

DECODE LIFE TRANSFORMATION - LEVEL 1

DAY 31 - STUDENT WORKBOOK

सात्विक जीवन और हल्का प्रतिगमन

SATTVIC LIVING & LIGHT REGRESSION



This workbook is your personal tool for integration and practice. Complete each section honestly and thoughtfully. There are no right or wrong answers - only your authentic journey.

STUDENT NAME: _____

DATE: _____

SESSION: Day 31 of 56

PRE-SESSION REFLECTION

Before tonight's session, take a few moments to reflect:

1. What is your current understanding of how lifestyle affects consciousness?

2. On a scale of 1-10, how satisfied are you with your current daily routine?

1---2---3---4---5---6---7---8---9---10

Completely Unsatisfied

Completely Satisfied

Why did you give this rating?

3. What is one recent experience (in the last month) that still bothers you when you think about it?

(We may work with this later in the light regression practice)

4. What are you hoping to learn or gain from tonight's session?

THE THREE GUNAS - UNDERSTANDING & IDENTIFICATION

PART A: GUNA CHARACTERISTICS CHECKLIST

Based on tonight's teaching, check all characteristics that you recognize in yourself CURRENTLY (in the past week):

SATTVA (सत्त्व)

PURITY & HARMONY

- Mental clarity and focus
- Inner peace and contentment
- Compassion toward others
- Patience with challenges
- Feeling of lightness in body
- Natural joy/enthusiasm
- Desire to serve others
- Good energy levels
- Restful sleep
- Clear thinking
- Spiritual awareness
- Feeling connected to something greater

RAJAS (रजस)

ACTIVITY & RESTLESSNESS

- Restlessness and agitation
- Constant busyness
- Difficulty relaxing
- Competitive thoughts
- Anxiety or worry
- Racing mind
- Feeling driven/pressured
- Attachment to outcomes
- Irritability
- Insomnia or disturbed sleep
- Need for constant stimulation
- Impatience

TAMAS (तमस)

INERTIA & DARKNESS

- Lethargy and heaviness
- Difficulty getting started
- Confusion or brain fog
- Depression or apathy
- Resistance to change
- Excessive sleep yet still tired
- Procrastination
- Feeling stuck
- Avoidance of responsibilities
- Living in the past
- Destructive patterns
- Isolation from others

TOTAL CHECKS: Sattva: _____ / 12 Rajas: _____ / 12 Tamas: _____ / 12

 **INTERPRETATION:** Your highest score shows your predominant Guna currently. This is not fixed - it changes based on your choices. The goal is to consciously increase Sattva over time.

DAILY GUNA TIMELINE

PART B: Map your typical day using the Guna framework

01

MORNING (Wake to Noon)

Time I usually wake: _____

First activities: _____

Predominant Guna: Sattva / Rajas / Tamas (circle one)

Why:

03

EVENING (5 PM to 9 PM)

Main activities: _____

Predominant Guna: Sattva / Rajas / Tamas (circle one)

Why:

02

AFTERNOON (Noon to 5 PM)

Main activities: _____

Predominant Guna: Sattva / Rajas / Tamas (circle one)

Why:

04

NIGHT (9 PM to Sleep)

Main activities: _____

Time I usually sleep: _____

Predominant Guna: Sattva / Rajas / Tamas (circle one)

Why:

INSIGHT: Looking at your day, what pattern do you notice?

PART C: GUNA IDENTIFICATION PRACTICE

Categorize each of the following as primarily Sattvic (S), Rajasic (R), or Tamasic (T):

- ___ Waking at 5 AM and meditating
- ___ Drinking three cups of coffee while rushing through emails
- ___ Eating leftover pizza while watching TV at midnight
- ___ Taking a mindful walk in nature
- ___ Scrolling social media for 2 hours
- ___ Cooking a fresh meal with love and attention
- ___ Eating while standing and working
- ___ Reading spiritual or inspirational literature
- ___ Watching violent or disturbing content
- ___ Practicing yoga or gentle stretching
- ___ Competitive argument with someone
- ___ Sleeping 10+ hours and still feeling tired
- ___ Fresh fruit for breakfast
- ___ Energy drink to "power through" fatigue
- ___ Spending time in prayer or contemplation

ANSWER KEY (Cover and check after completing): S, R, T, S, T, S, R, S, T, S, R, T, S, R, S

How many did you identify correctly? _____ / 15

SATTVIC DIET SELF-ASSESSMENT

PART A: CURRENT DIET ANALYSIS

For each meal YESTERDAY, list what you ate and rate its Sattva level (1-10):

- 1-3 = Tamasic (processed, stale, heavy)
- 4-7 = Rajasic (stimulating, spicy, rushed)
- 8-10 = Sattvic (fresh, natural, mindfully prepared/eaten)

BREAKFAST

What I ate: _____

Sattva Rating: _____ / 10

Notes (freshness, preparation, mindfulness):

LUNCH

What I ate: _____

Sattva Rating: _____ / 10

Notes: _____

DINNER

What I ate: _____

Sattva Rating: _____ / 10

Notes: _____

SNACKS

What I ate: _____

Sattva Rating: _____ / 10

Notes: _____

AVERAGE SATTVA RATING FOR YESTERDAY: _____ / 10

PART B: THE SIX TASTES AWARENESS

In your typical diet, rate how much of each taste you consume (1-5):

1 = Rarely/Never, 5 = Very Frequently

- Sweet (Natural - fruits, grains, milk): _____ / 5
- Sweet (Refined - sugar, candy, desserts): _____ / 5
- Sour (Citrus, vinegar, fermented): _____ / 5
- Salty: _____ / 5
- Pungent (Spicy, hot, stimulating): _____ / 5
- Bitter (Leafy greens, herbs): _____ / 5
- Astringent (Beans, lentils, pomegranate): _____ / 5

BALANCE CHECK: A Sattvic diet emphasises natural sweet, bitter, and astringent, while using sour, salty, and pungent sparingly. How balanced is your current diet?

EATING HABITS & ONE-WEEK EXPERIMENT

PART C: EATING HABITS CHECKLIST

How often do you do the following? Mark frequency:

N = Never, R = Rarely, S = Sometimes, O = Often, A = Always

- ___ Eat breakfast within 2 hours of waking
- ___ Make lunch your largest meal of the day
- ___ Eat dinner before 7 PM
- ___ Sit down at a table to eat (not at desk/standing)
- ___ Eat without screens (TV, phone, computer)
- ___ Chew food thoroughly (20-30 times per bite)
- ___ Eat until only 75% full
- ___ Wait 3+ hours between meals
- ___ Drink water throughout the day
- ___ Prepare fresh food at home
- ___ Eat organic or local produce
- ___ Offer gratitude before eating
- ___ Notice how food makes you feel after eating

SATTVIC EATING SCORE: Give yourself 1 point for each "O" or "A" answer: _____ / 13

INTERPRETATION:

- 10-13: Excellent Sattvic eating habits
- 7-9: Good foundation, room to improve
- 4-6: Some Sattvic practices, many opportunities
- 0-3: Significant opportunity for transformation

PART D: ONE-WEEK SATTVIC DIET EXPERIMENT PLAN

Based on the Sattvic principles taught tonight, design a realistic one-week experiment:

WEEK: _____ to _____

THREE SPECIFIC CHANGES I WILL MAKE:

1. _____
2. _____
3. _____

HOW I WILL TRACK:

- Daily food journal
- Rate energy levels morning and evening
- Notice mood and mental clarity
- Track digestion and sleep quality
- Other: _____

WHO WILL SUPPORT ME:

Name: _____ Role: _____

How they'll support me: _____

ANTICIPATED CHALLENGES:

What might make this difficult? _____

How will I handle these challenges? _____

I commit to this experiment for one week.

Signature: _____ Date: _____

LIFESTYLE SATTVIFICATION ASSESSMENT

PART A: SLEEP & WAKE PATTERNS

CURRENT PATTERN

Typical bedtime: _____

Typical wake time: _____

Total sleep hours: _____

Quality of sleep (1-10): _____

Do you wake feeling:

- Refreshed
- Groggy
- Tired
- Varies

SATTVIC SLEEP GOAL

Bedtime: _____ (Ideally by 10 PM)

Wake time: _____ (Ideally 5:30-6:30 AM)

Total sleep hours: _____ (7-8 hours)

TRANSITION PLAN:

If there's a gap between current and ideal, how will you gradually shift?

- Week 1: Bedtime _____ Wake time _____
- Week 2: Bedtime _____ Wake time _____
- Week 3: Bedtime _____ Wake time _____
- Week 4: Bedtime _____ Wake time _____ (Goal)

EVENING ROUTINE (9 PM – Bedtime):

What will you do to wind down Sattvically?

- Dim lights after 8 PM
- No screens after 9 PM
- Herbal tea
- Light reading (spiritual/uplifting)
- Journaling
- Gentle stretching
- Gratitude practice
- Self-massage (especially feet)
- Prayer or meditation
- Other: _____

MORNING ROUTINE (Wake – Breakfast):

What will you do to start the day Sattvically?

- Wake without hitting snooze
- Drink water upon waking
- Bathroom routine
- Brush teeth, scrape tongue
- Meditation (_____ minutes)
- Pranayama (_____ minutes)
- Prayer or mantra
- Yoga or stretching (_____ minutes)
- Shower with awareness
- Gratitude practice
- Set intentions for day
- Other: _____

SENSORY INPUT AUDIT

PART B: What are you consuming through your five senses?

Rate the Sattva level (1-10):



SIGHT

What I watch on TV/streaming:

Sattva rating: _____ / 10

What I view on social media:

Time per day: _____

Sattva rating: _____ / 10

My physical environment (home/workspace):

- Cleanliness: _____ / 10
- Organisation: _____ / 10
- Natural light: _____ / 10
- Beauty/inspiration: _____ / 10



TOUCH

Fabric of my clothes:

- Natural (cotton, silk, linen)
- Synthetic

Comfort level: _____ / 10

Physical touch I receive:

- Abundant
- Adequate
- Limited
- None

Connection to nature (grass, earth, water):

Frequency:

- Daily
- Weekly
- Rarely
- Never

SENSORY SATTVIFICATION GOALS:

Based on this audit, what THREE changes would increase sensory Sattva?

1. -----
2. -----
3. -----



SOUND

What I listen to (music, podcasts, etc.):

Sattva rating: _____ / 10

Noise level in my environment:

- Quiet
- Moderate
- Loud

Amount of silence in my day:

- None
- Little
- Moderate
- Abundant



SMELL

Air quality in my space: _____ / 10

Use of natural scents (flowers, incense, oils):

- Regular
- Sometimes
- Never

RELATIONSHIP & SOCIAL ENVIRONMENT

PART C: CURRENT RELATIONSHIPS ASSESSMENT

List your 5 closest relationships (people you spend most time with):

1	Name: _____ Guna quality: Sattva / Rajas / Tamas (circle) How they affect you: _____
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2	Name: _____ Guna quality: Sattva / Rajas / Tamas (circle) How they affect you: _____
----------	---

3	Name: _____ Guna quality: Sattva / Rajas / Tamas (circle) How they affect you: _____
----------	---

4	Name: _____ Guna quality: Sattva / Rajas / Tamas (circle) How they affect you: _____
----------	---

5	Name: _____ Guna quality: Sattva / Rajas / Tamas (circle) How they affect you: _____
----------	---

SATSANG (सत्संग) - ASSOCIATION WITH TRUTH:

Do you have relationships that support your spiritual growth? Yes No

If yes, who/what: _____

If no, how could you create this? _____

BOUNDARY ASSESSMENT:

Are there relationships that consistently drain your energy? Yes No

If yes, what boundaries do you need to set?

RELATIONSHIP SATTVIFICATION PLAN:

1. Relationship to nurture more (increases Sattva): _____
2. Relationship to establish boundaries with (decreases Tamas): _____
3. New Sattvic relationship to cultivate: _____

PART D: WORK & LIVELIHOOD

MY CURRENT WORK:

Type of work: _____

Hours per week: _____

Work-life balance (1-10): _____ / 10

GUNA QUALITY OF MY WORK:

Check the predominant quality:

- Sattvic (service-oriented, uses my gifts, ethical, balanced, fulfilling)
- Rajasic (competitive, high pressure, long hours, profit-driven, ego-driven)
- Tamasic (harmful, deceptive, unfulfilling, done with resentment)

WORK SATTVIFICATION:

Even if I cannot change my job immediately, how can I make my approach to work more Sattvic?

FOR HEALERS/COACHES IN TRAINING:

How will I ensure my healing practice remains Sattvic?

- Set clear boundaries on hours and client load
- Continue my own practice and self-care
- Regular energetic clearing
- Work from service, not need for validation
- Appropriate charging (not too high or too low)
- Refer out when appropriate
- Other: _____

LIGHT REGRESSION - UNDERSTANDING & PRACTICE

PART A: LIGHT REGRESSION KNOWLEDGE CHECK

Answer these questions based on tonight's teaching:

1. What is light regression?

2. What timeline does light regression typically work with?

- Childhood (0-12 years)
- Adolescence (13-18 years)
- Recent past (days, weeks, months, up to 2-3 years)
- Past lives

3. True or False: Light regression is the same as hypnosis.

- True
- False

4. The seven steps of the basic light regression protocol are:

1. Step 1: -----
2. Step 2: -----
3. Step 3: -----
4. Step 4: -----
5. Step 5: -----
6. Step 6: -----
7. Step 7: -----

5. When is light regression appropriate to use? (Check all that apply)

- Client has specific recent events causing distress
- Client needs to process recent experiences
- Client is stuck in rumination about recent past
- Client is in active crisis
- Client has severely traumatic recent memories
- Client wants to understand reactions to recent events

6. What is the difference between light regression and deep regression?

Light regression: -----

Deep regression: -----

7. On a scale of 0-10, what level of disturbance is appropriate for light regression?

- 0-3 (very mild)
- 4-7 (moderate)
- 8-10 (severe)

8. What should you do if a client becomes overwhelmed during light regression?

PRACTICE SESSION REFLECTION

PART B: If you practised light regression with a partner tonight:

MY PARTNER'S NAME: _____

ROLE I PRACTISED: Practitioner Client Both

AS PRACTITIONER

Memory we worked with:

Client's initial disturbance level (0-10): _____

Client's final disturbance level (0-10): _____

What went well:

What was challenging:

What I learnt about guiding regression:

My confidence level in using this technique (1-10):

_____ / 10

What I need to practise more:

AS CLIENT

Memory I worked with:

My initial disturbance level (0-10): _____

My final disturbance level (0-10): _____

What I experienced during the regression:

What shifted or changed:

What I learnt about myself:

How I feel about the memory now:

INTEGRATION:

What will I do differently based on this insight?

PART C: RECENT MEMORY INVENTORY

List 3-5 recent experiences (last 3 months) that still carry emotional charge for you:

1

Date: _____ Event: _____

Current disturbance (0-10): _____

Ready to process: Yes Not yet

2

Date: _____ Event: _____

Current disturbance (0-10): _____

Ready to process: Yes Not yet

3

Date: _____ Event: _____

Current disturbance (0-10): _____

Ready to process: Yes Not yet

4

Date: _____ Event: _____

Current disturbance (0-10): _____

Ready to process: Yes Not yet

5

Date: _____ Event: _____

Current disturbance (0-10): _____

Ready to process: Yes Not yet

PRIORITISATION:

Which one memory, if processed, would create the most positive shift?

Memory: _____

Why this one: _____

Plan to process it: Self-practice With practice partner With therapist/coach

PRACTITIONER DEVELOPMENT

PART D: For those training to use light regression with clients

MY CURRENT SKILL LEVEL:

- Just learnt - need lots more practice
- Beginning - can guide with notes
- Developing - can guide smoothly with occasional notes
- Competent - can guide confidently without notes
- Advanced - can handle complex situations

PRACTICE PLAN:

I commit to practising light regression _____ times in the next _____ weeks.

Practice partners I will work with:

LEARNING GOALS:

What specific aspects of light regression do I want to improve?

1. -----
2. -----
3. -----

ETHICAL COMMITMENTS:

As I develop this skill, I commit to:

- Never suggesting or implanting memories
- Always getting explicit consent
- Staying within my competency level
- Referring out when appropriate
- Continuing my own therapy and supervision
- Maintaining appropriate boundaries
- Treating this as sacred work, not just a technique

Signature: _____ Date: _____

INTEGRATION & COMMITMENT

PART A: KEY INSIGHTS FROM TODAY

The three most important things I learnt tonight:

1. -----
2. -----
3. -----

How this connects to my journey:

PART B: PERSONAL TRANSFORMATION COMMITMENTS

Based on everything learnt in Day 31, I commit to these specific changes:

SATTVIC LIFESTYLE (Choose 1-3)

- Wake time: From _____ to _____ (gradually)
- Bedtime: From _____ to _____ (gradually)
- Morning practice: _____ minutes of meditation/pranayama
- Evening routine: No screens after _____
- Other: -----

SATTVIC DIET (Choose 1-3)

- Eat fresh fruit for breakfast
- Make lunch my largest meal
- Light dinner before 7 PM
- One home-cooked Sattvic meal daily
- Mindful eating (no screens) for _____ meal(s)
- Eliminate: -----
- Add more: -----
- Other: -----

SATTVIC ENVIRONMENT (Choose 1-3)

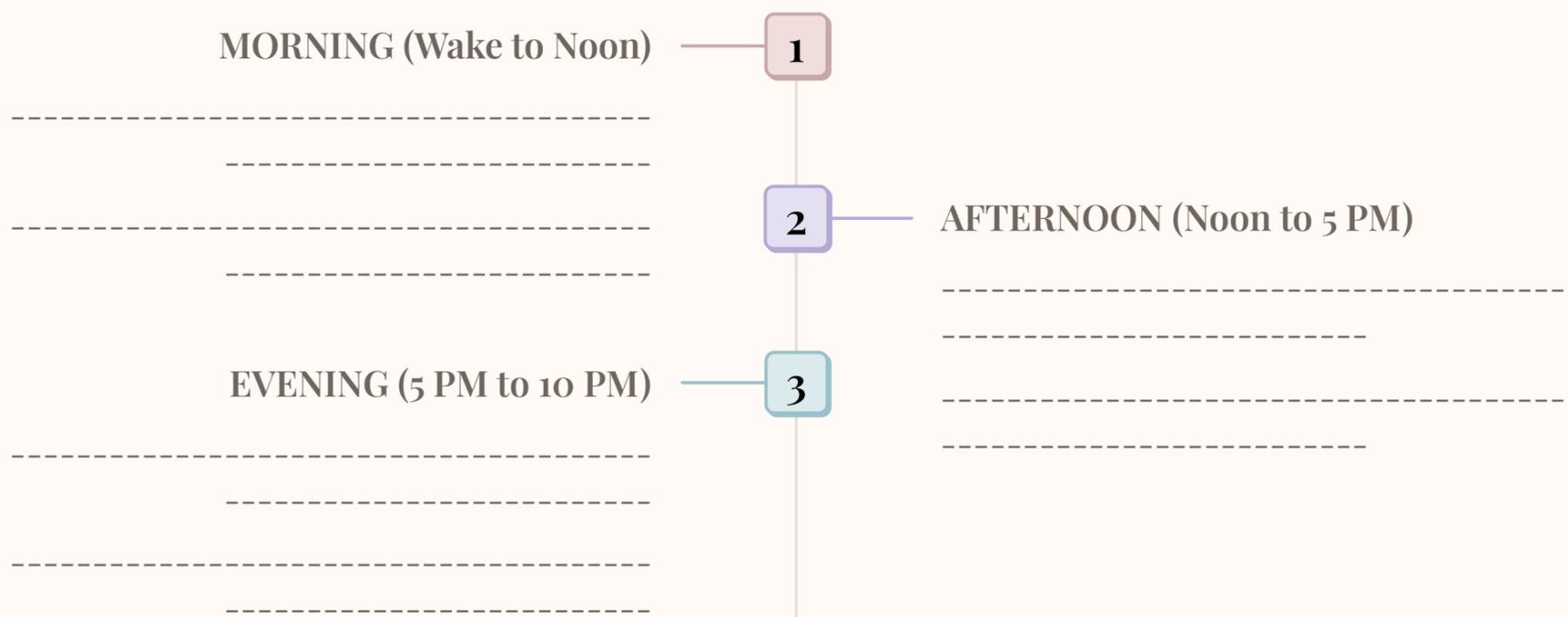
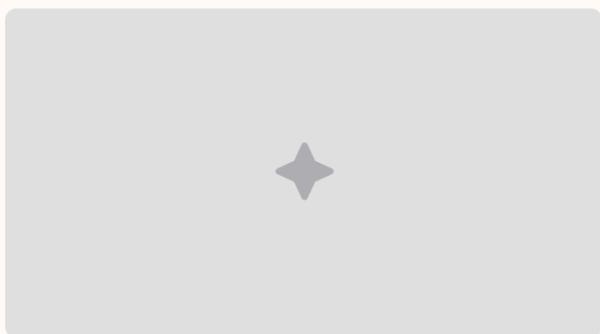
- Reduce screen time to _____ hours per day
- Spend _____ minutes in nature daily/weekly
- Declutter and clean living space
- Add Sattvic sensory elements (plants, music, etc.)
- Set boundaries with -----
- Cultivate relationship with -----
- Other: -----

LIGHT REGRESSION PRACTICE (For healers/coaches)

- Practise with _____ people this month
- Continue studying the protocol
- Seek feedback from practice partners
- Work with my own recent memories
- Other: -----

MY SATTVIC LIFESTYLE DESIGN

PART C: Designing my ideal Sattvic day (to work towards gradually)



First step to move towards this ideal: -----

PART D: ACCOUNTABILITY STRUCTURE

To support my commitments, I will:

- Share my commitments with: -----
- Join/form a practice group with: -----
- Check in weekly with: -----
- Track progress in journal/app
- Review and adjust every _____ weeks

OBSTACLES I ANTICIPATE:

1. -----
2. -----

SUPPORT I NEED:

What support would help me succeed? -----

Who can provide this support? -----

ONE-WEEK PRACTICE TRACKER & CLOSING

PART E: Use this to track your commitments for the next 7 days

DAY 1: Date: _____

Morning practice: Done Time: _____ Notes: _____

Sattvic diet choices: Breakfast Lunch Dinner

Lifestyle practice: Done What: _____

Energy level (1-10): Morning _____ Evening _____

Predominant Guna today: Sattva Rajas Tamas

Gratitude: _____

(Continue tracking for Days 2-7 in the same format)

WEEK REVIEW:

Days I completed my commitments: _____ / 7

What worked well: _____

What was challenging: _____

Changes I noticed in:

- Energy: _____
- Mood: _____
- Clarity: _____
- Sleep: _____
- Digestion: _____
- Overall wellbeing: _____

Adjustments for next week: _____

CLOSING REFLECTION

As you complete this workbook, take a moment to connect with your intention:

Why am I on this transformation journey?

What am I becoming?

How will I serve others with what I'm learning?

PERSONAL COMMITMENT:

I, _____, commit to walking the path of Sattvic living and developing my healing gifts. I will practise with dedication, approach myself and others with compassion, and trust the transformation process.

I understand that perfection is not the goal - consistent movement towards Sattva is. I will celebrate every step forward and use every setback as a learning opportunity.

May my life be a blessing. May I serve from love. May I awaken fully.

Signature: _____ Date: _____

ॐ शान्तिः शान्तिः शान्तिः

Om Shanti Shanti Shanti

Continue your practice. Trust the process. Transform your life.

Next Session: Day 32 - Dinacharya & Guided Regression