

DAY 39 – STUDENT KARMA PATTERNS & SOUL RELATIONSHIPS WORKBOOK

दिन 39 – छात्र कार्यपुस्तिका

KARMA PATTERNS & SOUL RELATIONSHIPS कर्म पैटर्न और आत्मा संबंध

Understanding the Eternal Bonds That Shape Your Journey

PRACTICAL EXERCISES & INTEGRATION ACTIVITIES

With Manudada Ancient Vedic Wisdom Meets Modern Psychology



WELCOME TO YOUR DAY 39 WORKBOOK

Dear Soul Seeker,

Today's work is some of the most important you'll do in this entire training. Today, you explore the WHY behind your life experiences—why certain people appear, why patterns repeat, why some relationships feel ancient and others feel fated.

This workbook guides you through deep self-inquiry. Be honest. Be brave. Be gentle with yourself.

The exercises here will:

- Help you identify your karma patterns
- Map your soul relationships
- Understand past life connections
- Begin healing karmic wounds
- Prepare you to facilitate this work for others

Take your time. This is soul work. There's no rush.

With love and respect,
Manudada

"The tapestry of your life is woven with intention, purpose, and design. Today, you begin to see the pattern."

SECTION 1: UNDERSTANDING YOUR KARMA

EXERCISE 1.1: KARMA TYPE IDENTIFICATION

Understanding the three types of karma in YOUR life.

PART A: PRARABDHA KARMA (What You Were Born With)

These are circumstances you CANNOT change—they're your starting point for this lifetime.

1. **Your Family of Origin**

Who were you born to? Describe your family constellation:

2. **Your Body and Health**

What physical attributes, health conditions, or predispositions did you inherit?

3. **Your Natural Talents and Abilities**

What gifts did you seem to have from birth or early childhood?

4. **Your Early Life Circumstances**

Where were you born? Socioeconomic status? Major events in early childhood?

5. **Significant People You've "Always Known"**

Who are the people who've been in your life since the beginning?

REFLECTION: Looking at your Prarabdha Karma, what themes or lessons do you see? What might your soul have chosen to work with in this lifetime?

PART B: KRIYAMANA KARMA (What You're Creating Now)

These are your CURRENT choices—the new karma you're creating today.

1. Your Current Habits and Behaviours

What do you do regularly (daily/weekly)? List 5-10 habits:

2. Your Thoughts and Mental Patterns

What do you think about most? What's your mental soundtrack?

3. Your Current Relationships

Who are you choosing to spend time with? What energy are you putting into relationships?

4. Your Work and Service

How are you showing up professionally? What value are you creating?

5. Your Spiritual Practice (or Lack Thereof)

What are you doing (or not doing) for your spiritual growth?

SELF-ASSESSMENT:

On a scale of 1-10, how conscious are you being with your Kriyamana Karma?

1 2 3 4 5 6 7 8 9 10

(completely unconscious) (highly conscious)

What new karma are you creating that you're PROUD of?

What new karma are you creating that CONCERNS you?

What ONE change could you make today to create better karma?

PART C: SANCHITA KARMA (Your Accumulated Storehouse)

You can't directly see your entire Sanchita Karma, but you can SENSE themes that might be carried from past lives.

1. **Inexplicable Fears or Phobias**

Do you have fears that seem disproportionate to your current life experiences?

2. **Natural Skills That Came "Out of Nowhere"**

Are you naturally good at something you never formally learnt?

3. **Recurring Dreams or Visions**

Do certain images, places, or time periods appear repeatedly in dreams?

4. **Instant Attractions or Aversions**

Are there cultures, time periods, or places you feel drawn to (or repelled by) with no logical reason?

5. **Physical Marks or Unexplained Pain**

Do you have birthmarks or chronic pain in specific areas?

INTUITIVE SENSING:

If you had to guess (without overthinking), what might be some themes in your Sanchita Karma from past lifetimes?

Examples: healer, warrior, leader, victim, teacher, artist, wealthy, poor, etc.



SECTION 2: IDENTIFYING YOUR KARMA PATTERNS

EXERCISE 2.1: THE SEVEN KARMA PATTERNS SELF-ASSESSMENT

Rate yourself on each pattern (0 = not present, 10 = very strong pattern)

1

ABANDONMENT PATTERN

Fear of being left, clinging to relationships, or abandoning first

0 1 2 3 4 5 6 7 8 9 10

If scored 5+, briefly describe how it shows up:

2

POWER/VICTIM PATTERN

Seeking control OR being repeatedly victimised

0 1 2 3 4 5 6 7 8 9 10

If scored 5+, briefly describe:

3

MARTYRDOM/SACRIFICE PATTERN

Always putting others first, self-sacrifice, saviour complex

0 1 2 3 4 5 6 7 8 9 10

If scored 5+, briefly describe:

4

SCARCITY/POVERTY PATTERN

Money struggles, fear of lack, poverty consciousness

0 1 2 3 4 5 6 7 8 9 10

If scored 5+, briefly describe:

THE SEVEN KARMA PATTERNS (CONTINUED)

1

BETRAYAL/TRUST PATTERN

Been deeply betrayed, struggle
to trust, or you betray others

0 1 2 3 4 5 6 7 8 9 10

If scored 5+, briefly describe:

2

GUILT/SHAME PATTERN

Carrying deep, unexplained guilt
or shame, self-punishment

0 1 2 3 4 5 6 7 8 9 10

If scored 5+, briefly describe:

3

UNFINISHED BUSINESS PATTERN

Never completing things, leaving
projects/relationships
unfinished

0 1 2 3 4 5 6 7 8 9 10

If scored 5+, briefly describe:

YOUR PRIMARY PATTERN:

Which pattern scored highest? This is likely your primary karma pattern to work with:

EXERCISE 2.2: DEEP DIVE INTO YOUR PRIMARY PATTERN

Choose your primary karma pattern and explore it deeply.

MY PRIMARY PATTERN IS: _____

1. MANIFESTATION

How does this pattern show up in your life? Give 3-5 specific examples:

- a) _____
- b) _____
- c) _____
- d) _____
- e) _____

2. TRIGGER MAPPING

What situations, people, or events trigger this pattern?

3. EARLIEST MEMORY (This Lifetime)

When do you first remember experiencing this pattern in your current life?

Age: _____

What happened?

4. POSSIBLE PAST LIFE ORIGIN (Intuitive Guess)

If this pattern began in a past life, what might that lifetime have been like? Don't overthink—what's your first impression?

DEEP DIVE INTO YOUR PRIMARY PATTERN (CONTINUED)

1. **THE LESSON**

What is this pattern trying to teach you?

2. **THE IMPACT**

How has this pattern limited you or caused suffering?

3. **THE GIFT**

Is there any gift or strength that has emerged FROM this pattern?

4. **THE HEALING PATH**

What do you need to do to heal this pattern? (Be specific)

5. **NEW CHOICE COMMITMENT**

What ONE different choice will you make this week to begin breaking this pattern?



SECTION 3: SOUL RELATIONSHIPS MAPPING

EXERCISE 3.1: YOUR SOUL RELATIONSHIP INVENTORY

List the most significant people in your life and identify what type of soul relationship each one represents.

PERSON #1

Name/Relationship: _____

Type of Connection (check one):

- Soul Family
- Soul Mate
- Karmic Relationship
- Soul Contract
- Unclear/Combination

How did you meet? _____

First impression when you met:

How do you feel when you're with them?

What are you learning from each other?

Is there anything unhealed or unfinished between you?

YOUR SOUL RELATIONSHIP INVENTORY (CONTINUED)

PERSON #2

Name/Relationship: _____

Type of Connection:

- Soul Family
- Soul Mate
- Karmic Relationship
- Soul Contract
- Unclear/Combination

How did you meet? _____

First impression:

How do you feel with them?

What are you learning?

Anything unhealed?

PERSON #3

Name/Relationship: _____

Type of Connection:

- Soul Family
- Soul Mate
- Karmic Relationship
- Soul Contract
- Unclear/Combination

How did you meet? _____

First impression:

How do you feel with them?

What are you learning?

Anything unhealed?

[Continue this format for Persons #4-10 on additional paper if needed]

REFLECTION ON YOUR SOUL RELATIONSHIPS

Looking at all the people you listed:

1. **How many are Soul Family vs. Karmic Relationships?**

Soul Family: _____ Karmic: _____ Soul Mates: _____

2. **What patterns do you notice in the types of people you attract?**

3. **Are you surrounded by supportive relationships or challenging ones?**

4. **What types of relationships are you wanting MORE of in your life?**

5. **Are there any relationships you're ready to release or transform?**



EXERCISE 3.2: KARMIC RELATIONSHIP DEEP DIVE

Choose ONE challenging relationship—a karmic relationship that needs healing.

THE PERSON: _____

Your relationship to them: _____

1. CURRENT DYNAMIC

Describe the relationship as it is now:

2. THE PATTERN

What keeps repeating between you?

3. YOUR FEELINGS

What emotions does this person bring up in you?

4. POSSIBLE PAST LIFE CONNECTION (Intuitive)

Close your eyes. Imagine you're accessing a past life with this person. What do you see/sense/feel? (Don't overthink—first impressions)

5. WHAT NEEDS TO BE SAID

If you could speak to their soul (not their personality), what would you say?

KARMIC RELATIONSHIP DEEP DIVE (CONTINUED)

1. WHAT YOU NEED TO HEAR

What do you need to hear from them (from their soul)?

2. FORGIVENESS WORK

Are you ready to forgive them? Forgive yourself?

What I'm ready to forgive:

3. THE LESSON

What is your soul learning through this relationship?

4. NEXT STEPS

What needs to happen now (internally or externally)?

EXERCISE 3.3: SOUL CONTRACT EXPLORATION

Choose a significant relationship (could be the same as above or different).

THE PERSON: _____

Imagine your soul and their soul meeting before this incarnation and making agreements. What might those agreements have been?

SOUL CONTRACT EXPLORATION (CONTINUED)

POSSIBLE SOUL CONTRACT STATEMENTS:

"We agreed to meet so that I could learn _____"

"We agreed that you would challenge me by _____"

"We agreed that I would teach you _____"

"We agreed to experience _____ together"

"The purpose of our connection is to _____"

Looking at this soul contract:

Has it been fulfilled? Yes No Partially

If fulfilled, are you ready to release it? Yes No Unsure

If you're ready to release it, write a completion statement:

"I, _____, recognise that the soul contract between myself and _____ has been fulfilled. With love and gratitude for all we've learnt together, I now release this contract. We are both free to move forward on our individual paths. If we choose to remain connected, it will be from conscious choice, not obligation. Thank you. It is complete."

Date: _____ Signature: _____

SECTION 4: SOUL FAMILY WORK

EXERCISE 4.1: RECOGNISING YOUR SOUL FAMILY

Soul family members feel like "home." They're the souls you journey with across lifetimes, supporting each other.

WHO IS IN YOUR SOUL FAMILY?

List people who fit these criteria:

- Instant recognition when you met
- Easy, natural connection
- Shared values and worldview
- You inspire each other
- Unconditional acceptance
- No jealousy—genuine happiness for each other

SOUL FAMILY MEMBER #1: _____

How did you meet? _____

What makes this a soul family connection?

SOUL FAMILY MEMBER #2: _____

How did you meet? _____

What makes this a soul family connection?

SOUL FAMILY MEMBER #3: _____

How did you meet? _____

What makes this a soul family connection?

[Continue for additional soul family members]

SOUL FAMILY REFLECTION & MEDITATION

REFLECTION:

Do you feel you've found your soul family, or are you still searching?

If still searching, what qualities are you looking for in your soul tribe?

EXERCISE 4.2: SOUL FAMILY MEDITATION

This is a guided visualisation to connect with your soul family—those you've met and those you haven't yet.

PREPARATION: Find a quiet space. Light a candle if you wish. Sit comfortably. Close your eyes.

SCRIPT (read to yourself or have someone read to you):

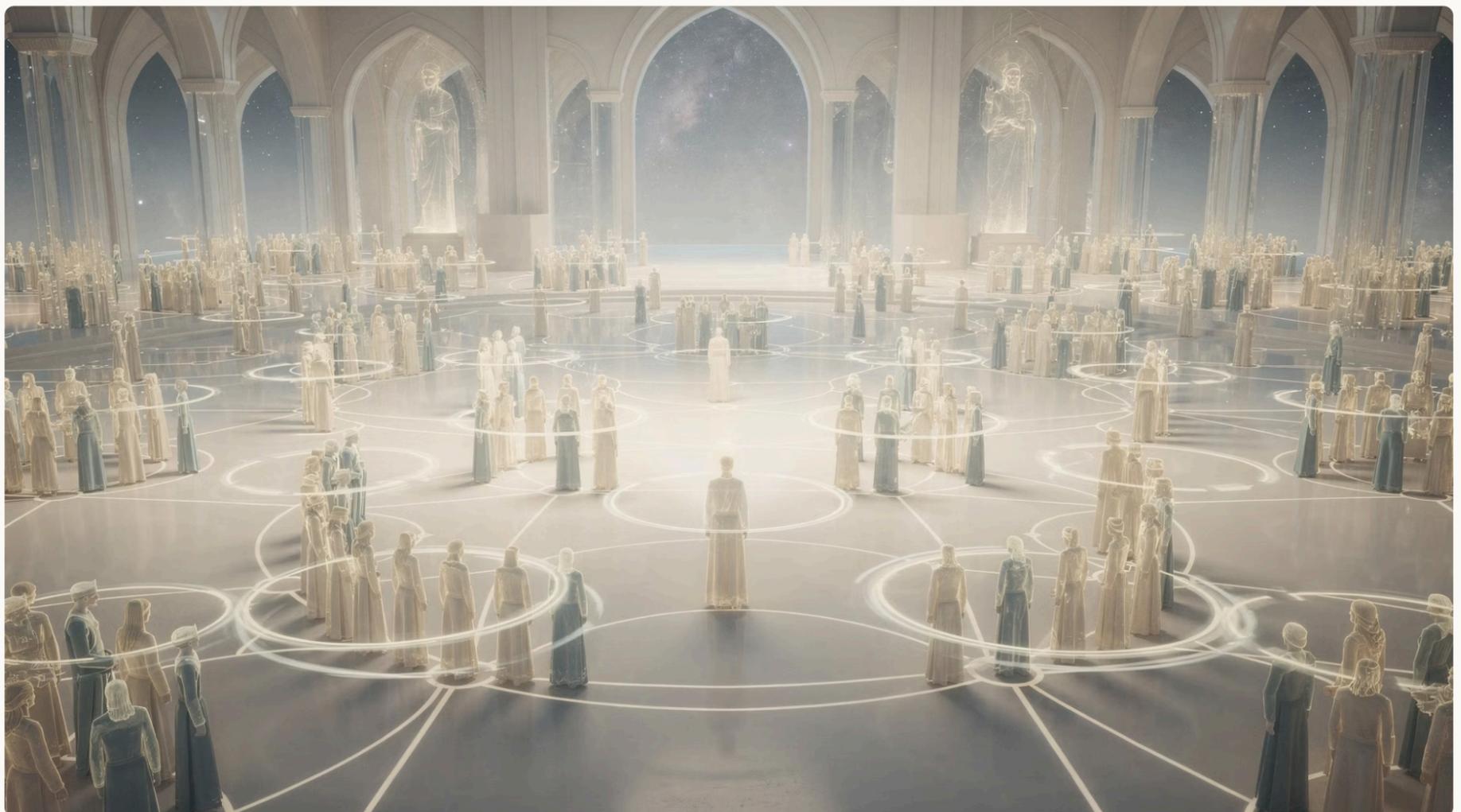
"Take a deep breath... and another... allowing your body to relax completely...

Imagine you're floating in a beautiful, sacred space... it could be a temple, a cosmic realm, a garden of light... wherever feels right to you...

This is a space beyond time and space... a place where souls meet...

And now, call in your soul family... invite them to join you...

One by one, they begin to appear... some you recognise from this lifetime... others you haven't met yet in physical form, but you KNOW them at the soul level...



SOUL FAMILY MEDITATION (CONTINUED)

Take time to look at each one... feel their presence... notice the love... the recognition... the sense of coming home...

If any of them want to communicate with you, listen... what message do they have? What do they want you to know?

(Pause for several minutes)

Now, ask them: 'What is our shared purpose? Why have we chosen to incarnate together or near each other in this lifetime? What are we here to create or heal together?'

Listen to their response...

(Pause)

Feel the love surrounding you... know that you are not alone on your journey... you are part of an eternal family of souls...

And know that even if you haven't physically met some of these souls yet in this lifetime, you WILL find them when the timing is right...

Trust the journey... trust the connection...

Thank your soul family for their presence and support...

Slowly begin to return to your physical body... feeling your breath... your body in the chair... gently open your eyes when ready."

INTEGRATION:

What did you experience?

Did any specific souls appear? Who?

What messages did you receive?

What is your shared purpose?

SECTION 5: HEALING AND RELEASE WORK

EXERCISE 5.1: FORGIVENESS LETTER (NOT TO BE SENT)

Choose someone you need to forgive—or forgive yourself. Write them a letter expressing everything you need to say. This is for YOUR healing, not theirs. You will NOT send this letter.

Dear _____,

With this letter, I release you and release myself.

[Space for writing]

Signed, _____ Date: _____

RITUAL:

After writing, you can:

- Burn the letter (safely) and release the energy
- Bury it in the earth
- Tear it up and throw it away
- Keep it in a private journal

Choose what feels right for you.

EXERCISE 5.2: CORD CUTTING VISUALISATION

Use this when you need to release an unhealthy energetic connection to someone.

PERSON YOU'RE RELEASING: _____

Close your eyes. Take several deep breaths.

Imagine the person standing in front of you. Notice any energetic cords connecting you to them—cords from your heart to theirs, your solar plexus to theirs, etc.

These cords represent energetic attachments—unfinished business, resentments, dependencies, etc.

Now, call in your higher self and any spiritual guides or angels.

With love and intention, imagine golden scissors or a sword of light cutting these cords—gently, cleanly, completely.

As each cord is cut, say: **"I release you with love. I release myself with love. I am free. You are free."**

Watch as the cords dissolve into light.

Feel yourself becoming lighter, clearer, more free.

Thank the person for the lessons learnt.

Send them on their way with blessings.

Return your energy to yourself. Feel complete and whole.

When ready, open your eyes.

REFLECTION:

How do you feel after this visualisation?

Do you still feel connected to this person, or has something shifted?

