

Day 38 - Student Manana & PLR Induction Workbook



Manana & PLR Induction

Contemplative Practice & Deep Trance Techniques

Practical Exercises & Integration Activities

With Manudada - Ancient Vedic Wisdom Meets Modern Psychology

Welcome to Your Day 38 Workbook

Dear Soul Seeker,

This workbook is your companion for today's profound journey into Past Life Regression induction techniques. Today is experiential—you'll practice, explore, and integrate deep work with consciousness.

This workbook contains:

- Pre-session preparation exercises
- In-class practice tracking forms
- Manana meditation logs
- Trance depth assessment tools
- Doorway technique practice guides
- First lifetime access documentation
- Post-session integration questions
- Homework assignments
- Self-assessment and reflection prompts

Take your time with each exercise. Be honest. Be curious. Be gentle with yourself.

This is sacred work. You are learning to guide consciousness itself.

With love and respect,

Manudada

"The workbook is the map. The practice is the journey. The soul is the guide."

Section 1: Pre-Session Preparation

Complete this section BEFORE today's practical session begins.

Exercise 1.1: Personal Readiness Assessment

Answer honestly:

1. How do you feel about learning PLR induction today?

- Excited and ready
- Curious but nervous
- Skeptical but open
- Anxious or fearful
- Other: _____

2. Have you ever experienced any form of trance state before? (meditation, hypnosis, deep relaxation, "zoning out"?)

3. Do you believe in past lives/reincarnation?

- Yes, definitely
- I think it's possible
- I'm unsure/agnostic
- No, but I'm open to the therapeutic value
- No, I'm skeptical

Note: Your belief is not required for this work to be effective!

4. What are your hopes for today's session?

5. What are your fears or concerns about today's work?

6. On a scale of 1-10, how comfortable are you with:

- Entering deep relaxation states myself: 1 2 3 4 5 6 7 8 9 10
- Guiding others into altered states: 1 2 3 4 5 6 7 8 9 10
- Accessing my own unconscious material: 1 2 3 4 5 6 7 8 9 10
- Holding space for others' emotions: 1 2 3 4 5 6 7 8 9 10

Exercise 1.2: Intention Setting

Write your intention for today's practice. What do you wish to learn, experience, or develop?

MY INTENTION FOR DAY 38:

Now, place your hand on your heart and speak this intention aloud to yourself.

Exercise 1.3: Grounding Practice

Before deep trance work, we ground ourselves. Complete this brief practice:

1. Stand with feet hip-width apart
2. Feel your feet on the floor
3. Take 3 deep breaths
4. Say aloud: "I am here. I am present. I am grounded."

Check when complete:

Exercise 1.4: Consent & Boundaries

Read and initial each statement:

_____ I understand that today's work involves entering altered states of consciousness and that I can open my eyes and return at any time.

_____ I give permission for my practice partner to guide me into deep trance for learning purposes.

_____ I understand this is educational practice, not personal therapy.

_____ I will maintain confidentiality about any personal material that emerges for myself or my practice partner.

_____ If I experience any uncomfortable emotions or memories, I will communicate this to my trainer immediately.

_____ I am not currently experiencing active psychosis, recent severe trauma (within 6 months), or other contraindications for trance work.

_____ I understand that I am responsible for my own self-care and integration after today's session.

SIGNATURE: _____ **DATE:** _____

Section 2: Manana Practice Log



You will practice Manana (contemplative meditation) multiple times today. Document each experience.

Manana Practice #1: Morning Session (In Class)

Time Started: _____ Time Ended: _____ Duration: _____

BEFORE THE PRACTICE:

How did you feel before beginning? (Circle all that apply)

Anxious / Calm / Tired / Alert / Scattered / Centered / Resistant / Open / Other: _____

DURING THE PRACTICE:

What did you notice? (Check all that experienced)

- Thoughts slowed significantly
- Body felt heavy
- Body felt light or floating
- Time distortion (felt shorter/longer than actual time)
- Colors or lights behind closed eyelids
- Sense of spaciousness
- Mind remained busy/chattering
- Drifted toward sleep
- Felt very present and aware
- Other: _____

Describe the quality of your awareness during Manana:

AFTER THE PRACTICE:

How do you feel now? (Circle all that apply)

Relaxed / Centered / Confused / Energized / Sleepy / Peaceful / Frustrated / Clear / Other: _____

On a scale of 1-10, how deep did you go? (1 = stayed surface, 10 = very deep contemplative state)

1 2 3 4 5 6 7 8 9 10

What challenged you about this practice?

What came easily?

KEY INSIGHT OR LEARNING:

Manana Practice #2: Evening (Homework)

Complete this section after tonight's homework Manana practice.

Time Started: _____ Time Ended: _____ Duration: _____

PRACTICE NOTES:

What was different about practicing alone at home vs. in class?

Did you go deeper this time? Why or why not?

What did you discover about your own consciousness?

Manana Progress Tracker

Moving forward, practice Manana daily and track your progress:

Day	Date	Duration	Depth (1-10)	Notes
Day 39	_____	_____	_____	_____
Day 40	_____	_____	_____	_____
Day 41	_____	_____	_____	_____
Day 42	_____	_____	_____	_____
Day 43	_____	_____	_____	_____
Day 44	_____	_____	_____	_____
Day 45	_____	_____	_____	_____

Section 3: Trance Induction Practice Documentation

You will practice inducing deep trance in pairs. Document both experiences.

Practice Session #1: You as Facilitator

Partner's Name (or "Partner A"): _____

Time Started: _____ Time Ended: _____ Duration: _____

INDUCTION TECHNIQUE USED:

- Progressive Muscle Relaxation (head to toe)
- Countdown Deepening (10 to 1)
- Staircase/Elevator Imagery
- Fractionation (up and down multiple times)
- Other: _____

DEPTH INDICATORS OBSERVED:

Check all that you noticed in your partner:

Physical Signs:

- REM (rapid eye movement under lids)
- Complete muscle relaxation
- Facial muscles totally smooth
- Breathing slowed/changed
- Body appeared "heavy" or "melted"
- No movement for extended period
- Other: _____

Verbal Signs:

- Response time slowed (paused before answering)
- Voice quality changed (softer, slower, dreamier)
- Shifted from analytical to experiential language
- Spontaneous emotional responses
- Other: _____

DEPTH TESTING RESULTS:

Which test(s) did you perform?

- Hand drop test → Result: _____
- Arm catalepsy → Result: _____
- Eye closure test → Result: _____
- Other: _____ → Result: _____

Estimated trance depth achieved (circle one):

Light (1-3) / Medium (4-6) / Deep/Somnambulistic (7-8) / Very Deep (9-10)

Facilitator Practice: Challenges & Feedback

CHALLENGES ENCOUNTERED:

What was difficult about guiding your partner into trance?

How did you handle these challenges?

WHAT WORKED WELL:

WHAT YOU WOULD DO DIFFERENTLY NEXT TIME:

FEEDBACK FROM YOUR PARTNER:

(Ask them: "What worked well? What would have helped you go deeper?")

Practice Session #2: You as the Experimenter

Facilitator's Name (or "Partner B"): _____

Time Started: _____ Time Ended: _____ Duration: _____

YOUR EXPERIENCE:

Did you enter trance? Yes Somewhat No

Estimated depth you reached (circle one):

Light (1-3) / Medium (4-6) / Deep/Somnambulistic (7-8) / Very Deep (9-10)

Describe what you experienced:

What did you notice physically?

What did you notice mentally/emotionally?

Did time feel different? Yes No

If yes, how? _____

What helped you go deeper?

What prevented you from going deeper?

Section 4: Doorway Technique Exploration



Today you learned seven doorway techniques for accessing past lives. Document your exploration of these methods.

Doorway Comparison Chart

Fill this out as you learn/practice each doorway:

Doorway Technique	Tried It? (✓/☐)	Effectiveness (1-10)	Notes
Corridor of Doors			
Descent (Staircase/Elevator)			
Bridge/Pathway			
Cloud Journey			
Light Portal			
Age Regression Bridge			
Affect Bridge (Emotion/Sensation)			

Doorway Practice Documentation

Doorway Practice #1: Corridor of Doors

Role in this practice: Facilitator Experiencer

If FACILITATOR:

Did your partner successfully access a past life using this doorway?

Yes Somewhat No

What worked well with this technique?

What challenged your partner with this doorway?

Would you use this technique again? Why or why not?

If EXPERIENCER:

Did you access a past life scene using this doorway?

Yes, clearly Yes, vaguely No

Describe what you experienced when you went through the door:

Did you feel like you chose the door, or did it choose you?

How real/vivid did the experience feel? (1-10): _____

Personal reaction to this doorway technique:

- Loved it—want to use again
- It worked—would try again
- Didn't work for me—prefer different method
- Need more practice with it

Doorway Practice #2: (Choose Another Technique)

Technique Used: _____

Role in this practice: Facilitator Experiencer

Compare this doorway to the first one you tried. Which worked better? Why?

Doorway Self-Assessment

Based on your experiences today, which doorway technique resonates most with you personally?

Why does this one feel right for you?

As a facilitator, which doorway technique do you feel most confident using?

Why?

Which doorway would you use for:

- A highly analytical, skeptical client: _____
- A spiritual, open client: _____
- Someone with trauma history: _____
- Quick session (30 min): _____
- Deep exploration session (2+ hours): _____

Section 5: First Lifetime Access Documentation



Today you accessed (or attempted to access) your first past life. Document this profound experience in detail.

My First Past Life Regression Experience

Date: _____ Facilitator: _____ Duration: _____

PREPARATION:

How did you feel before the regression?

What was your intention going in?

THE INDUCTION:

How deep did you go? (1-10): _____

How long did it take to reach sufficient depth? _____

Did you feel safe throughout? Yes Mostly No

THE DOORWAY:

Which doorway technique was used? _____

Did you successfully cross the threshold? Yes Somewhat No

THE PAST LIFE SCENE:

Once you crossed the doorway, what was the FIRST thing you noticed?

PHYSICAL DETAILS:

Look down at your feet. What were you wearing?

Describe your clothing in detail:

Were you male or female? _____ Age (if known): _____

Describe your physical appearance:

Past Life Scene: Environmental & Identity Details

ENVIRONMENTAL DETAILS:

Where were you? (Indoors/outdoors, type of location)

What did you see around you?

What sounds did you hear?

What was the weather or temperature like?

What time period did it feel like? (If known)

IDENTITY & RELATIONSHIPS:

Did you know your name in this lifetime? If yes, what was it?

Were there other people present? If yes, who?

Did you recognize anyone from this past life in your current life?

What was your role or occupation in this lifetime?

SIGNIFICANT MOMENTS:

Describe the main scene or event you experienced:

What emotions did you feel during this scene?

What was important about this moment?

Past Life Integration & Meaning

CONNECTION TO CURRENT LIFE:

Does this past life relate to any current life situation or pattern?

What is this past life teaching you?

What wisdom or insight did you gain?

THE RETURN:

How did you feel when you returned to normal consciousness?

Did you return easily or reluctantly?

INTERPRETATION & MEANING:

Do you believe this was a literal past life memory, symbolic imagery, or something else?

Regardless of its literal truth, what meaning does this experience hold for you?

What will you take forward from this experience?

QUALITY OF EXPERIENCE:

Rate the following aspects (1-10):

- Vividness/clarity of images: 1 2 3 4 5 6 7 8 9 10
- Emotional authenticity: 1 2 3 4 5 6 7 8 9 10
- Sense of "realness": 1 2 3 4 5 6 7 8 9 10
- Therapeutic value/helpfulness: 1 2 3 4 5 6 7 8 9 10
- Overall satisfaction with experience: 1 2 3 4 5 6 7 8 9 10

ADDITIONAL NOTES:

Any other observations, feelings, or insights:

Closing Blessing & Completion



Congratulations! You have completed Day 38 of your journey.

Completion Checklist

I have completed:

- All in-class practice exercises
- All sections of this workbook
- Required homework assignments
- Self-assessment and reflection
- Manana meditation practice

I am ready to move forward to Day 39: Yes Need more time with this material

Personal Acknowledgment

Take a moment to acknowledge yourself. You have done profound work today. You've learned to guide consciousness across the threshold of time. You've touched the eternal nature of the soul.

Write yourself a brief acknowledgment:

I acknowledge myself for:

Looking Forward

What do you most look forward to learning tomorrow?

Closing Reflection

Complete this sentence:

Today, I remembered that I am _____

Final Gratitude

Place your hand on your heart and say:

"Thank you to my soul for this journey. Thank you to my teachers for guiding me. Thank you to all beings on this path of healing. May I serve with wisdom, compassion, and love."

Om Shanti Shanti Shanti

ॐ शान्तिः शान्तिः शान्तिः

SIGNATURE: _____ **DATE:** _____

I have completed Day 38 Workbook with honesty, effort, and presence.

"The soul remembers what the mind has forgotten. Today, you learned to open the doors."
— Manudada

May your journey be blessed. May your practice be profound. May you serve with love.

Namaste 🙏