

# DECODE LIFE TRANSFORMATION – LEVEL 1

## DAY 32 – STUDENT WORKBOOK

### दिनचर्या और निर्देशित प्रतिगमन

### DINACHARYA & GUIDED REGRESSION



This workbook is your tool for designing your sacred daily routine and practising guided regression skills. Complete each section with honesty and intention.

**STUDENT NAME:** \_\_\_\_\_

**DATE:** \_\_\_\_\_

**SESSION:** Day 32 of 56

# PRE-SESSION REFLECTION

Before tonight's session:

1. Since Day 31, what Sattvic choices have you made?

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1. Did you practise Light Regression this week?  Yes  No

If yes, what did you learn?

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1. On a scale of 1-10, how structured is your current daily routine?

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

Completely Chaotic Highly Structured

1. What patterns or wounds from childhood still affect you today?

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1. What are you hoping to learn from tonight's session?

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# CURRENT ROUTINE ASSESSMENT

## PART A: DAILY RHYTHM DOCUMENTATION

Describe your ACTUAL current routine (not ideal - what you really do):

**WAKE TIME:** \_\_\_\_\_

First thing you do: \_\_\_\_\_

Morning routine (list all activities):

\_\_\_\_\_

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### BREAKFAST:

Time: \_\_\_\_\_ What you eat: \_\_\_\_\_

Where: \_\_\_\_\_ With whom: \_\_\_\_\_

Screens/distractions:  Yes  No

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### MID-MORNING (9 AM - 12 PM):

Main activities: \_\_\_\_\_

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### LUNCH:

Time: \_\_\_\_\_ What you eat: \_\_\_\_\_

Where: \_\_\_\_\_ With whom: \_\_\_\_\_

Screens/distractions:  Yes  No

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### AFTERNOON (12 PM - 6 PM):

Main activities: \_\_\_\_\_

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### DINNER:

Time: \_\_\_\_\_ What you eat: \_\_\_\_\_

Where: \_\_\_\_\_ With whom: \_\_\_\_\_

Screens/distractions:  Yes  No

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### EVENING (6 PM - 10 PM):

Main activities: \_\_\_\_\_

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### BEDTIME ROUTINE:

What time do screens turn off: \_\_\_\_\_

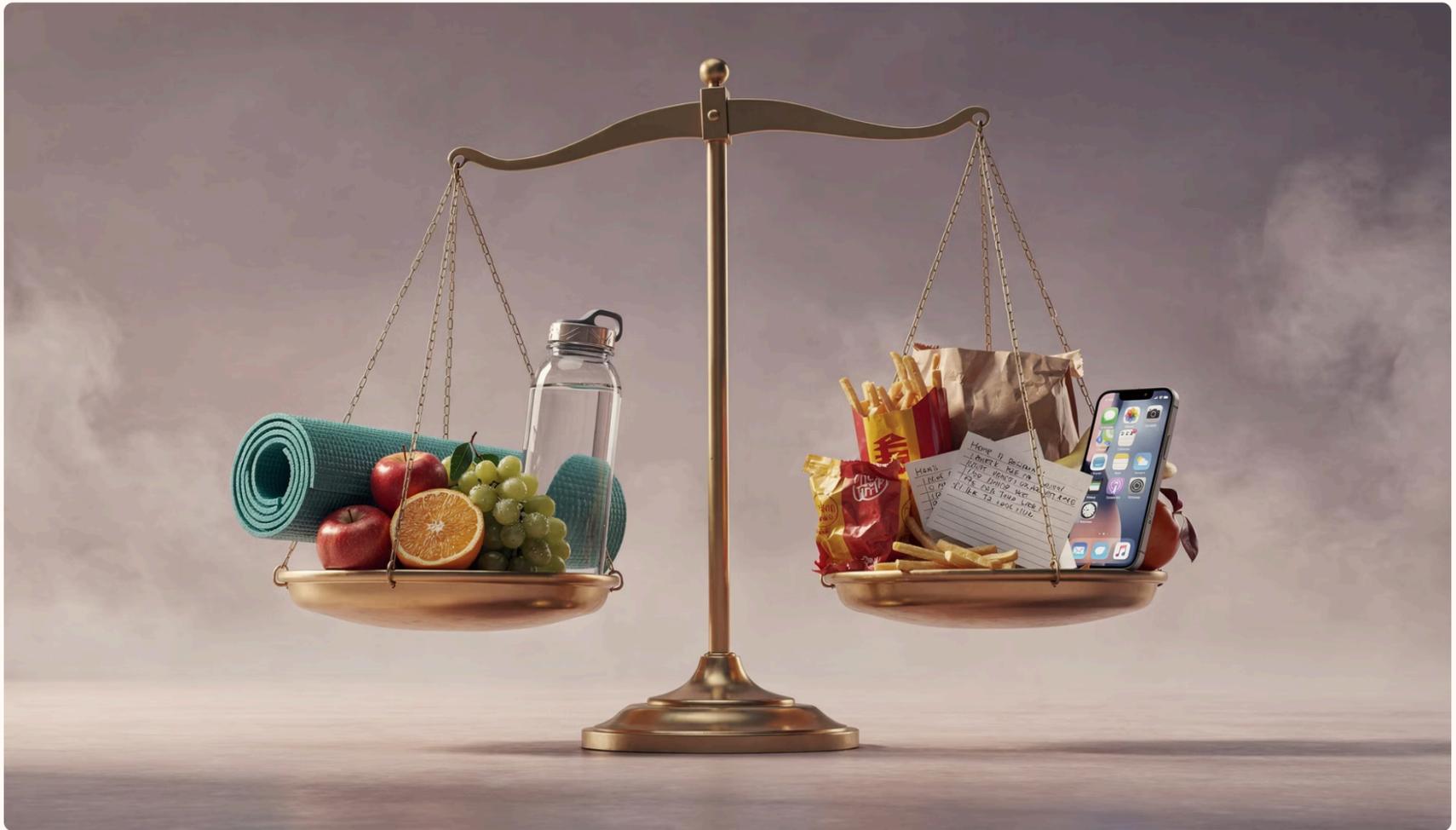
What you do before bed: \_\_\_\_\_

Actual time in bed: \_\_\_\_\_ Actual time asleep: \_\_\_\_\_

**SLEEP QUALITY (1-10):** \_\_\_\_\_

# ROUTINE QUALITY ASSESSMENT

## PART B: ROUTINE QUALITY ASSESSMENT



For each area, rate the Sattva quality (1-10):

1-3 = Tamasic (chaotic, unhealthy, unconscious)

4-7 = Rajasic (rushed, stimulating, ungrounded)

8-10 = Sattvic (conscious, nourishing, peaceful)

Sleep/Wake cycle: \_\_\_\_\_ / 10

Why this rating: \_\_\_\_\_

Morning routine: \_\_\_\_\_ / 10

Why this rating: \_\_\_\_\_

Meal timing and quality: \_\_\_\_\_ / 10

Why this rating: \_\_\_\_\_

Work/productivity rhythm: \_\_\_\_\_ / 10

Why this rating: \_\_\_\_\_

Evening wind-down: \_\_\_\_\_ / 10

Why this rating: \_\_\_\_\_

Spiritual practice: \_\_\_\_\_ / 10

Why this rating: \_\_\_\_\_

**OVERALL DINACHARYA SATTVA SCORE: \_\_\_\_\_ / 60**

### INTERPRETATION:

- 48-60: Strong Sattvic routine - maintain and refine
- 36-47: Good foundation - specific areas to improve
- 24-35: Mixed routine - significant transformation opportunity
- 12-23: Challenging routine - start with one area at a time
- 0-11: Crisis mode - seek support and start very small

# OBSTACLES TO BETTER ROUTINE

## PART C: OBSTACLES TO BETTER ROUTINE

What currently prevents you from having a healthier daily routine?

Check all that apply:

- Work schedule (irregular hours, long hours)
- Family responsibilities (young children, elderly care)
- Health issues (chronic illness, disability)
- Mental health challenges (depression, anxiety, ADHD)
- Partner/family doesn't support
- Financial stress
- Don't know where to start
- Lack of motivation/discipline
- Addictive patterns (screens, substances, etc.)
- Don't believe it will help
- Feels too restrictive
- Other: \_\_\_\_\_

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For each obstacle you checked, brainstorm one possible solution:

Obstacle: \_\_\_\_\_ Solution: \_\_\_\_\_

Obstacle: \_\_\_\_\_ Solution: \_\_\_\_\_

Obstacle: \_\_\_\_\_ Solution: \_\_\_\_\_

# IDEAL DINACHARYA DESIGN

## PART A: YOUR VISION



If you could design your perfect day with no limitations, what would it look like?

Imagine yourself 6 months from now, living your ideal Sattvic routine...

### MORNING:

Wake time: \_\_\_\_\_ (between 4:30-6:30 AM ideally)

First activities (before looking at phone):

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#### Spiritual practice (20-60 minutes):

- Meditation (\_\_\_\_\_ minutes)
- Pranayama (\_\_\_\_\_ minutes)
- Prayer/Mantra (\_\_\_\_\_ minutes)
- Journalling (\_\_\_\_\_ minutes)
- Reading sacred texts (\_\_\_\_\_ minutes)

#### Physical practice:

- Yoga (\_\_\_\_\_ minutes)
- Walking/Exercise (\_\_\_\_\_ minutes)
- Stretching (\_\_\_\_\_ minutes)

#### Self-care:

- Oil massage (Abhyanga)
- Shower/Bath with awareness
- Other: -----

Breakfast time: \_\_\_\_\_

What you'll eat: -----

How you'll eat:  Sitting  Mindfully  No screens  With gratitude

# IDEAL DINACHARYA DESIGN (CONTINUED)

## MIDDAY:

Morning work/activities (8 AM -12 PM):

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Break practices (every 90 minutes):

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Lunch time: \_\_\_\_\_ (between 12-1 PM ideally)

This will be your MAIN MEAL

What type of food: \_\_\_\_\_

How you'll eat:  Sitting  Mindfully  No screens  Rest after

Afternoon work/activities (1 PM -6 PM):

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Afternoon practices:

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## EVENING:

Transition time (5-6 PM):

What you'll do to shift from work to evening:

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Dinner time: \_\_\_\_\_ (between 6-7 PM ideally)

Light, easy to digest food

What type: \_\_\_\_\_

Evening activities (7-9 PM):

- Family time
- Creative hobbies
- Reading (uplifting content)
- Gentle yoga/stretching
- Preparation for next day
- Other: \_\_\_\_\_

Wind-down routine (9-10 PM):

- Dim lights
- No screens
- Herbal tea
- Journalling/Gratitude practice
- Gentle stretching
- Self-massage (feet)
- Prayer/Meditation
- Other: \_\_\_\_\_

Bedtime: \_\_\_\_\_ (10 PM ideally)

# WEEKLY AND MONTHLY RHYTHMS

## PART B: WEEKLY AND MONTHLY RHYTHMS



In addition to daily routine, what weekly practices will you include?

### Weekly:

- One technology-free day
- One day of fasting or light eating
- Deep cleaning of living space
- Extended nature time
- Community gathering (Satsang)
- Self-study day
- Other: \_\_\_\_\_

### Monthly:

- New moon intention setting
- Full moon release ritual
- Review and adjust practices
- Deeper cleansing/detox
- Extended meditation/retreat
- Other: \_\_\_\_\_

# 12-WEEK TRANSITION PLAN

Moving from current reality to ideal vision requires gradual progression.

## CURRENT STATE (Starting Point):

Wake time: \_\_\_\_\_

Bedtime: \_\_\_\_\_

Main meals: Breakfast \_\_\_\_\_ Lunch \_\_\_\_\_ Dinner \_\_\_\_\_

Spiritual practice: \_\_\_\_\_ minutes daily

Overall Sattva level: \_\_\_\_\_ / 10

## IDEAL STATE (6-Month Goal):

Wake time: \_\_\_\_\_

Bedtime: \_\_\_\_\_

Main meals: Breakfast \_\_\_\_\_ Lunch \_\_\_\_\_ Dinner \_\_\_\_\_

Spiritual practice: \_\_\_\_\_ minutes daily

Overall Sattva level: \_\_\_\_\_ / 10

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## NOW CREATE YOUR BRIDGE:

### WEEKS 1-2 Goal:

One specific change: \_\_\_\_\_

How I'll implement: \_\_\_\_\_

Support I need: \_\_\_\_\_

### WEEKS 3-4 Goal:

One specific change: \_\_\_\_\_

How I'll implement: \_\_\_\_\_

Support I need: \_\_\_\_\_

### WEEKS 5-6 Goal:

One specific change: \_\_\_\_\_

How I'll implement: \_\_\_\_\_

Support I need: \_\_\_\_\_

### WEEKS 7-8 Goal:

One specific change: \_\_\_\_\_

How I'll implement: \_\_\_\_\_

Support I need: \_\_\_\_\_

### WEEKS 9-10 Goal:

One specific change: \_\_\_\_\_

How I'll implement: \_\_\_\_\_

Support I need: \_\_\_\_\_

### WEEKS 11-12 Goal:

One specific change: \_\_\_\_\_

How I'll implement: \_\_\_\_\_

Support I need: \_\_\_\_\_

# ACCOUNTABILITY STRUCTURE

**Who will support me in this transition?**

Name: \_\_\_\_\_ How they'll help: \_\_\_\_\_

**How will I track progress?**

- Daily journal
- Weekly check-in with partner
- Tracking app
- Other: \_\_\_\_\_

**What will I do when I miss a day?**

\_\_\_\_\_

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## CELEBRATION PLAN:

How will I celebrate each 2-week milestone?

\_\_\_\_\_

How will I celebrate the 12-week completion?

\_\_\_\_\_

# GUIDED REGRESSION - KNOWLEDGE CHECK

## PART A: UNDERSTANDING THE PROTOCOL



Answer based on tonight's teaching:

1. What is the main difference between Light Regression and Guided Regression?

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1. The complete Guided Regression protocol has \_\_\_\_\_ steps. List them:

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1. What is an "imprint" in regression work?

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1. Name three bridging techniques for accessing childhood memories:

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1. What are three signs that a client is becoming overwhelmed during regression?

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1. What should you do if someone becomes overwhelmed?

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1. True or False: The practitioner's role is to heal the client.  True  False

Explain: -----

1. When should you refer a client to a specialised trauma therapist?

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1. List three safety protocols that must ALWAYS be followed:

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1. Why is it important for practitioners to do their own regression work?

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# DEVELOPMENTAL STAGES & CLIENT SCENARIOS

## PART B: DEVELOPMENTAL STAGES

Match the age range with the core developmental issue:

Age 0-2: \_\_\_\_\_ A. Identity Formation

Age 3-5: \_\_\_\_\_ B. Competence and Self-Esteem

Age 6-12: \_\_\_\_\_ C. Trust vs. Mistrust

Age 13-18: \_\_\_\_\_ D. Autonomy and Initiative

What are common wounds at each stage?

Age 0-2: \_\_\_\_\_

Age 3-5: \_\_\_\_\_

Age 6-12: \_\_\_\_\_

Age 13-18: \_\_\_\_\_

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## PART C: TIMELINE CONCEPTS

Draw your personal timeline from birth to present:

BIRTH ←-----→ PRESENT

Mark significant events or ages on your timeline:

- First major memory
- Difficult or traumatic events
- Positive milestones
- Current age

Looking at your timeline, which period might benefit from regression work?

Age range: \_\_\_\_\_ to \_\_\_\_\_

Why this period: \_\_\_\_\_

# PRACTICE SESSION REFLECTION

## PART A: AS PRACTITIONER

If you practised guiding regression today:

Partner's name: \_\_\_\_\_

Issue/pattern worked on: \_\_\_\_\_

Age accessed: \_\_\_\_\_

Memory or scene: \_\_\_\_\_

Belief/decision formed in childhood: \_\_\_\_\_

New belief installed: \_\_\_\_\_

Partner's initial disturbance (0-10): \_\_\_\_\_ Partner's final disturbance (0-10): \_\_\_\_\_

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### SELF-ASSESSMENT:

How well did I:

Follow the protocol: 1 2 3 4 5 6 7 8 9 10

Create safety for my partner: 1 2 3 4 5 6 7 8 9 10

Stay grounded myself: 1 2 3 4 5 6 7 8 9 10

Ask good questions: 1 2 3 4 5 6 7 8 9 10

Manage pacing: 1 2 3 4 5 6 7 8 9 10

Respond to overwhelm (if any): 1 2 3 4 5 6 7 8 9 10

What went well:

\_\_\_\_\_

What was challenging:

\_\_\_\_\_

What I learned about guiding regression:

\_\_\_\_\_

What I need to practise more:

\_\_\_\_\_

My current confidence level with regression (1-10): \_\_\_\_\_

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## PART B: AS CLIENT

If you received regression today:

Practitioner's name: \_\_\_\_\_

Issue I worked on: \_\_\_\_\_

Age I accessed: \_\_\_\_\_

What I remembered or experienced:

\_\_\_\_\_

Initial disturbance level (0-10): \_\_\_\_\_ Final disturbance level (0-10): \_\_\_\_\_

What shifted during the session:

\_\_\_\_\_

Insight or learning:

\_\_\_\_\_

Old belief: \_\_\_\_\_

New belief: \_\_\_\_\_

How this healing will change my behaviour:

\_\_\_\_\_

How safe did I feel (1-10): \_\_\_\_\_

What my practitioner did that was helpful:

\_\_\_\_\_

What could have been better:

\_\_\_\_\_

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### INTEGRATION PLAN:

This week, I will:

- Journal about this session daily
- Notice when the old pattern tries to show up
- Practise the new belief/behaviour
- Other: \_\_\_\_\_

# CLIENT SCENARIO PRACTICE

Read each scenario and answer the questions:

## SCENARIO 1:

Amit, 28, comes to you saying he has severe social anxiety that's limiting his career. He's terrified of public speaking and avoids any situation where he might be noticed. He says "I just know I'll mess up and everyone will judge me."

1. Would you use Light Regression or Guided Regression initially? Why?

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1. What questions would you ask to understand the pattern?

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1. If using regression, what affect or sensation might you bridge from?

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1. What age might this pattern have originated? What developmental stage?

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1. What kind of childhood experience might create this pattern?

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## SCENARIO 2:

Priya, 35, struggles with chronic underearning. She's highly skilled but always charges less than she's worth. She describes feeling "guilty" when asking for money and often works for free.

1. This pattern likely relates to what core issue?  Safety  Worthiness  Power  Connection

2. Would you work with recent events first or go straight to childhood?

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1. What belief might have been formed in childhood?

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1. How would you resource this pattern in regression?

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## SCENARIO 3:

Rahul, 45, has a pattern of sabotaging relationships just when they get serious. He's done this four times. He wants to understand why.

1. Is this a candidate for regression work?  Yes  No

Why or why not: -----

1. If yes, would you use Light or Guided Regression?

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1. What might you explore in the session?

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## SCENARIO 4:

Sarah, 32, mentions that she was sexually abused as a child and has never processed it. She wants to do regression on that trauma.

1. Should you work with this?  Yes  No

Why or why not: -----

1. What would you do instead?

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1. What resources would you provide?

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# INTEGRATION & COMMITMENTS

## PART A: DINACHARYA COMMITMENT

Based on my 12-week plan, my commitment for the next 2 weeks is:

Specific change: \_\_\_\_\_

How I'll implement it:

Morning: \_\_\_\_\_

Evening: \_\_\_\_\_

Support structures:

- Accountability partner: \_\_\_\_\_
- Daily tracking: \_\_\_\_\_
- Weekly check-in: \_\_\_\_\_
- Other: \_\_\_\_\_

Obstacles I might face: \_\_\_\_\_

How I'll handle them: \_\_\_\_\_

I commit to this for 2 weeks starting: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

## PART B: REGRESSION PRACTICE COMMITMENT

To develop skill in guided regression, I commit to:

Practising with \_\_\_\_\_ different people over the next \_\_\_\_\_ weeks

Practice partners:

\_\_\_\_\_

I will also:

- Receive regression work myself from: \_\_\_\_\_
- Read/study more about: \_\_\_\_\_
- Seek supervision/feedback from: \_\_\_\_\_
- Other: \_\_\_\_\_

## PART C: ETHICAL COMMITMENTS

As I develop regression skills, I commit to:

- Always getting informed consent
- Never working beyond my competency
- Referring out when appropriate
- Continuing my own healing work
- Maintaining confidentiality
- Following safety protocols always
- Treating this as sacred work
- Staying humble and continuing to learn

I understand that regression work carries responsibility and I take that seriously.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

## CLOSING REFLECTION



As you complete this workbook, connect with your intention:

Why am I creating a Dinacharya practice?

\_\_\_\_\_

How will a sacred daily routine support my transformation?

\_\_\_\_\_

Why am I learning regression work?

\_\_\_\_\_

How will I use these skills to serve others?

\_\_\_\_\_

### PERSONAL COMMITMENT:

I, \_\_\_\_\_, commit to honouring the practices learned today.

I will implement my Dinacharya gradually and consistently.

I will practise regression work with reverence and safety.

I will continue my own healing journey.

I will serve others from a place of wholeness.

May my practice be a blessing.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

ॐ शान्तिः शान्तिः शान्तिः

Om Shanti Shanti Shanti

*Practice with dedication. Heal with compassion. Serve with love.*

Next Session: Day 33 - Vastu & Resource Anchoring