

STUDENT WORKBOOK DAY 37 - STUDENT WORKBOOK - THEORY PAST LIFE REGRESSION FOUNDATIONS



COMPLETE WORKBOOK: ALL 9 PARTS

InnerZen Wellness Manudada's Teaching Series

56-Day Practitioner Training Program

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WORKBOOK INSTRUCTIONS



Welcome to Your PLR Foundations Workbook

This workbook accompanies the complete 9-part PLR Foundations Coursebook.

How to Use This Workbook:

- Complete exercises as you finish each coursebook section
- Be honest and thorough in your responses
- Use additional pages for longer reflections
- Review your answers with supervisor or study group
- Return to exercises periodically to track growth
- Keep this workbook for your entire career

What's Inside

Reflection Questions

Deep personal inquiry exercises

Self-Assessment Exercises

Track your learning progress

Practical Application Activities

Real-world skill building

Case Study Analysis

Learn from examples

Skill-Building Practices

Develop core competencies

Integration Exercises

Connect theory to practice

Progress Tracking Tools

Monitor your development

Personal Development Plans

Chart your growth path

This workbook is your personal learning journey. Make it yours.

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Total Pages: 87

Estimated Completion Time: 40-50 hours across training period



IMPORTANT GUIDELINES



For Training Institutions:

This workbook is designed for use in supervised training programs. Students should complete exercises under guidance of qualified instructor.

For Self-Study:

If using for self-study, we strongly recommend finding a mentor or supervisor to review your responses and provide feedback.

Confidentiality:

Some exercises ask you to reflect on personal material. Keep this workbook confidential. Share only with supervisor/instructor as appropriate.

Honesty Required:

The effectiveness of this workbook depends on your honest self-reflection. There are no "right" answers to personal reflection questions.

Take Your Time:

Don't rush. Some exercises require deep reflection. Quality over speed.

PART ONE

FOUNDATIONS & PHILOSOPHY



Sections in Part One:

1. Welcome & Therapeutic Agnosticism
2. The Soul's Memory (Teaching Story)
3. What is Past Life Regression?
4. The Three Perspectives
5. Integration with Modern Psychology

Learning Objectives: Part One

1

Therapeutic Agnosticism

Understand therapeutic agnosticism and why it matters

2

PLR Definition

Articulate PLR definition in your own words

3

Belief Perspectives

Navigate different belief perspectives professionally

4

Integration

Integrate PLR with contemporary therapeutic approaches

5

Personal Stance

Develop your personal stance on practice

 **Required Reading:** Part One of Coursebook (37 pages)

Estimated Completion Time: 4-5 hours

EXERCISE 1.1: YOUR BELIEF JOURNEY

Purpose: Explore your own beliefs about reincarnation and how they affect your practice.

Instructions: Answer honestly. This is for your eyes and your supervisor's only.

1. What are your current beliefs about reincarnation and past lives?

(Check all that apply)

- I believe reincarnation is literally true
- I believe it's psychologically symbolic but not literal
- I'm genuinely uncertain/agnostic
- I'm skeptical but open
- I don't believe in reincarnation but see therapeutic value
- My beliefs are complex/don't fit categories above

Explain your belief in detail:

Exercise 1.1 Continued

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Exercise 1.1 Continued

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Exercise 1.1 Continued

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Exercise 1.1 Continued

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Exercise 1.1 Continued

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Exercise 1.1: Questions 3-4

3. How strongly do you hold these beliefs?

1 (loosely held) --- 2 --- 3 --- 4 --- 5 (deeply certain)

4. How might your beliefs help your practice with clients?

Exercise 1.1 Continued

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Exercise 1.1 Continued

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Exercise 1.1 Continued

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Exercise 1.1 Continued

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Exercise 1.1 Continued

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EXERCISE 1.2: THERAPEUTIC AGNOSTICISM PRACTICE



Purpose: Practice communicating therapeutic agnosticism across belief spectrum.

Instructions: Write how you would respond to each client's statement. Use therapeutic agnosticism principles.

SCENARIO 1: Believer Client

Client: "I know past lives are real. I've always believed in reincarnation. Can you help me access my past lives?"

Your response:

Exercise 1.3 Continued

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Exercise 1.3: Question 2

2. Of the 10 teaching lessons extracted, which three are most important for your practice?

Lesson #____:

Why:

Lesson #____:

Why:

Lesson #____:

Why:

Exercise 1.3 Continued

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Exercise 1.3 Continued

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Exercise 1.3 Continued

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EXERCISE 1.4: YOUR PRACTICE PHILOSOPHY DRAFT

Purpose: Begin articulating your personal approach to PLR.

Instructions: This is a first draft. You'll revisit and refine this at the end of training.

Complete this statement:

"I practice Past Life Regression from the perspective that

Exercise 1.4 Continued

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Exercise 1.4 Continued

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Exercise 1.4 Continued

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Exercise 1.4 Continued

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SELF-ASSESSMENT: PART ONE COMPLETION

Before moving to Part Two, assess your understanding:

Rate your confidence (1=low, 5=high):

- ___ I understand therapeutic agnosticism and can explain it clearly
- ___ I can articulate how PLR works across different belief systems
- ___ I can respond appropriately to clients with various beliefs
- ___ I understand the three perspectives (literal, symbolic, both/uncertain)
- ___ I know how PLR integrates with modern psychology
- ___ I have begun developing my personal practice philosophy

Total Score: ___/30

Areas needing more attention:

Self-Assessment Continued

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Self-Assessment Continued

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Date Part One completed: _____

PART TWO

SCIENTIFIC EVIDENCE & RESEARCH



Sections in Part Two:

1. Dr. Ian Stevenson's Research
2. Dr. Jim Tucker's Contemporary Work
3. Other Research Contributions
4. Analyzing the Evidence
5. Remaining Questions and Limitations

Learning Objectives: Part Two

01

Stevenson's Methodology

Understand Stevenson's methodology and findings

02

Tucker's Validation

Know Tucker's statistical validation work

03

Critical Evaluation

Evaluate research critically

04

Client Communication

Discuss evidence appropriately with clients

05

Honest Limitations

Acknowledge limitations honestly



Required Reading: Part Two of Coursebook (43 pages)

Estimated Completion Time: 4-5 hours

EXERCISE 2.1: RESEARCH KNOWLEDGE CHECK

Purpose: Ensure understanding of key research findings.

Instructions: Answer from memory first, then check coursebook.

1. Dr. Ian Stevenson studied past-life memories for how many years?

Answer: _____

2. How many cases did Stevenson document in detail?

Answer: _____

3. What were Stevenson's six types of verifiable evidence?

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Exercise 2.1 Continued

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Exercise 2.1 Continued

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