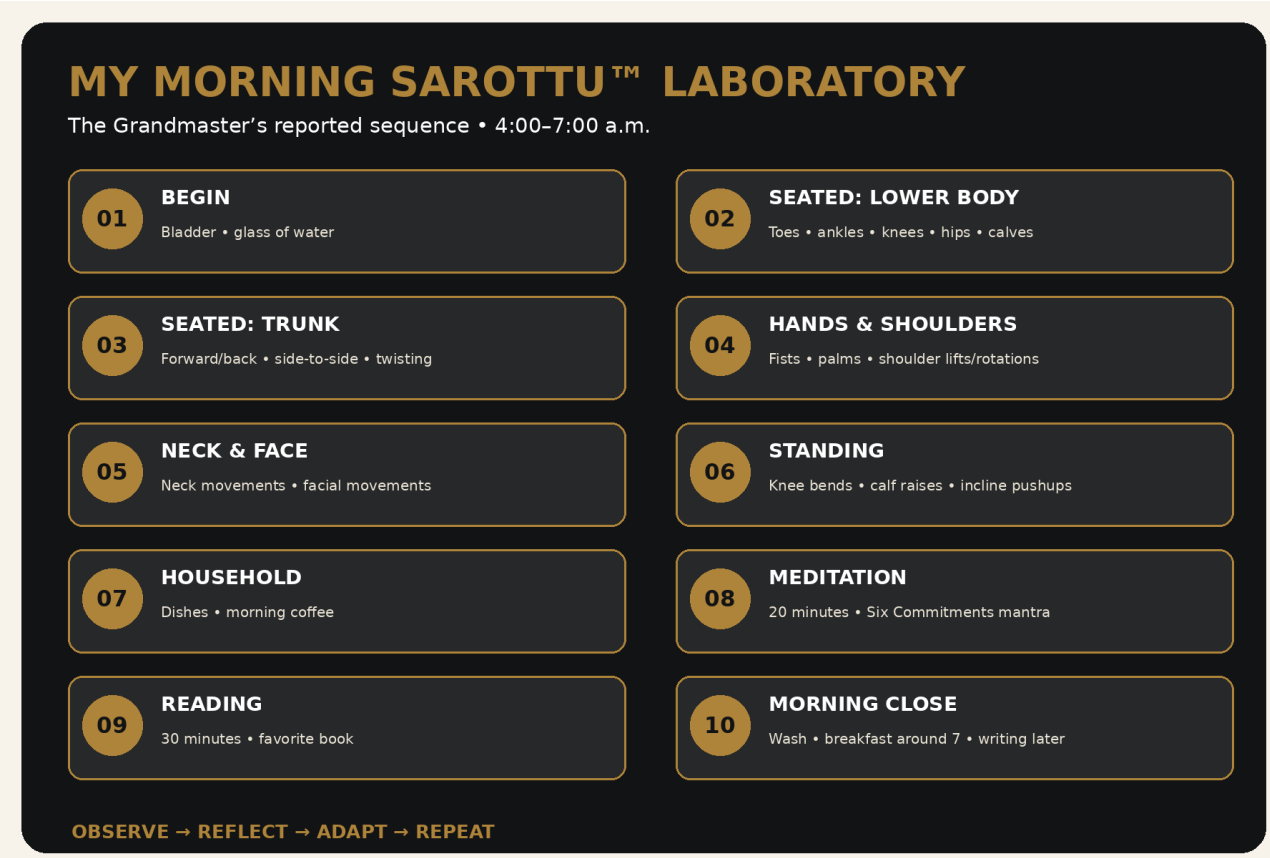
CON360MASTERY™

THE BIOLOGY OF BECOMING

Participant Workbook & Morning Laboratory Journal

My Daily SAROTTU™ Discipline and the Six Commitments of Human Becoming

Grandmaster Ralph Anthony Kemmerlin, Sr. | The Human Becoming System



Participant name: _____ Date: _____

The World Is My Classroom. My Life Is My Laboratory.

Welcome to My Human Laboratory

This companion workbook follows the teaching presentation The Biology of Becoming. It is a place to record observations, define terms in your own words, reflect on the Six Stone Men, and select meaningful actions to practice. The Grandmaster's routine is presented as a personal example; participants can identify their own appropriate actions.

SAROTTU™: Small Actions, Repeated Over Time, Transform Us.

What would I most like to learn or improve through consistent practice?

_____

_____

_____

_____

My Starting Point

What is already working in my morning routine?

_____

_____

What obstacles make consistency difficult?

_____

_____

What would meaningful progress look like in my everyday life?

_____

_____

The Biology of Repetition — Guided Notes

Skeletal muscle pump

Rhythmic muscle contractions can assist blood returning toward the heart.

In my own words / example:

_____

Neuromuscular activation

Nerves signal muscles to contract and coordinate movement.

In my own words / example:

_____

Mechanotransduction

Cells convert physical forces into biochemical signals.

In my own words / example:

_____

Proprioception

Sensing the position and movement of the body.

In my own words / example:

_____

Interoception

Noticing internal sensations such as breathing and fatigue.

In my own words / example:

_____

Motor learning / neuroplasticity

Practice can refine movement patterns and learning.

In my own words / example:

_____

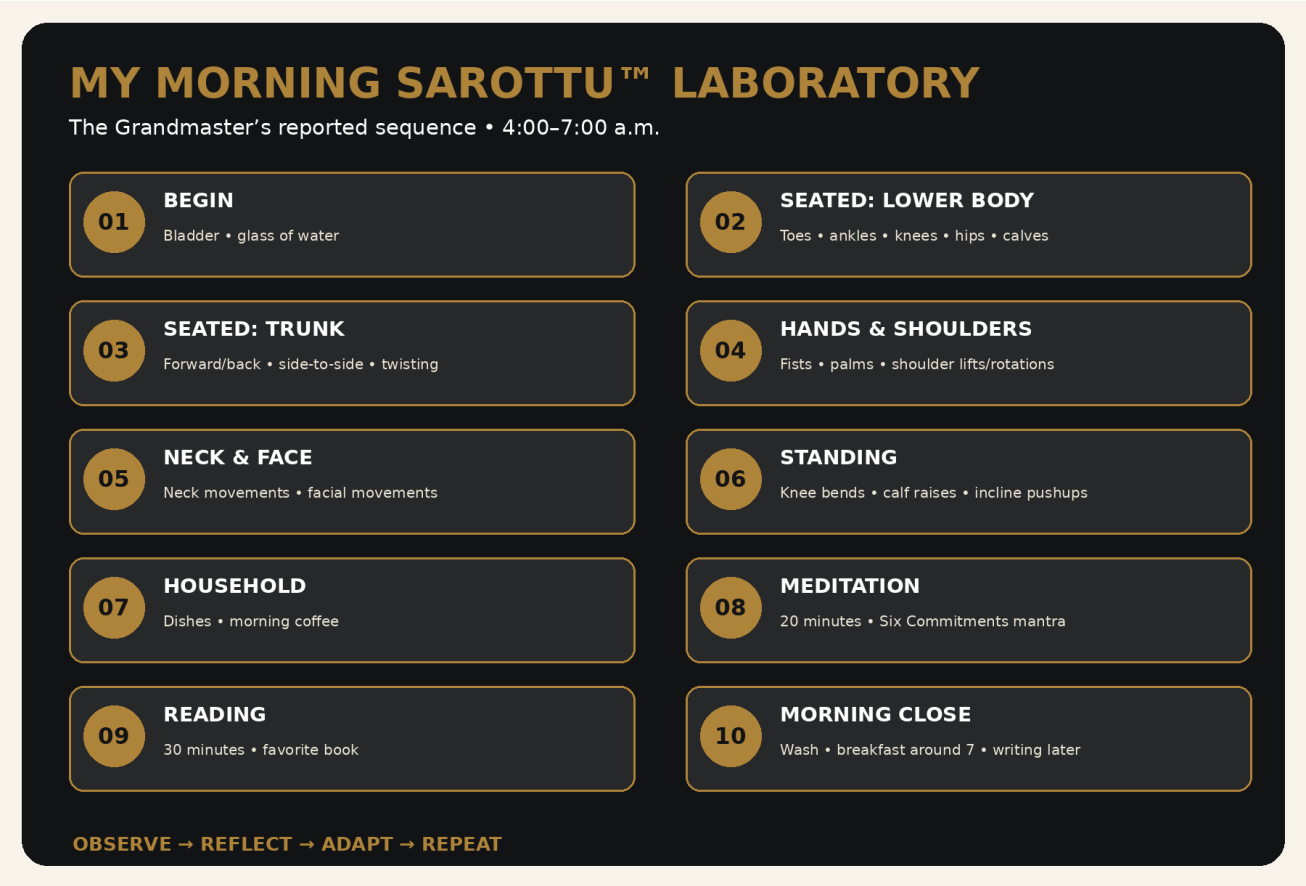
Recovery and adaptation

Changes emerge through a combination of appropriate activity and recovery.

In my own words / example:

_____

The Morning Sequence — Visual Roadmap



My personal morning start time: _____ My intended finish time: _____

Which segment is most meaningful to me, and why?

_____

_____

_____

Movement-by-Movement Observation Sheet

The Grandmaster's established sequence frequently uses 25 repetitions followed by holds. Record your own observations, questions, and any guidance relevant to your individual practice.

Region	Reported routine	My notes / questions
Toes	25 alternating up/down; stretches and holds	_____ _____
Ankles	25 pumps each direction; holds	_____ _____
Knees	25 flexions; extensions counted for each knee	_____ _____
Hips	25 seated hip lifts; isometric holds	_____ _____
Calves	25 pumps; extension holds	_____ _____
Waist / trunk	25 front/back; lateral; twists; holds	_____ _____
Hands	25 fist squeezes; palm press/release; holds	_____ _____
Shoulders	25 lifts and rotations; holds	_____ _____
Neck	25 front/back, side and turning movements; holds	_____ _____
Face / mouth	25 facial squeezes and mouth openings; holds	_____ _____
Standing knees	25 deep bends; held position	_____ _____
Standing calves	Toe/calf raises; held position	_____ _____
Upper body	25 inclined pushups; held position	_____ _____

The Six Commitments of Human Becoming

HUMAN CONSTRUCTION

I acknowledge what has shaped me. My history influences me; today, my choices contribute to my construction.

What does this commitment mean in my life today?

_____

_____

HUMAN OBSTRUCTION

I anticipate difficulty without surrendering to fear. I will examine what stands in my way, including my own habits.

What does this commitment mean in my life today?

_____

_____

HUMAN DECONSTRUCTION

I question my assumptions and familiar reactions. I seek understanding before judgment.

What does this commitment mean in my life today?

_____

_____

The Six Commitments — Continued

HUMAN RECONSTRUCTION

I choose a more deliberate response. I breathe, consider the consequences, and practice what serves my values.

What does this commitment mean in my life today?

_____

_____

HUMAN TRANSFORMATION

I strengthen change through repeated action. Today, I will complete one meaningful act of self-governance.

What does this commitment mean in my life today?

_____

_____

HUMAN BECOMING

I remain responsible for the person I am becoming. I accept my imperfections and continue the work.

What does this commitment mean in my life today?

_____

_____

Small Actions, Repeated Over Time, Transform Us.

Today's small action is: _____

Mind, Respiration, Meditation & Reading

The Six Energies: Vibration → Respiration → Thought → Emotion → Expression → Action

What changes do I notice in my breathing and attention during movement?

_____

_____

_____

During meditation, what thoughts or emotions did I observe?

_____

_____

_____

What idea from today's reading will I carry into my conduct?

_____

_____

_____

What ordinary household action can become an act of self-governance?

_____

_____

_____

Potential Benefits — Personal Reflection

Physical functioning

What movement or daily task would I like to perform more comfortably?

_____

_____

Neurological learning

Which skill or movement sequence am I practicing deliberately?

_____

_____

Psychological stability

What helps me respond thoughtfully rather than automatically?

_____

_____

Behavioral consistency

Which small action can I repeat reliably?

_____

_____

Purpose and independence

How would improvement help me participate more fully in life?

_____

_____

Daily Human Laboratory Record

Date / wake time

_____

Sleep duration / perceived quality

_____

Energy before movement (0–10)

_____

Movement comfort before / after (0–10)

_____

Back discomfort before / after (0–10)

_____

Steadiness or unusual symptoms

_____

Meditation and mantra reflection

_____

Reading completed

_____

One meaningful act of self-governance

_____

Notes / adjustments / questions for my care team

_____

My Seven-Day SAROTTU™ Reflection

Day	Small action practiced	What I observed	Tomorrow's adjustment
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

What pattern emerged this week?

_____

_____

_____

_____

What question would I like to bring to my instructor or healthcare team?

_____

_____

_____

My 30-Day Human Becoming Commitment

The small action I choose to practice:

_____

_____

_____

Why this action matters to me:

_____

_____

_____

My chosen cue or time:

_____

_____

_____

How I will observe progress:

_____

_____

_____

What I will review after seven days:

_____

_____

_____

What I will review after thirty days:

_____

_____

_____

My Closing Declaration

I am still becoming. My history influences me, but today I can observe, learn, choose, and act.

_____

_____

_____

_____