

Day 41 – Advanced PLR Techniques & Problem Solving

Dear Practitioner,

Today is Skills Day. This workbook is your practical training manual—filled with scenarios, exercises, self-assessments, and problem-solving tools.

You will use this workbook: ✓ For practice exercises during today's class ✓ In your homework sessions with volunteers ✓ As an ongoing reference when you face challenges ✓ To track your skill development over time

This is not theoretical. This is applied mastery.

Complete each exercise thoroughly. Practice the techniques until they become second nature. Review the scenarios until you can handle them confidently.

Your future clients will benefit from every hour you invest in practice today.

With faith in your growing mastery, Manudada

"The master has failed more times than the beginner has even tried."

Section 1: Depth Technique Practice

Exercise 1.1: Sensory Saturation Script

Write your script to guide sensory saturation (involving all 5 senses):

VISUAL: _____	AUDITORY: _____	TACTILE: _____
OLFACTORY: _____	GUSTATORY: _____	EMOTIONAL: _____

Exercise 1.2: Practice Log

Track your depth technique practice:

Session 1: Date: _____ Partner: _____
Techniques Used: _____
What Worked: _____
What to Improve: _____

Session 2: Date: _____ Partner: _____
Techniques Used: _____
What Worked: _____
What to Improve: _____

Session 3: Date: _____ Partner: _____
Techniques Used: _____
What Worked: _____
What to Improve: _____

Section 2: Resistance Troubleshooting

Exercise 2.1: Resistance Response Script

Write how you would respond to each resistance:

Resistance: "I'm not seeing anything"

Your response:

Resistance: "I'm just making it up"

Your response:

Resistance: "I can't go deeper"

Your response:

Resistance: "I'm too analytical / can't turn off my mind"

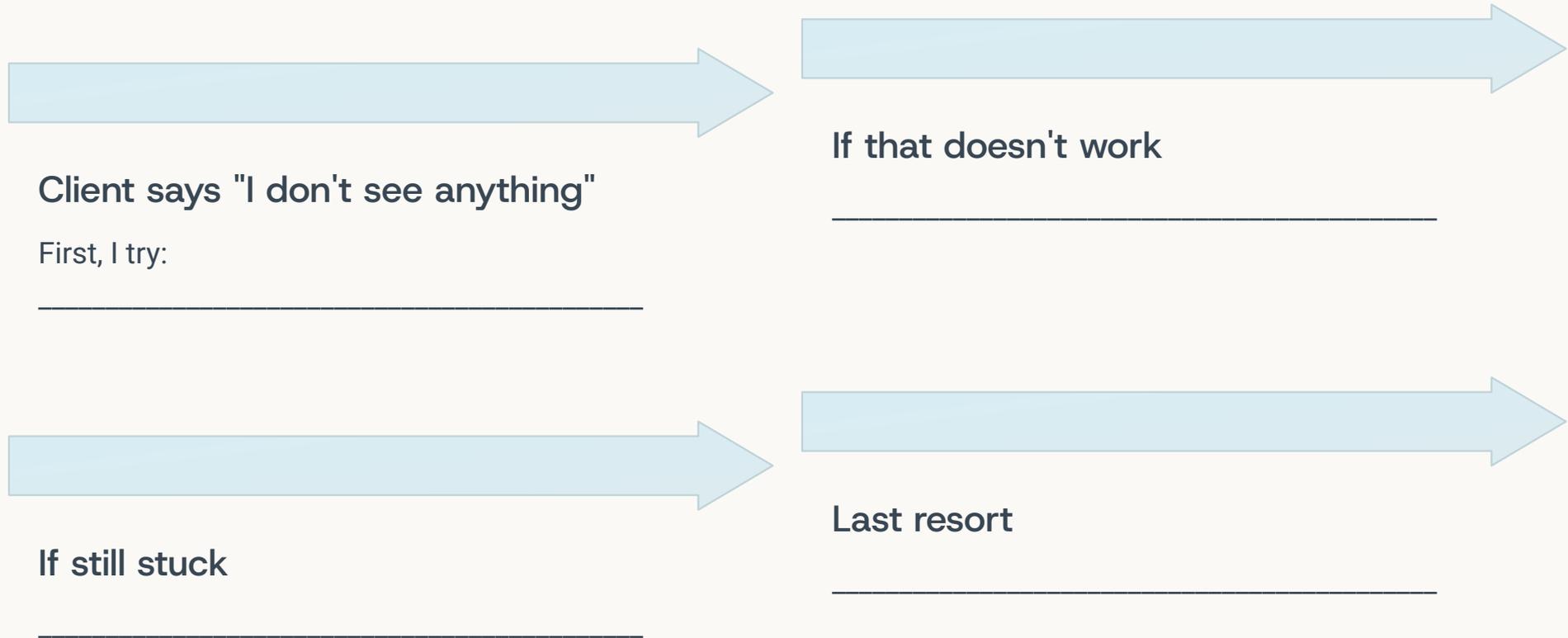
Your response:

Resistance: "I'm stuck in a scene"

Your response:

Exercise 2.2: Resistance Problem Solving Flowchart

Create your decision tree:



Section 3: Abreaction Protocol Practice

Exercise 3.1: Abreaction Response Script

Write your calm, grounding language when a client experiences intense emotional release:

1 When crying begins:

2 If emotion escalates:

3 To titrate (reduce intensity):

4 To complete the release:

5 To calm and integrate:

Exercise 3.2: Abreaction Self-Assessment

Rate your readiness (1 = not ready, 10 = fully ready):

1. I can remain calm when the client is crying intensely	1 2 3 4 5 6 7 8 9 10
2. I can provide verbal safety and reassurance	1 2 3 4 5 6 7 8 9 10
3. I can help the client complete emotional expression	1 2 3 4 5 6 7 8 9 10
4. I know when to titrate versus when to allow full release	1 2 3 4 5 6 7 8 9 10
5. I can guide integration after an intense release	1 2 3 4 5 6 7 8 9 10

Areas to strengthen:

Section 4: Issue-Specific Protocols

Exercise 4.1: Protocol Design

For each issue presented, design your PLR approach:

Issue: Client has a phobia of flying

Entry technique:

Questions to ask:

Expected past life origin:

Healing process:

Integration:

Issue: Client has chronic unexplained back pain

Entry technique:

Questions to ask:

Expected past life origin:

Healing process:

Integration:

Issue: Client repeatedly attracts emotionally unavailable partners

Entry technique:

Questions to ask:

Expected past life origin:

Healing process:

Integration:

Exercise 4.2: Case Study Scenarios

Design complete session plans:



Case 1

35-year-old woman, afraid of water, never learned to swim, anxiety near pools/ocean

My Approach:



Case 2

50-year-old man, chronic shoulder pain (right side), no medical reason, since his 20s

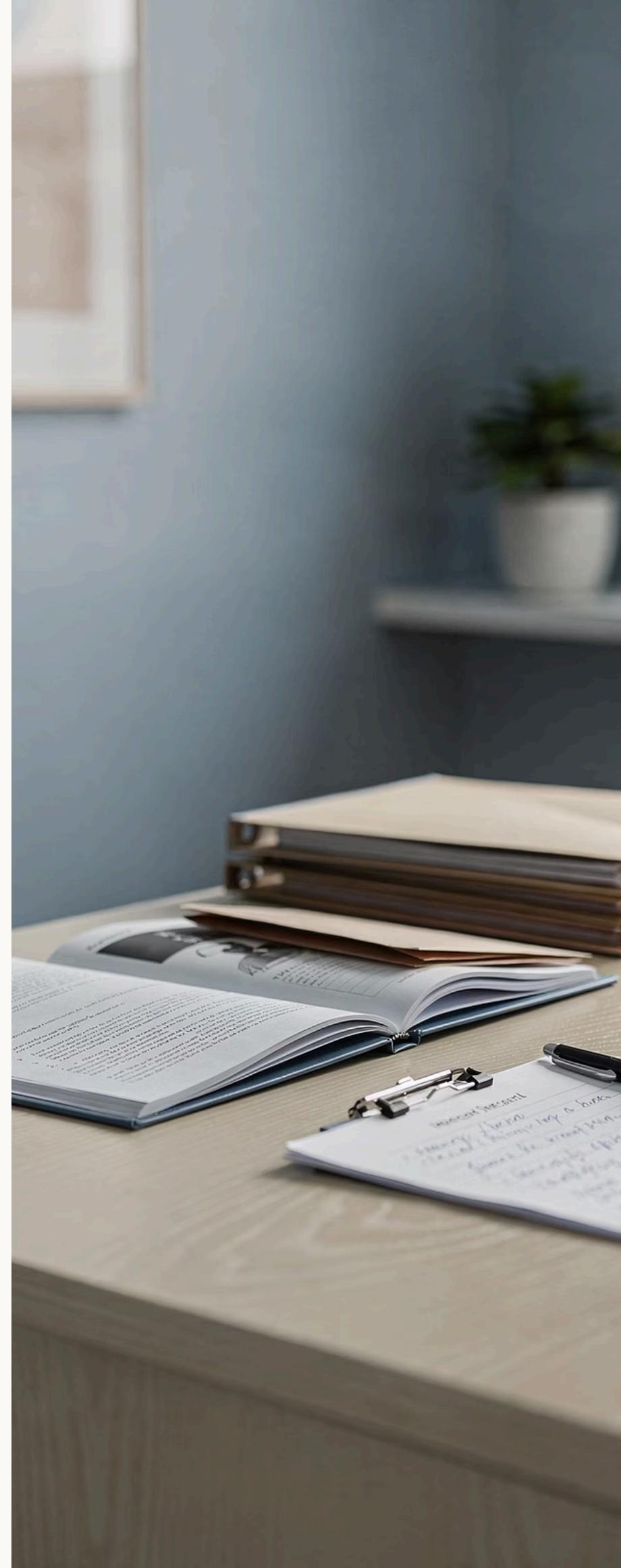
My Approach:



Case 3

28-year-old woman, deep-seated guilt she can't explain, feels she doesn't deserve happiness

My Approach:



Section 5: Ethical Dilemma Responses

Exercise 5.1: Ethical Scenarios

How would you respond?

1

Scenario: Client says "I was definitely Cleopatra in a past life"

Your response: _____

2

Scenario: Client wants you to tell them who they were in a past life

Your response: _____

3

Scenario: Client discovers they were "evil" in a past life (committed murder)

Your response: _____

4

Scenario: Client wants session after session, becoming obsessed with PLR

Your response: _____

5

Scenario: Client's past life details contradict known history

Your response: _____

6

Scenario: Client becomes suicidal after an intense session

Your immediate action: _____

Section 6: Integration Toolkit

Exercise 6.1: Post-Session Integration Checklist

Create your standard post-session protocol:

- _____
- _____
- _____
- _____
- _____
- _____

Exercise 6.2: Integration Question Template

Questions you will ask every client post-session:

Exercise 6.3: Follow-Up Protocol

My standard follow-up process:

Follow-up timing: _____

Method (email, phone, text): _____

Questions I will ask: _____

Section 7: Facilitator Confidence Building

Exercise 7.1: Facilitator Preparation Self-Assessment

Honestly rate yourself (1 = Not at all ready, 10 = Fully ready):

Technical Skills:

1. Conducting compelling inductions	1 2 3 4 5 6 7 8 9 10
2. Guiding past life regressions	1 2 3 4 5 6 7 8 9 10
3. Asking effective questions	1 2 3 4 5 6 7 8 9 10
4. Using depth techniques	1 2 3 4 5 6 7 8 9 10
5. Handling resistance	1 2 3 4 5 6 7 8 9 10
6. Managing abreactions	1 2 3 4 5 6 7 8 9 10
7. Facilitating integration	1 2 3 4 5 6 7 8 9 10

Personal Attributes:

8. Remaining calm under pressure	1 2 3 4 5 6 7 8 9 10
9. Being present and attentive	1 2 3 4 5 6 7 8 9 10
10. Trusting the process	1 2 3 4 5 6 7 8 9 10
11. Maintaining boundaries	1 2 3 4 5 6 7 8 9 10
12. Self-care and grounding	1 2 3 4 5 6 7 8 9 10

Total Score: _____ / 120

- 90-120: Ready to practice (with supervision)
- 60-89: Almost ready (continue practicing)
- 30-59: More training needed
- Below 30: Not ready yet (continue learning)

Exercise 7.2: Fear Inventory

What fears do I still hold about facilitating?

For each fear, what would help?

Fear #1 Solution:

Fear #2 Solution:

Fear #3 Solution:

Exercise 7.3: Competency Building Plan

To build mastery, I commit to:

Number of practice sessions: _____ (Aim for a minimum of 10)

Practice partners: _____

Supervision/Mentorship from: _____

Additional training I will pursue: _____

Timeline for first paying client: _____

Section 8: Full Session Practice

Exercise 8.1: Session Plan Template

Use this template for each practice session:

Client Name: _____

Date: _____ **Duration:** _____

Issue Presented:

Session Goal:

Approach:

Induction Technique: _____

Doorway Technique: _____

Anticipated Challenges: _____

Depth Techniques to Use: _____

Integration Plan: _____

Post-Session Notes:

What Worked: _____

What Didn't Work: _____

Client Feedback: _____

What I Learned: _____

Next Steps: _____

Exercise 8.2: Session Log

Track all practice sessions:

01

Session #1

Date: ____ Client: _____ Issue: _____

Outcome: _____

02

Session #2

Date: ____ Client: _____ Issue: _____

Outcome: _____

03

Session #3

Date: ____ Client: _____ Issue: _____

Outcome: _____

04

Session #4

Date: ____ Client: _____ Issue: _____

Outcome: _____

05

Session #5

Date: ____ Client: _____ Issue: _____

Outcome: _____

[Continue logging all sessions]

Section 9: Skill Mastery Checklist

Exercise 9.1: Technique Mastery Tracker

Check when you have successfully used each technique at least 3 times:

Induction Techniques:

- Progressive Relaxation
- Staircase Induction
- Elevator Induction
- Garden/Safe Place
- Light/Energy Induction

Deepening Techniques:

- Corridor of Doors
- Book/Movie Screen
- Cloud/Mist
- Direct Suggestion

Depth Techniques:

- Sensory Saturation
- Emotional Focusing
- Somatic Bridge
- Affect Bridge
- Time Compression
- Amplify and Follow

Navigating Challenges:

- Worked through "I don't see anything"
- Worked through "I'm making it up"
- Deepened surface-level regression
- Handled client resistance
- Managed abreactions

Integration Techniques and Issue-Specific Work

Integration Techniques:

- Verbal Processing
- Journaling Assignments
- Somatic Anchoring
- Future Pacing
- Action Commitments

Issue-Specific Work:

- Addressed Phobias
- Addressed Chronic Pain
- Addressed Relationship Patterns
- Addressed Guilt/Shame
- Accessed Between-Lives State

Exercise 9.2: Mastery Reflection

After 10 practice sessions, reflect:

1. Which techniques feel most natural to me?

2. Which techniques do I still struggle with?

3. What is my unique facilitation style emerging?

4. What do I do well?

5. What do I still need to improve?

6. Am I ready to work with paying clients? Yes Not yet
If not yet, what is missing? _____

Section 10: Quick Reference Guide

Problem Solving Quick Guide

1

Problem: "I don't see anything"

Solution:

- Reframe to sensing/feeling/knowing
- Use "as if" language
- Offer multiple choice suggestions
- Check trance depth
- Try a different gateway

2

Problem: "I'm making it up"

Solution:

- "Perfect, go with it"
- "What story are you making up?"
- "Whether memory or imagination, let's explore"

3

Problem: Cannot go deeper

Solution:

- Fractionation (up, then deeper down)
- Change techniques
- Ask the resistance directly
- Engage more senses

4

Problem: Stuck in a scene

Solution:

- Ask what's important about this scene
- Go forward/backward in time
- Change perspective

5

Problem: Intense emotion

Solution:

- Remain calm
- Provide verbal safety
- Allow release
- Titrate if overwhelming
- Complete expression
- Integration

Abreaction Protocol Reminder



Stay Calm (You Are The Anchor)



Verbal Protection: "You are safe, let it go through you"



Allow Release (Don't prematurely stop it)



Titrate if necessary: "Just step back a little..."



Complete: "What needs to be said/done?"



Integrate: "Take a breath, you did beautifully"



Gentle Return

Integration Checklist

- Verbal processing (What was that like?)
- Key insight (What did you learn?)
- Present life connection (How does this impact now?)
- Journaling assignment
- Concrete action (What will you do differently?)
- Follow-up plan (When to check in)

Homework Assignment – Day 41

Homework #1: Full Practice Session (Required)

Conduct at least one full PLR session with a volunteer.

Use the Session Plan Template (Section 8). Duration: minimum 90 minutes. Document thoroughly in the session log.

Volunteer's Name: _____

Session Date: _____

Completed

Homework #2: Resistance Practice (Required)

Practice responding to all 5 resistance types (with a partner or in writing).

- "I don't see anything"
- "I'm making it up"
- "Can't go deeper"
- "Too analytical"
- "Stuck in a scene"

Homework #3: Case Study Design (Required)

Complete all Case Studies in Section 4, Exercise 4.2

- Phobia Case
- Chronic Pain Case
- Relationship Pattern Case

Homework #4: Ethical Scenarios (Required)

Write responses for all ethical scenarios in Section 5

Completed

Homework #5: Self-Assessment (Required)

Complete the Facilitator Preparation Self-Assessment (Section 7)

Score: _____ / 120

Action Plan based on results:

Practice Leads to Mastery

Remember:

10

Practice Sessions

Basic Competence

50

Practice Sessions

Solid Competence

100

Practice Sessions

Proficiency

500

Practice Sessions

Mastery

You are at the **beginning** of your journey as a facilitator.

Be patient with yourself. Practice deliberately. Seek feedback. Keep learning. Trust the process.

Every master was once a beginner who didn't give up.

Final Reflection:

What commitment do I make to my growth as a facilitator?

Signature: _____ Date: _____

Hello 🙏

"Theory prepares you. Practice teaches you. Mistakes refine you." – Manudada

End of Day 41 Student Workbook

This workbook is your practical training guide. Refer to it often, complete every exercise, and track your progress. Your mastery comes from your dedicated practice.