

DAY 34 STUDENT INTEGRATION & REIMPRINTING WORKBOOK

दिन 34 छात्र कार्यपुस्तिका - एकीकरण और पुनः छपाई

Week 5 · Thursday · Practical Session

सप्ताह 5 · गुरुवार · व्यावहारिक सत्र

YOUR PRACTICAL GUIDE AND WORKBOOK

आपकी व्यावहारिक मार्गदर्शिका

WELCOME TO DAY 34!

दिन 34 में आपका स्वागत है

Dear Student,

Today you step into one of the most profound healing technologies available - the power to transform the past without changing what happened.

You've learned to access the roots of suffering through age regression. Today, you learn to heal those roots through reimprinting.

This is not just another technique. **This is consciousness transformation.** This is the sacred art of alchemising trauma into wisdom.

The ancient rishis knew that our **Samskaras (संस्कार)** - the deep imprints in our subconscious - shape our entire reality. And they knew these imprints could be transformed.

Modern neuroscience now confirms this through memory reconsolidation research.

Today, you become a facilitator of this transformation.

This workbook will guide you through:

- Understanding your own Samskaras
- Learning the reimprinting protocol
- Practising with partners
- Creating integration plans
- Future pacing new patterns
- Preparing to work with clients

Approach today with reverence, courage, and openness. This work will touch you personally as well as professionally.

With blessings,

Manudada

PRE-SESSION REFLECTION

सत्र-पूर्व प्रतिबिंब

BEFORE CLASS, PLEASE COMPLETE:

1. PERSONAL SAMSKARA AWARENESS

Think about a pattern that repeats in your life - something that limits you or causes suffering.

The pattern I notice: _____

When this pattern shows up: _____

The feeling underneath this pattern: _____

The belief I have about myself when this pattern is active:

"I am _____"

or

"I am not _____"

2. ORIGIN AWARENESS

When was the FIRST time you remember feeling this way or believing this about yourself?

Age: _____

What was happening: _____

Who was there: _____

What you needed but didn't have: _____

3. INTENTION SETTING

What do you hope to learn today?

What limiting belief would you most like to transform?

What would become possible in your life if this belief changed?

4. PREPARATION CHECKLIST

- Well-rested and emotionally grounded
- Open to experiencing emotional content (this is deep work)
- Willing to be vulnerable in practice exercises
- Committed to holding sacred space for others
- Notebook and pen ready
- Water bottle filled
- Comfortable clothing

UNDERSTANDING SAMSKARAS

अनुभाग 1: संस्कारों को समझना

KEY CONCEPTS - FILL IN AS TEACHER EXPLAINS:

☐ SAMSKARA (संस्कार) DEFINITION:

Meaning: _____

Where they're stored: _____

How they're created: _____

THE SAMSKARA FORMATION PROCESS:

1. EVENT: _____
2. PERCEPTION: _____
3. EMOTION: _____
4. MEANING-MAKING: _____
5. IMPRINT: _____
6. PATTERN: _____

TYPES OF SAMSKARAS:

POSITIVE SAMSKARAS

(शुभ संस्कार)

Examples:

Effect on life:

NEGATIVE SAMSKARAS

(अशुभ संस्कार)

Examples:

Effect on life:

NEUTRAL SAMSKARAS

(उदासीन संस्कार)

Examples:

SAMSKARAS CREATE VASANAS (वासना):

Vasana means: _____

Example: Samskara: "I am not good enough" → Vasana: _____

PERSONAL REFLECTION:

My most limiting Samskara is: _____

The Vasana (tendency) this creates in my life: _____

How this affects my relationships: _____

How this affects my work/career: _____

How this affects my wellbeing: _____

MEMORY RECONSOLIDATION

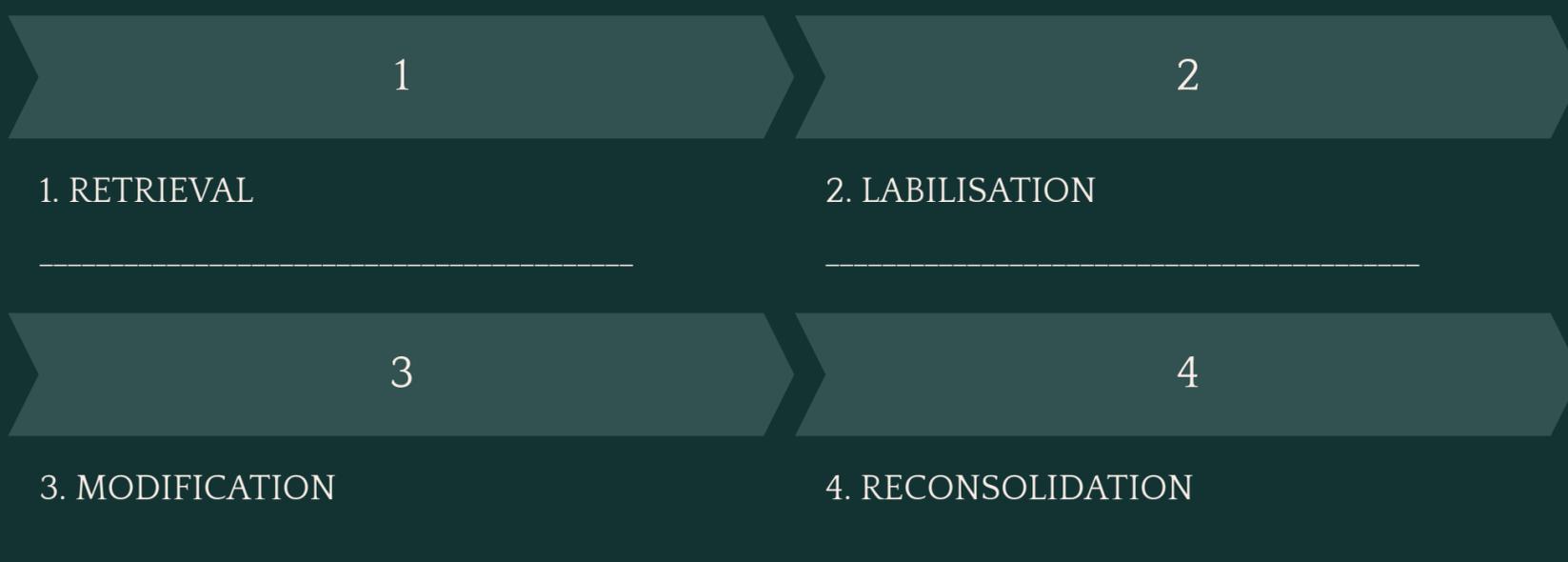
अनुभाग 2: स्मृति पुनर्संघटन

KEY INSIGHTS - NOTES FROM TEACHING:

OLD VIEW OF MEMORY:

ACTUAL SCIENCE - MEMORY RECONSOLIDATION:

The process:



CRITICAL WINDOW: _____

WHAT THIS MEANS FOR HEALING:

THIS IS NOT:

- _____
- _____
- _____

THIS IS:

- _____
- _____
- _____

IMPLICATIONS:

How does this change your understanding of trauma healing?

How does this create hope for transformation?

THE REIMPRINTING PROTOCOL

अनुभाग 3: पुनः छपाई प्रोटोकॉल

THE FOUR PHASES - DETAILED NOTES:

📄 PHASE 1: PREPARATION (5-10 minutes)

Key steps:

- _____
- _____
- _____

Questions to ask:

- _____
- _____
- _____

Client states their limiting Samskara: _____

📄 PHASE 2: REGRESSION TO SOURCE (10-15 minutes)

Bridge question: _____

Guide client to describe:

- Age: _____
- Location: _____
- Who's present: _____
- What's happening: _____
- Feeling: _____
- Conclusion about self: _____

THE KEY QUESTION:

"What did that little one NEED in that moment that they didn't have?"

Possible missing resources:

- _____
- _____
- _____
- _____
- _____

📄 PHASE 3: REIMPRINTING (15-20 minutes)

Bring in adult self:

Script to use: _____

Provide the missing resource:

"What does that little one need from you?": _____

Guide client to:

- _____
- _____
- _____
- _____

CRITICAL: Client must _____ the resource, not just be offered it.

Create new meaning:

Old Samskara: _____

New Samskara: _____

Witness transformation:

"Notice how the child looks now": _____

📄 PHASE 4: INTEGRATION & FUTURE PACING (10-15 minutes)

Walk timeline forward: _____

Bring to present: _____

Future pace: _____

Test the work: _____

Anchor the change: _____

REIMPRINTING PROTOCOL - QUICK REFERENCE CARD:

1. PREPARE

Safety + Identify issue + State limiting Samskara

2. REGRESS

Bridge to past + Describe scene + Identify missing resource

3. REIMPRINT

Adult self enters + Provides resource + New meaning + Witness change

4. INTEGRATE

Timeline update + Present + Future + Test + Anchor

DEMONSTRATION NOTES

अनुभाग 4: प्रदर्शन नोट्स

OBSERVATIONS FROM LIVE DEMONSTRATION:

Volunteer's presenting issue: _____

Limiting Samskara identified: _____

Source event (age, situation): _____

Missing resource: _____

How adult self provided resource: _____

New Samskara created: _____

Changes observed in volunteer: _____

Volunteer's feedback after: _____

KEY TECHNIQUES I NOTICED:

Trainer's voice/tone: _____

How safety was created: _____

How adult self was introduced: _____

How resource was ensured to be received: _____

Most powerful moment: _____

QUESTIONS THIS RAISED FOR ME:

PARTNER PRACTICE

अनुभाग 5: साथी अभ्यास

ROUND 1: I AM THE PRACTITIONER

My partner's name: _____

Issue we worked with: _____

Limiting Samskara: _____

Source event (brief note): _____

Missing resource identified: _____

How I guided them to receive it: _____

New Samskara created: _____

My partner's feedback: _____

SELF-ASSESSMENT:

What went well: _____

What was challenging: _____

What I'd do differently next time: _____

One thing I learned about holding space: _____

ROUND 2: I AM THE CLIENT

Issue I chose to work with: _____

My limiting Samskara: _____

Source event: _____

Missing resource my partner helped me identify: _____

How it felt to receive the resource: _____

New Samskara: _____

What shifted for me: _____

EXPERIENCE AS CLIENT:

What surprised me: _____

What I felt in my body: _____

How the original issue feels now (1-10, 10 = no charge): _____

What I'm taking away from this experience: _____

FEEDBACK FOR MY PARTNER:

What they did well: _____

Suggestion (if any): _____

LIFESTYLE INTEGRATION

अनुभाग 6: जीवनशैली एकीकरण

THE THREE LEVELS OF INTEGRATION:

 LEVEL 1: COGNITIVE (Understanding) Client understands: _____ _____	 LEVEL 2: EMOTIONAL (Feeling) New beliefs feel: _____ _____	 LEVEL 3: BEHAVIOURAL (Living) Daily actions: _____ _____
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INTEGRATION STRATEGIES - NOTES:

- STRATEGY 1: IDENTITY ANCHORING**
Create identity statement based on new Samskara:
Old identity: _____
New identity: _____
Daily practice: _____
- STRATEGY 2: ENVIRONMENTAL RESTRUCTURING**
Change environment to support new pattern:
Examples: _____
- STRATEGY 3: BEHAVIOURAL REHEARSAL**
Practice new behaviours:
Old pattern: _____
New behaviour - Week 1: _____
Week 2: _____
Week 3: _____
Week 4: _____
- STRATEGY 4: SUPPORT SYSTEMS**
Types of support: _____
- STRATEGY 5: DAILY RITUALS**
Create embodying practices: _____
- STRATEGY 6: CHALLENGE NAVIGATION PLAN**
When old pattern resurfaces:
1. NOTICE: _____
2. PAUSE: _____
3. REMEMBER: _____
4. CHOOSE: _____
5. CELEBRATE: _____

INTEGRATION TIMELINE:

First 24 hours: _____

First week: _____

First month: _____

3 months: _____

6-12 months: _____

PERSONAL INTEGRATION PLAN:

For the Samskara I worked on today, my integration plan is:

NEW IDENTITY STATEMENT:

DAILY RITUAL I'LL PRACTISE:

ONE ENVIRONMENTAL CHANGE:

NEW BEHAVIOUR I'LL START (specific):

SUPPORT PERSON/GROUP:

WHEN OLD PATTERN ARISES, I'LL:

FUTURE PACING

अनुभाग 7: भविष्य की गति

FUTURE PACING - KEY CONCEPTS:

Definition: _____

Purpose: _____

Scientific basis: _____

THE FUTURE PACING PROTOCOL:

01

Identify future scenario

03

Introduce new Samskara

05

Repeat for multiple scenarios

02

Create vivid future scene

04

Mentally rehearse

06

Anchor the future

PERSONAL FUTURE PACING PRACTICE:

SCENARIO 1 (Easy challenge):

Situation: _____

With my new Samskara, what changes: _____

How I see myself responding: _____

How this feels: _____

SCENARIO 2 (Medium challenge):

Situation: _____

With my new Samskara, what changes: _____

How I see myself responding: _____

How this feels: _____

SCENARIO 3 (High challenge):

Situation: _____

With my new Samskara, what changes: _____

How I see myself responding: _____

How this feels: _____

MY PHYSICAL ANCHOR:

Gesture/touch: _____

Associated phrase: _____

When I use this anchor, I remember: _____

TIMELINE VISUALISATION:

One week from now, living from my new belief, I see myself: _____

One month: _____

Three months: _____

Six months: _____

One year: _____

FUTURE SELF MESSAGE:

Imagine your future self one year from now, having lived from your new Samskara consistently. What message do they have for you?

CLIENT APPLICATION PREPARATION

अनुभाग 8: ग्राहक अनुप्रयोग तैयारी

COMMON WOUND TYPES - NOTES:

1. ABANDONMENT WOUNDS

Presenting issues:

Common source events:

Missing resources typically needed:

New Samskara to create:

2. INADEQUACY WOUNDS

Presenting issues:

Common source events:

Missing resources typically needed:

New Samskara to create:

3. SHAME-BASED WOUNDS

Presenting issues:

Common source events:

Missing resources typically needed:

New Samskara to create:

PRACTICE CASE SCENARIOS:

SCENARIO 1: ABANDONMENT

Client: 35-year-old woman, sabotages relationships when intimacy deepens

Your approach:

1. What limiting Samskara would you explore? _____
2. What questions would you ask to bridge to source? _____
3. What missing resource might be needed? _____
4. What new Samskara would you help create? _____
5. What integration practices would you suggest? _____

SCENARIO 2: INADEQUACY

Client: 28-year-old man, chronic perfectionism, fear of failure

Your approach:

1. Limiting Samskara: _____
2. Bridge questions: _____
3. Missing resource: _____
4. New Samskara: _____
5. Integration practices: _____

SCENARIO 3: SHAME

Client: 42-year-old, deep shame about body, hiding authentic self

Your approach:

1. Limiting Samskara: _____
2. Bridge questions: _____
3. Missing resource: _____
4. New Samskara: _____
5. Integration practices: _____

ETHICAL BOUNDARIES

अनुभाग 9: नैतिक सीमाएं

SCOPE OF PRACTICE:

REIMPRINTING WORKS WELL FOR:

- _____
- _____
- _____
- _____

REFER TO SPECIALIST FOR:

- _____
- _____
- _____
- _____
- _____

WHEN IN DOUBT: _____

ETHICAL COMMITMENTS:

I commit to:

- Always get informed consent before reimplanting work
- Respect my client's pace and never rush them
- Honour when a client says "no" or "stop"
- Maintain strict confidentiality
- Work within my scope of practice
- Refer complex cases appropriately
- Continue my own therapy and personal work
- Seek supervision when needed
- Never implant false memories or impose my interpretations
- Create safety above all else

Signature: _____ Date: _____

RED FLAGS - WHEN TO REFER:

If client presents with: _____

I will: _____

Referral resources in my area: _____

SESSION PLANNING

अनुभाग 10: सत्र योजना

REIMPRINTING SESSION STRUCTURE (90-120 minutes):



MATERIALS I NEED FOR SESSIONS:

- -----
- -----
- -----
- -----
- -----

MY PREPARATION RITUAL BEFORE REIMPRINTING SESSIONS:

MY SELF-CARE PLAN AFTER SESSIONS:

PERSONAL INTEGRATION & PRACTICE JOURNAL

अनुभाग 11 & 12: व्यक्तिगत एकीकरण और अभ्यास डायरी

REFLECTION ON TODAY'S LEARNING:

Most powerful insight: _____

What shifted for me personally: _____

How this will change my practice: _____

What I'm still curious about: _____

PERSONAL TRANSFORMATION COMMITMENT:

The Samskara I'm transforming: _____

My new Samskara: _____

My integration plan for the next 30 days:

1	2
<p>WEEK 1</p> <p>Daily practice: _____</p> <p>New behaviour: _____</p> <p>Support: _____</p>	<p>WEEK 2</p> <p>Daily practice: _____</p> <p>New behaviour: _____</p> <p>Challenge to navigate: _____</p>
3	4
<p>WEEK 3</p> <p>Daily practice: _____</p> <p>New behaviour: _____</p> <p>Deepening: _____</p>	<p>WEEK 4</p> <p>Daily practice: _____</p> <p>New behaviour: _____</p> <p>Celebration: _____</p>

30-DAY CHECK-IN DATE: _____

What I'll assess: _____

ACCOUNTABILITY:

Who I'll share this with: _____

Check-in schedule: _____

GRATITUDE:

What I'm grateful for from today: _____

PRACTICE JOURNAL

Use this space to journal your reimplanting practice over the coming weeks:

PRACTICE SESSION 1:

Date: _____

Who I worked with: _____

Issue/Samskara addressed: _____

Source event age/situation: _____

Missing resource: _____

New Samskara: _____

How session went: _____

What I learned: _____

Client/volunteer feedback: _____

PRACTICE SESSION 2:

Date: _____

Who I worked with: _____

Issue/Samskara addressed: _____

Source event age/situation: _____

Missing resource: _____

New Samskara: _____

How session went: _____

What I learned: _____

PRACTICE SESSION 3:

Date: _____

Who I worked with: _____

Issue/Samskara addressed: _____

What I'm getting more comfortable with: _____

What still feels challenging: _____

ONGOING REFLECTIONS:

Week 1 insights: _____

Week 2 insights: _____

Week 3 insights: _____

Week 4 insights: _____

EVOLUTION OF SKILL:

What's becoming more natural: _____

What I want to deepen: _____

Questions for supervision/mentoring: _____

CLOSING REFLECTION

समापन प्रतिबिंब

As you complete this workbook and embark on your reimprinting journey, remember:

The past cannot be changed, but its meaning can be transformed infinitely.

You are not fixing broken people. You are facilitating the emergence of their innate wisdom and wholeness.

The cracked vessel can hold the most light.

Every Samskara you help transform ripples out into the world, healing not just one person but all they touch.

This is sacred work. Honour it. Practise it with reverence. Continue your own healing. And trust that you have everything you need to facilitate transformation.

May you become a master potter of meaning. May your clients discover that their "wounds" are portals to wisdom. May transformation flow through you to all who seek healing.

॥ ॐ शान्तिः शान्तिः शान्तिः ॥

Om Shanti Shanti Shanti

*With infinite blessings,
Manudada*

QUESTIONS & NOTES

अनुभाग 13: प्रश्न और नोट्स

QUESTIONS FOR MANUDADA:

ADDITIONAL NOTES FROM SESSION:

RESOURCES TO EXPLORE:

Books: -----

Teachers/trainings: -----

Supervision sources: -----

Inner Zen Wellness - Level 1 Foundation Course

Day 34 Complete

REMEMBER:

- Practise reimprinting with willing volunteers this week
- Complete your 30-day integration plan
- Journal your personal transformation
- Bring questions to tomorrow's Q&A session
- Honour the sacredness of this work

You are becoming a transformation facilitator. Walk this path with humility, courage, and compassion.

Namaste 🙏