mastery Dojo (regardless of belts or exams), the entire community participates in a 30-Day Cycle followed by a 7-Day Breather.

The community all shares the same 30-Day Cycles. They are theme-based (like focusing on Presence or Flow) and they are perfect to help everyone set a positive intention that leads to an experience of more joy and harmony in life.

These scheduled 30-day cycles give your Goal a defined time period helping you implement the belt curriculum progressively and effectively.

But for those on the Belt Journey, these 30-Day Cycles also give you a defined time period in which you can follow the belt curriculum to Set a Goal and then implement the steps to achieve that goal, progressively and effectively. Following the belt curriculum gives you a tangible way to track your progress and make subtle tweaks along the way. And the short “breather” time period at the end of each cycle, helps you integrate your learning.



The “Breather” is a brief period at the end of each cycle (usually 7-10 days) where we take a little time to reflect on our last 30-day journey. We look at the positive growth as well as where we can upgrade before setting the next intention (or embarking upon earning the next belt).

The **30-Day Cycle** also aligns with the time period needed to earn your first five S.A.T.O.R.I. Belts. There is a specific belt curriculum for each belt (outlined later in this document.)

Here’s our 30-Day Cycle Tracker which we use to get the most out of participating in the Life Force Mastery cycles. You can use this whether you are officially part of the Belt System or not.

***Note:** Please know that even if you don’t want to earn a belt (at this time) you can still follow along and work on the S.A.T.O.R.I. Curriculum - at your own pace without officially submitting for a belt.

Can I Skip a Belt Cycle?

Absolutely!

This journey is uniquely your own. Only YOU know what is right for you. But rather than considering it skipping a cycle, you might hear us refer to this as being in a “Water” phase (see the next section.)

During a water phase we recommend participating in the Dojo classes and also in what is known as a “30 Day Community Cycle”.

The 30 Day Community Cycle allows us to continue working on our energy, but without working on a belt level during that 30 day period. The themes might be Purpose, or Charity, or Integrity... but whatever the theme of that cycle, everyone can participate in that cycle whether they are part of the Belt Process or not.

Everyone in the community is encouraged to use our [30 Day Cycle Tracker](#) where they can keep track of their consistency and presence in the Dojo during the community themed cycle. Additionally you can download and sign a [Declaration of Transformation](#). This is simply a declaration of your intention to participate in this 30 day cycle. It's not a specific goal and you don't have to submit it to anyone. It's just for you. Your intent to participate and let the theme of the cycle unveil itself in whatever way it chooses.

That's why this is a great option for those participating in the Belt Process that find themselves more in a “Water” phase (more details on that in the next section.)



But considering it in this way, you can still feel that you're fully participating and open to transformation, you just aren't submitting for a belt in this cycle -- and you're not “skipping” (which has negative connotations and is more prone to self-judgement.)

These 30-Day Cycles and 7-Day Breathers are not just for those on their belt journey. They work for everyone in the community!

Different people will progress through these cycles in different ways. In fact, each person may approach each new cycle in a different way.

To explain this natural rhythm that you will become sensitive to, we use the metaphors of *Fire* and *Water* in explaining how we balance the different approaches.

Let's look at each element:



FIRE

Fire represents a Yang energy state.
This energy is Hotter, Faster, seemingly*
More Assertive and Fiery



Water

Water represents a Yin energy state.
This energy is Cool, Slower, seemingly*
Less Assertive but more Fluid.

****Note the use of the word "seemingly."*** That's because it's an ILLUSION that water is less assertive. When you consider that the Grand Canyon was created by the assertiveness of a small stream of water, you can see that the assertiveness and power of the way of water is just as strong. But it is usually slower and SEEMS more relaxed and less assertive.



It is important to tune-in to where your energy state is most aligned right now and follow that rhythm as you work on upgrading your Life Force.

If you try to go against your natural rhythm, like for instance, if you're in a more 'water' phase and you try to tackle the cycle with a Fire approach, you might burn yourself out.

Similarly, if you are in a 'fire' phase but you try to go through the cycle using a 'water' approach, you may feel a flood of dissatisfaction where you start comparing to others and judging your own progress.

The gradual integration of these two different approaches creates a wonderful balance in your life and should be applied interchangeably as you move through the various Cycles. Please know that it is natural and healthy for your focus to move from one state to the other. This is why we encourage you to switch back and forth between the Fire and Water states as you journey through the various 30-Day Cycles.

So wherever you're at right now... trust what your energy is telling you to follow - Fire or Water - and know that as you awaken higher levels of energy attunement you will know exactly which state you need to cultivate next.

Learning Methods for Success

Like all Satori programs, the Belt Process incorporates two different learning modules that not only facilitates greater understanding, but drives the process of transformation so you can begin to see profound changes in your life.

The two learning models incorporated into the Belt Process are what we call *Stacked Learning* and *Layered Learning*:

Stacked Learning

Stacked Learning is a more sequential learning methodology. When you learn one thing, and that helps you learn something related to that new understanding.

As a simple example, remember when you were learning math in school? You first learn addition. You learn how to add two numbers together and what that means.

Addition example: You have two apples, and someone gives you two more apples. Now you have four apples.

Then, after you understand addition, you learn about subtraction.

Subtraction example: You have four apples, and someone takes away one apple. Now you have three apples.

The concept of subtraction is related to the concept of addition but you're actually learning a brand new skill. Just building on what you already know.

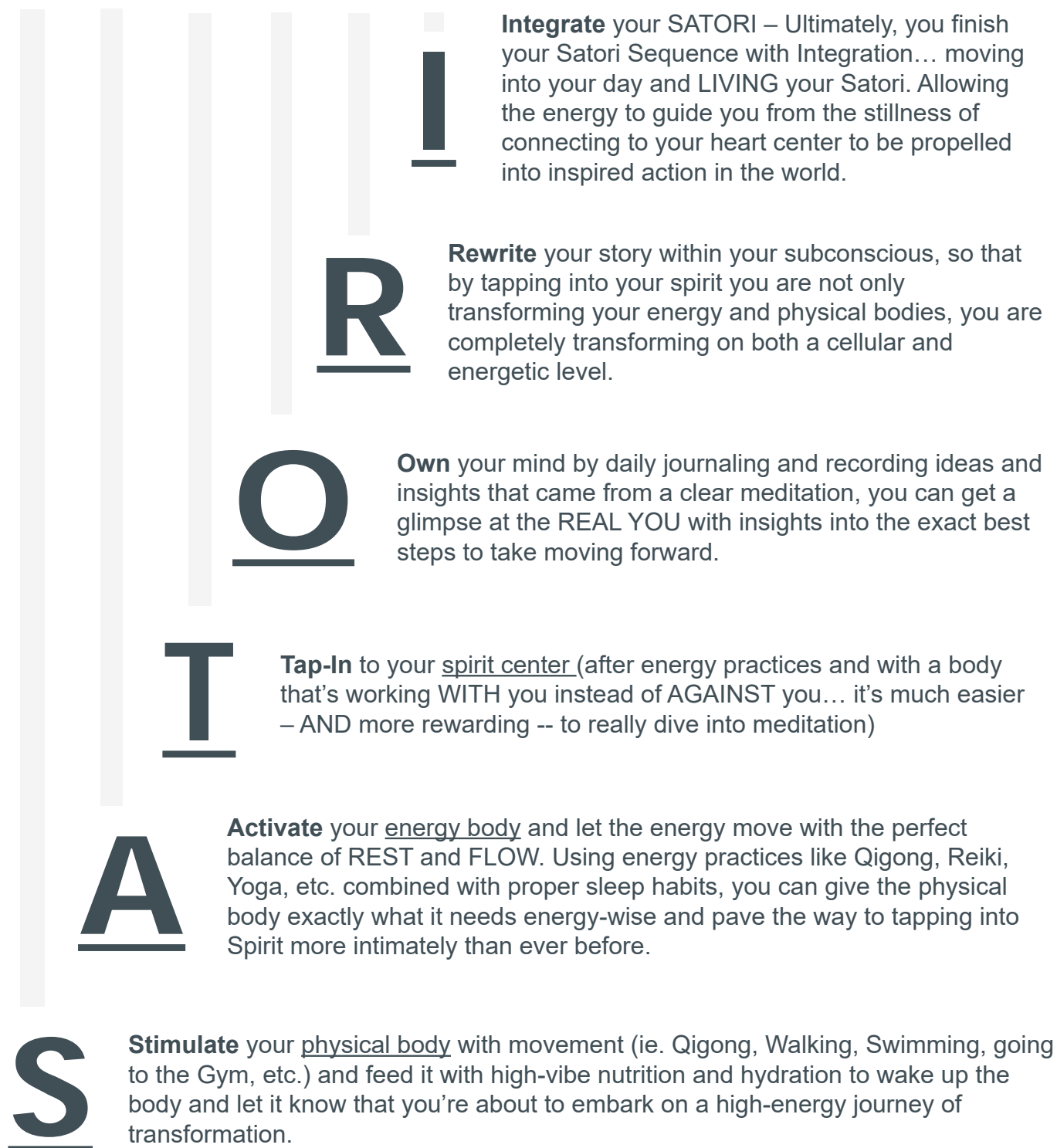
In the Belt Process, this Stacked Learning is embedded in the process itself.

What you learn for the Orange Belt, you carry with you as you earn your Blue Belt. What you learn for your Blue Belt, you continue to build on as you go for higher belts. In fact, it's important to continue the practices, insights and skills that you develop in each belt as you continue on your belt journey.

You don't just do one thing, earn a belt and move on. Whatever skill you learn, whatever practice you incorporate... you keep diving into that skill, you keep incorporating that practice... as you continue on to the next belt. In fact we suggest that you continue to submit pictures of your training from previous belt levels as you advance - this is an application of "Stacking".

Additionally, when you hear the term "S.A.T.O.R.I. Sequencing" - referring to the process of transformation illustrated by the Satori Mind-Body Map - it has this Stacked Learning model built into it. If you [watch the lesson on the Satori Mind-Body Map](#) and keep an awareness of how Stacked Learning works, it opens up a whole new understanding of why S.A.T.O.R.I. is so powerful!

For instance, in the Satori Mind-Body Map, you can see how the Stacked Learning approach is the fundamental to S.A.T.O.R.I. Sequencing:



So, in a nutshell, that's Stacked Learning. You expand and build on the scope of your skills, while still maintaining what you have already learned and understood.



Layered Learning

Layered Learning is different in that it is all about diving deeper into an already established topic or skill.

Probably the best way to understand this is to think about a book you've read more than once - or a movie you've watched more than once. The first time, you probably picked up on the broad points but the next time you would have picked up on things you missed or more subtleties. You're looking at it with new eyes, with greater understanding. So you understand more because you're seeing a greater depth.

Or a spiral staircase! Seen from above, it seems you're just going around and around – treading the same path over and over.. But really, you're going higher and higher!

To master any skill, you must master the basics. That means you do them over and over and over. And with time, comes greater understanding as you peel through layer after layer.

You might practice a single move in Qigong every day, and then suddenly, you realize if you make a slight shift in your stance, the energy flow is much greater.

This might seem simple, but it's surprisingly one thing the modern world often forgets. Recent generations seem to feel that they should be perfect at something the first time they try it or they lose interest. When the real reward happens as your understanding and ability unfolds.

Both Stacked Learning and Layered Learning are incorporated into the Belt Process so you don't really have to think about it. They help you learn and increase understanding, as well as integrating your skills into a SATORI way of life.

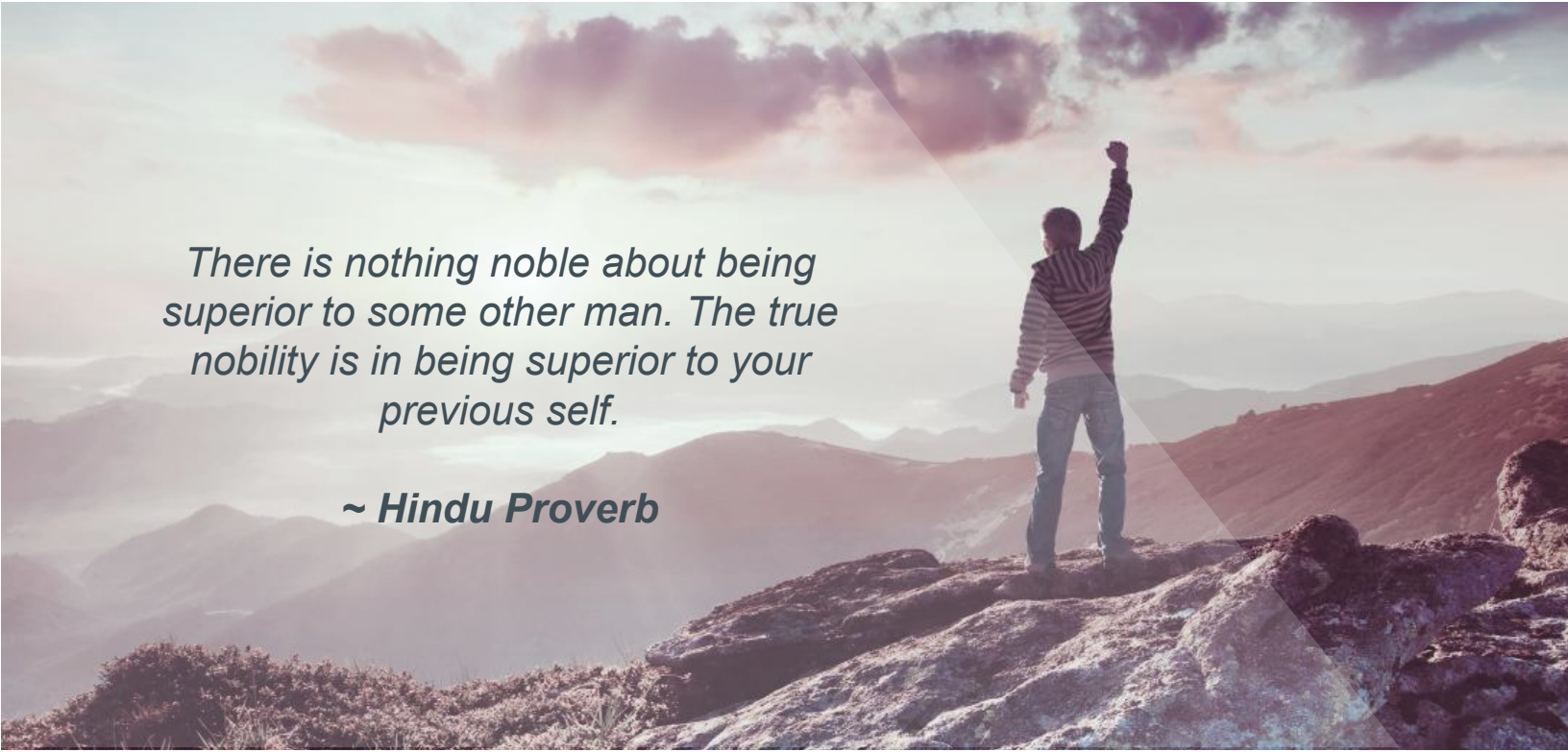
But, even if it's automatic, it's good to know what's happening. That way, if you want to incorporate these methods of learning into other areas of your life... now you know what they are and how they work.

Judgement Free Zone

The Life Force Mastery Dojo itself is a judgement free zone. But it's important to emphasize this for the Belt Process.

Why is that?

Somehow in our culture, we're taught that when we add milestones and goals we also have to accept the self-recrimination and self-judgement for not meeting those goals and milestones. Add in a community of like-minded people with similar goals, and we're also supposed to get competitive and get ahead of the pack.



There is nothing noble about being superior to some other man. The true nobility is in being superior to your previous self.

~ Hindu Proverb

So let's get this out of the way right now.

First, no one starts out perfect. Everyone must work and practice on their own path to transform and excel. And at no point along the way are you expected to be perfect. We are all a work in progress. And that's the beautiful part of it.

So if you're on the belt journey, no self-judgement alright?

You take things at your pace and you do what is right for you in that moment. As you become ready to take on more and do more, it's fine to reach for more. But not from a place of judging yourself or your progress.

And be especially watchful for that competitive ego. Because everyone is on their own path and going at their own speed.... you should NEVER use someone else's progress as a way of judging your own.

It's only natural to notice it and be inspired when someone really seems to be "getting it" and really evolving on their journey. And that's great! Be inspired. But be inspired to listen more closely to your own inner guidance for what you need to be doing. If someone is doing something that seems like it might work for you... give it a try on the next cycle. You'll know by the end of the cycle whether it's something that really will work for you at that point in time. There is no getting behind. You are not in competition with anyone. You are not perfect and are not expected to be. It's easy to do this really. Have the same compassion and patience with yourself that you have with someone else -- someone that you love. As patient and compassionate as you allow yourself to be with them --- allow that with yourself. That's a great tool that can REALLY help your journey during the Belt Process.



Community and Your Budo Buddy

While the Dojo community is completely judgement-free, there is no lack of inspiration or encouragement to everyone in the community.

Anyone in the Dojo knows that every day someone will share something inspiring... whether in the form of a thought, or question or personal realization. In a community of like-minded individuals working in concert toward a common goal, one little spark can set off fireworks! In addition to the Life Force Mastery Dojo community, some people also benefit by what we call a Budo Buddy. Budo was briefly mentioned earlier; it's a martial arts term that, used in this context, represents staying true to a personal path of mastery.

Along that path, it is very helpful to train with other students who are also dedicated to Budo. There is a lot of support and encouragement that you can find from students that are walking the same path, or students that have already walked the path you're on. Think about it. When you're working on your Blue Belt, how valuable would it be to check in with someone that has already earned their Blue Belt?

We refer to these helpers as "Budo Buddies".

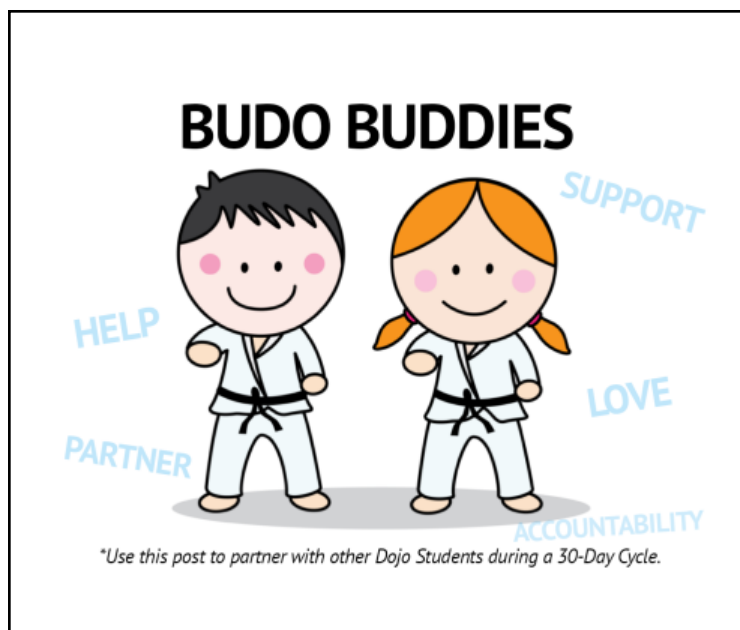
It's like having an accountability partner, but not with someone judging you or pushing you from a place of competitiveness. But rather as a reminder of what you set forth to accomplish and encouragement to stay on your path... from a place of love.

After all, at its core meaning, Budo = Love.

If you feel like you would benefit from that type of support on your individual transformational journey, you can ask in the Dojo if there are other students that would like to partner with you during a specific 30-Day Cycle. Or, if it's a partnership that works for you... Budo Buddies can continue on through multiple cycles.

When requesting a Budo Buddy, be clear about where you're at and what you're looking for at that time. For example, "I am currently in a Water phase and I could use a Budo Buddy to help with maintaining my consistency in my Dojo trainings." Or, "I'm working on my Orange Belt and would appreciate a Budo Buddy that's familiar with the requirements for an Orange Belt for guidance and to help keep me be accountable to the goals I've set forth for this 30 Day cycle."

Remember that Budo Buddies are not life coaches or therapists (at least, that's not the role they're playing as your Budo Buddy.) And the most important aspect is that, when you are asking for a Budo Buddy, you are also accepting the role of Budo Buddy to the other person. It goes both ways. For them, YOU are stepping into the role of inspiration and encouragement.



BELT EXAM REQUIREMENTS

Earning Your Belts

For every colored belt level you'll be completing specific tasks and, at the end of the cycle, a "Belt Exam".











Colored Belt Tasks

There are 8 belts that can be earned to attain the Black Belt level in the S.A.T.O.R.I. progression of learning.

Each belt is associated with a specific area of the S.A.T.O.R.I. Life Force Map. You earn each belt by completing a specific set of requirements for each level.

Following, are the exact details of how to earn each of your SATORI METHOD colored wristband belts

Milestones On Your Path To Mastery

Your Mastery Belt		Black Belt (Mastery)
Your Advanced Belts		Brown Belt (Integration)
		Red Belt (The Story)
Your Foundation Belts		Green Belt (The Mind)
		Gold Belt (The Spirit)
		Blue Belt (The Force)
		Orange Belt (The Body)
Your Starter Belt		Purple Belt (The Map)

Individual Requirements for *Your Starter Belt*

Your first belt is the Purple Belt. Attaining this belt signifies your understanding of the Satori Mind-Body Map as a blueprint for the internal journey that it represents. It is a crucial part of the underlying process moving forward as the other belts build on this understanding.

By studying and creating your own Satori Mind-Body Map you will be able to better understand how energy flows and how you can naturally tap into this flow. Studying the Map will also help you to facilitate greater health, greater energy, more success and a deeper spiritual connection.

1) Purple Belt: (The Map)

The Purple Belt symbolizes your higher vision, a sense of destiny and your attunement to the spiritual realm.

To gain your Purple Belt, over a minimum of (1) 30-day training cycle work on drawing the [S.A.T.O.R.I. Mind-Body Map](#) and then submit it at the end of the 30 day cycle. (this can be drawn by hand or designed on a computer)



To complete your Purple Belt exam:


1. Create your own version of the SATORI Mind-Body Map and take a photo of it that you can submit.
2. Write a short explanation essay of what the map means to you and any insights you gained into your own life circumstances by seeing the mind-body-spirit connection laid out in this way.
3. Optional: You can also submit a [30 Day Cycle Tracker](#)
4. At the end of the cycle, fill out the [online belt exam submission form](#), which includes several questions and a place to share your short essay about your experience with the map. There is also a place to upload the image of your own map that you created based on your understanding of the SATORI Mind-Body Map.

Individual Requirements for Your Foundation Belts

Over the next 3 belts, Orange, Blue and Gold, you are building on your understanding of the Satori Method process as you address your specific GOALS surrounding your Body, Energy and Spirit.

An important part of each of these belts is completing your Path to Mastery [G.O.A.L.S. One Sheet](#) at the beginning of each cycle. For each belt, you will submit this GOALS One Sheet through the online portal at the end of the 30 day cycle as part of your belt submission.

With each Belt level, it is important to create an effective, clear and concise Goal Statement.



*It doesn't need to be a big step, it
just needs to be a step in the right
direction.*

~Trisbrina

So now let's look at how to create an effective Goal Statement. Also for each of your Foundational Belts, we have included a fill-in-the-blank Goal Statement example for that particular belt that you can use as a template.

How To Create an Effective Goal Statement

An effective Goal Statement will have 4 main elements:

1. The result you're aiming for
2. A short-term segment of time that you're going to take to achieve this result
3. The methodology (the tasks or practices you've identified that will take you to your result)
4. How getting that result will ultimately impact your life

Let's look at each of these elements.

- **The result you're aiming for** - This is what you've identified that you want to accomplish during this cycle. As we review these elements, let's use an example that's familiar to a lot of people. For instance, someone that wants to lose weight might choose: "I will lose 5 pounds."
- **Segment of time** - We go in 30 day cycles here so this part is easy. Simply use: "During the next 30 days."
- **Methodology you're using (tasks or practices that will take you to the result you want)** - This is the behavior or discipline that you are committing to for this cycle. For instance: "I will add a 45 minute walk each day" Note that this element might also be STOPPING a behavior or pattern that is counter to your result. For instance, "I will stop eating processed foods."
- **Impact on your life** - This is the element that will provide the most motivation for you. If it's related to your key driver or something that affects you emotionally, it will have a stronger motivating factor. You have to ask yourself, ultimately WHY do I really want this result? Like losing weight... that doesn't have emotion by itself... but if you want to lose weight so that you can play more with your kids or grandkids... that paints a mind-picture that is very motivating.

Following this outline, here is an "Easy Goal Template" for an effective Goal Statement:

By **[tasks/practices]** during the next **[time]**, I will be able to **[result]** so I can **[benefit of result]**.

** Note: You can modify this template goal statement if you find one that works better for you, but this is the easiest and clearest one we have seen work for our students.*

So using the example we've created:

By adding **[a daily 30 minute exercise regime]**, during the next **[30 days]**, I will be able to **[increase my energy]**, so that I can **[spend more quality time playing with my kids]**.

There are also other factors you might consider when setting a goal:

- Some people like to have not just a Target Goal, but a Minimal Goal and a Stretch Goal. The Minimal Goal is definitely do-able and they are committing that they absolutely will do that no matter what. Where the Stretch Goal is more where they might be pushing themselves but on days they want to try a little extra, it's something they can add.
- Metrics are important in Goals. Meaning the more things you can measure, the better.

A 30 Day Cycle already gives you one thing you can measure. The time involved. Sometimes a result might be hard to quantify, but adding measurable metrics (like “5 pounds”) gives you a greater handle on how you did at achieving the result you want. And you definitely want something measurable for the tasks/behaviors you’re tackling. For instance, don’t just say you want to move more. Commit to a specific, measurable behavior (like add a 45 minute daily walk.)
Make sense?

- The closer your “so I can” statement hits to your Core Driver, the more power it will have. So think about what really motivates you. If you’re most moved by your family, find a benefit that taps into that. Think about what’s really important to you already and tap into that for your “so I can” statement. That way, you’re piggybacking on that sense of excitement and priority for your goal. It gives you a better chance of success.

So, let’s now take a look at the Foundation Belt requirements and how you can apply this Goal Statement when you’re working on each belt.



2) Orange Belt: (The Body)

Your Orange Belt symbolizes your growing physical strength, vitality and level of personal power.

To gain your Orange Belt, over a minimum of (1) 30-day training cycle you will focus on an attribute of the body and create “Physical Body” goal.



Using the Easy Goal Template to Create Your Orange Belt Goal Statement:

- By (implementing a Movement Activity and/or Healthy Eating modification)
- During the next 30 days
- I will be able to have (choose one that is most important to you in this moment: greater strength, greater vitality, better endurance, more flexibility, better tone, ideal weight, etc.)
- So I can (what is your largest driver for achieving this result? Family? Recognition by others? An important upcoming event? See below for an example on how to construct your ‘so I can’)

For example: _____

By practicing Martial Yoga three times per week during the next 30 days, I will be able to have greater flexibility, specifically in my joints, so I can keep up with and play with my kids more easily.



GOALS ONE SHEET

MY GOAL: _____

GOAL STATEMENT: (What do you stand to gain by attaining your goal?)

By hitting my goal of _____ I will be able
to _____, so that I can
_____.

MY MAIN OBSTACLE: _____

THE CONSEQUENCE: (What will you miss out on if you get distracted from your goal?)

MY ACTION STEPS:

To complete your Orange Belt exam:

1. At the beginning of the cycle, fill out your **G.O.A.L.S. One Sheet** which will guide you through this cycle. (Hold onto it, you won't submit it until the end of the cycle.)
2. During the cycle, take pictures documenting your physical goal methodology (ie. exercising, food prep, your Dojo, practice locations, muscle building, etc.) Take pictures throughout the 30 day cycle (not just all on one day) so that you document your journey.
3. Optional: You can also submit your **30 Day Cycle Tracker Grid**.
4. At the end of the belt cycle submit your exam materials and complete your essay using our **[online submission form here](#)**.

Be sure to fill out the entire online form and upload your exam images, photos and any supporting documentation.

3) Blue Belt: (The Force)

Your Blue Belt symbolizes your connection life-force energy and conveys your ability to tap into calmness, sensitivity, and a state of flow.

To gain your Blue Belt, over a minimum of (1) 30-day training period you will focus on an “Energy Body” goal. Remember that in addition to what you add during this cycle, you will continue the practices you began in the Orange Belt cycle.



Using the Easy Goal Template to Create Your Blue Belt Goal Statement:

- By (implementing an Energy Arts Practice and/or Sleep Habit modification)
- During the next 30 days
- I will be able to have (choose a result that is most important to you in this moment: greater healing, rejuvenation, connection to flow state, deeper sleep, greater energy receptivity, etc.)
- So I can (what is your largest driver for achieving this result? Being healed and able to fully embrace life? Being more open and available? Having more energy to share with those you love? Being an example or a beacon to your family? Etc.)

For example: _____

By practicing Flow Form daily during the next 30 days, I will be able to have greater energy and a deeper flow state, so I can bring a higher vibration to my clients and be a greater help in their healing journey.

To complete your Blue Belt exam:

1. At the beginning of the cycle, fill out your **G.O.A.L.S. One Sheet** which will guide you through this cycle. (Hold onto it, you won't submit it until the end of the cycle.)
2. During the cycle, take pictures documenting your energy goal methodology (ie. practicing flow moves, training tools, your Dojo, practice locations, drawings, etc.) Take pictures throughout the 30 day cycle (not just on one day) so that you document the journey.
3. Optional: You can also submit your **30 Day Cycle Tracker Grid**
4. At the end of the belt cycle submit your exam materials and complete your essay using our **[online submission form here](#)**.

Be sure to fill out the entire online form and upload your exam images, photos and any supporting documentation.



4) Gold Belt: (The Spirit)

Your Gold Belt symbolizes your connection to your higher consciousness, your sense of personal enlightenment and non-attachment.

To gain your Gold Belt, over a minimum of (1) 30-day training cycle you will focus on a “Spiritual” goal. Remember that in addition to what you add during this cycle, you will continue the practices you began during the Orange and Blue Belt cycles.



Using the Easy Goal Template to Create Your Gold Belt Goal Statement

- By (implementing a Meditation or Introspection Practice)
- During the next 30 days
- I will be able to have (choose a result that is most important to you in this moment: more inner peace, a greater sense of Presence, increased self-love, inner knowing, etc.)
- So I can (what is your largest driver for achieving this result? Being stress-free so I only share joy with those I love, Feeling a greater connection to the Divine so I can live from my truth, Knowing my Inner Wise Self so I make better decisions, etc.)

For example: _____

By adding a morning 15 minute meditation during the next 30 days, I will be able to reduce my stress, lower my blood pressure and have a greater sense of inner peace, so I can live a longer and healthier life and be there to dance at my granddaughter's wedding.



To complete your Gold Belt exam:

1. At the beginning of the cycle, fill out your **G.O.A.L.S. One Sheet** which will guide you through this cycle. (Hold onto it, you won't submit it until the end of the cycle.)
2. During the cycle, take pictures documenting your spirit center practice (ie. meditation, training tools, your journal, your Dojo, practice locations, drawings, etc.) Take pictures throughout the 30 day cycle (not just on one day) so that you document the journey.
3. Optional: You can also submit your **30 Day Cycle Tracker Grid**.
4. At the end of the belt cycle submit your exam materials and complete your essay using our **[online submission form here](#)**.

Be sure to fill out the entire online form and upload your exam images, photos and any supporting documentation.

Individual Requirements for *Your Advanced Belts*

Over the next 3 belts, Green, Red and Brown, you are integrating the work you've done in the previous belts... pulling it all together and integrating it into your Satori Lifestyle.

At this point in your Satori Belt progression, these advanced belts require you to dive deeper and reach further. So, of course, the requirements and the cycles reflect this. The Green Belt still requires a 30 day cycle, but after that, the belts require multiple 30 day cycles to complete. That's because these advanced belt cycles require more time to work on the specific belt curriculum and more time to fully integrate the requirements at these higher levels.

5) Green Belt: (The Mind)



Your Green Belt symbolizes your Flow and interconnectedness in all that you do as well as your growth and abundance that results from this Flow.

To gain your Green Belt, over a minimum of (1) 30-day training cycle you will focus on your “Journaling” and “Why Work” exercises.

Here's a Goal Statement you can use to help keep you on track over the next 30 days - feel free to tweak it to your liking:

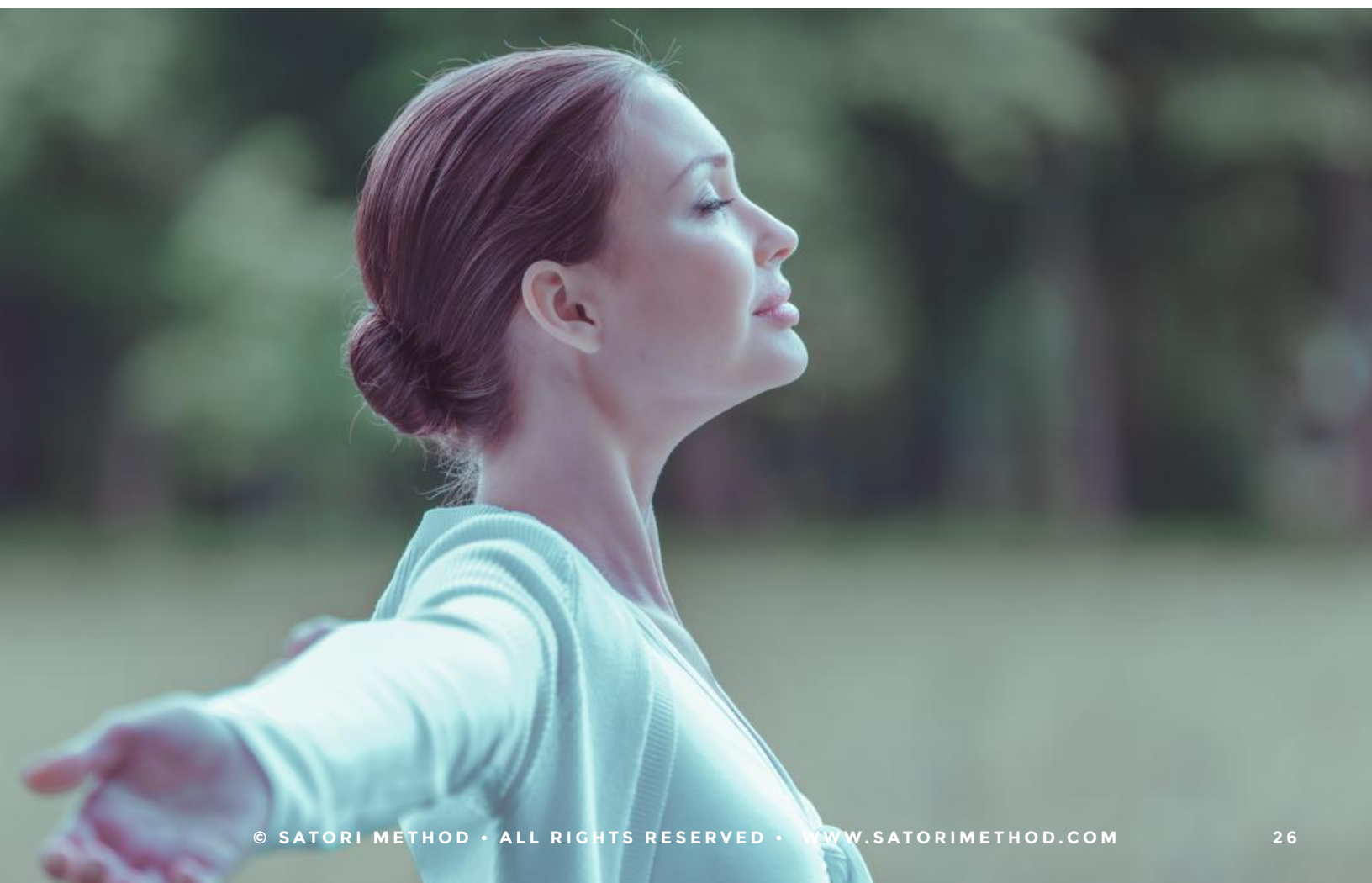
By [using the Satori Mastery Map to recognize my WHY in each of the 10 most important areas of life] over the next [30 days], I will be able to [understand what MOST motivates and satisfies me pertaining to each area] so I can [recognize which areas are most important for being satisfied in life as well as providing me with a powerful tool for motivations when challenges show up in each area].

You can **[watch this video lesson that goes deeper into what your “Why Work” entails .](#)**

To complete your Green Belt exam:

1. During the cycle, you need to go through your “Why Work” exercises and craft a ‘Why’ Statement for all 10 areas of your **Satori Mastery Map**.
2. Next you need to submit your Why Statements for all 10 areas of the Satori Mastery Map. You can submit them all in a single PDF document or use this **tool to help you** combine 10 images of your why statements into a single PDF document.
3. Optional: You can also submit your **30 Day Cycle Tracker Grid**.
4. At the end of the cycle, fill out the **online belt exam submission form**, which includes several questions and a brief essay section to share about your experience during this cycle.

Additionally upload and send in your images, photos or supporting documentation using the online form.



6) Red Belt: (The Story)



Your Red Belt symbolizes how you apply your life force, how your energy manifests in your life and your willingness to be of service.

To gain your red belt, for (2) 30-day training cycles you will focus on creating your Satori Storybook - a life mastery tool that will provide you with power visuals and auditory mantras you can use to upgrade your subconscious mind.

Here's a Goal Statement you can use to help keep you on track over the next 60 days - feel free to tweak it to your liking:

By [using what I discovered during my Green Belt to create a powerful tool called the Satori Storybook] during the next [60 days], I will be able to [have the most powerful visual and emotional mantras - that are unique to me at this time in my life] so I can [upgrade my subconscious mind and transform my life and my circumstances in the easiest and most powerful way that will lead to my highest potential in every area of my life].

You can watch [this video lesson that goes deeper into how you can create your Satori Storybook here.](#)

To complete your Red Belt exam:

1. During the cycle, you need to create your Satori Storybook.
2. At the end of the cycle, you need to submit:
 - A. 10 photo album images that make up your Satori Storybook,
 - B. OR 1 single link to a full presentation of your Satori Storybook,
 - C. OR 1 single link to a full **Mind Movie** of your Satori Storybook.
3. Optional: You can also submit your **30 Day Cycle Tracker Grid**
4. At the end of the cycle, fill out the **online belt exam submission form**, which includes several questions and a brief essay section to share about your experience during this cycle.

Additionally upload and send in your images, photos or supporting documentation using the online form.

6) Brown Belt: (The Story)



Your Brown Belt symbolizes your energetic and heart integration into your activities. It encapsulates hard-working, grounded determination in the physical realm with a heart-based and inner energetic motivation.

To gain your Brown Belt, you will take a minimum of (3) 30-day training cycles to complete this level. You will meet with Sensei Tristan at the beginning of this advanced Belt Cycle to set up your personal training regime. You can schedule this meeting by sending a request to: sensei@satorimethod.com

After meeting with Sensei Tristan you will create your perfect Brown Belt Goal Statement to help keep you on track over the next (3) 30- day training cycles.

To complete your Brown Belt exam:

1. The first part of the exam for this belt is to track your Integration skills with the Purpose Planner tool.
2. The second part of the exam for this belt is taken LIVE.
3. At the end of the cycle, you will need to submit photos of your Purpose Planner (or a digital copy of your Purpose Planner) and submit this with the **online belt exam submission form**. Please fill in all sections and be sure to including your Brown Belt essay and upload any images, photos or supporting documentation requested.

Individual Requirements for *Your Mastery Belt*

Your final belt is the Satori System is the Black Belt and while it signifies the completion of your journey of mastery, in many ways it's like the beginning of your journey also.

8) Black Belt: (Mastery)

Your Black Belt symbolizes that you are an ongoing transformation in progress, always expanding into your highest level of skill.

For (3-6) 30-day training cycles, you will work on a customized program that Sensei Tristan will create for you to integrate all of the progress and understanding you've made so far. In essence, this is a review of the entire SATORI Life Force Mastery Course curriculum.

After meeting with Sensei Tristan you will create your perfect Black Belt Goal Statement to help keep you on track over the next (3-6) 30- day training cycles.



To complete your Black Belt exam:

1. This is a LIVE exam. You will work directly with Sensei Tristan on what is required for you to attain your Black Belt, as well as what your exam will encompass and what you need to submit for your belt.
2. At the end of the cycle, you will need to fill in all sections on the [online belt exam submission form](#). Be sure to include your Black Belt essay and upload any images, photos or supporting documentation requested.

SUBMITTING YOUR EXAM MATERIALS

How to Submit Your Exam Materials Online

Your belt exam is like a “report” of how you did over the specific 30-90 belt cycle.

You can submit all of your exam materials for evaluation online.

The form will actually walk you through your exam questions but if you are confused about anything, don't hesitate to reach out for help at **satori@satorimethod.com**

In the online form there is also a section to include a short Essay about how you applied yourself to the area of focus for your particular belt level.

Your Essay should answer the following questions:

- How do I feel about my results during this cycle?
- What has been my main insight or takeaway during this cycle?
- What am I most excited to tweak for my next cycle?

The online form will also let you upload photos and images that document your journey over this belt cycle.

Belt Exam: Image Requirements

To document your journey during a belt cycle, use these guidelines to make sure the images you submit will be approved.

Take multiple images: You **MUST** take multiple images (a minimum of 5) that document your transformational journey for each belt level.

In addition to at least 2 images of **YOU** practicing your methodology/tasks/activities (that correspond with the current belt you are testing for) you should also include supplemental images of the spaces and places you practice during this belt cycle.

Supplemental images can also include photos of you continuing to implement the practices from your previous belt cycles (ie. Belt Stacking). For instance, if you are testing for your Blue Belt (Energy Flow & Rejuvenation), in addition to images showing you practicing your energy routines, you could also show images of you taking an invigorating walk and/or preparing a healthy meal (Movement & Nutrition) to show you are keeping up with your practices from your Orange Belt.



Question: How do I take images of myself?

Answer: You can either invite someone to take pictures of you, use your camera's timer or use a selfie stick.



PURPLE BELT: (The Mind-Body Map Image)

Draw the Mind-Body Map and take a photo of it.

*You can draw your map on paper or use a computer illustration program.

ORANGE BELT: (Movement & Nutrition Images)

Image Examples: Qigong, Walking, Swimming, Yoga, Workouts, High Vibe Foods.

*Remember to include your practice environments.

BLUE BELT: (Energy Flow & Rejuvenation Images)

Image Examples: Qigong, Reiki, Yoga, Walking Meditation, Healing, Massage.

*Remember to include your practice and relaxation environments.

GOLD BELT: (Meditation & Introspection Images)

Image Examples: Meditation, Standing Qigong, Prayer, Quiet Time, Journal Insights.

*Remember to include your practice and introspection environments.

GREEN BELT: (Why Statements Images)

Images: Insight pages from your Budo Journal and your Why Statements

RED BELT: (Satori Storybook Images)

Images: All 10 pages from your Satori Storybook

BROWN & BLACK BELTS

This is a Live Exam but images of your preparation training are welcome.

The Approval Process

After the submission deadline, no more submissions will be accepted for that cycle. At that time, the Satori Team will personally review your Belt Exam materials.

There will be a Graduation for those attaining a new Belt Level (those that pass the belt requirements.) The Graduation will be held online. During the Graduation, you will get specific feedback about your exam from Sensei Tristan.

Please know that sometimes there may be the need for a little extra support to help you pass a level. But after you pass, you will be notified and your belt exam fees will be processed and your Wristband Belt will be sent to you.

Your Exam Fees

There is an exam fee for all belt exams to cover the cost of the review and the wristband belt.

○ ○ ○ Orange/Blue/Gold belt exam fee – \$30

○ ○ Green/Red belt exam fee – \$40

○ Brown belt exam fee – \$60

○ Black belt exam fee – \$250

The cost of shipping your belt will be added to this fee at the time your exam fee is processed. This payment is only added to your membership account if you submit exam materials to us.



HELPFUL LINKS

Life Force Mastery - Guide & Maps:

Tools to help you deepen your understanding of the SATORI Belts.

- [Dojo Student Guide](#)
- [SATORI Mind-Body Map](#)
- [SATORI Mastery Map](#)

Cycle Tracker & Declaration:

Tools for those participating in a Community Cycle rather than a Belt Cycle.

- [30-Day Cycle Tracker Grid](#)
- [Declaration of Transformation](#)

Video Tools:

- [Belt Requirements Video](#) - Watch this video to get a deeper understanding of all of the information in this handbook.
- [Path to Mastery Masterclass](#) - An in-depth look at the topic of the Path to Mastery and how to apply the GOALS formula.
- [Mind-Body Map Discovery](#) - A deep dive video lesson on the discovery of the Satori Mind-Body Map.

Belt Process Tools:

- [Goals 1-Sheet](#) - Use this to set up your 30-Day Belt Exam Goals.
- [Exam Submission Page](#) - Use this page to submit your exam materials.
- [Mental Kung Fu](#) - Follow this Satori Process when you encounter Obstacles.