

# DAY 44 – STUDENT WORKBOOK PHYSICAL PLANE MASTERY & GROUNDING FOUNDATION ALL PARTS INTEGRATED



This workbook is YOUR personal practice companion for Day 44.

# STUDENT INFORMATION

Name: \_\_\_\_\_

Program Start Date: \_\_\_\_\_

Day 44 Completion Date: \_\_\_\_\_

Contact Email: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_

Emergency Contact Phone: \_\_\_\_\_

# INSTRUCTIONS FOR USING THIS WORKBOOK

This workbook is YOUR personal practice companion for Day 44.

## How to use:

- Write directly in this workbook (or print and complete by hand)
- Be honest and thorough in your responses
- There are no "right" answers - only YOUR truth
- Use additional paper if you need more space
- Date each entry
- Review your responses regularly
- Keep this for your entire journey

# What This Workbook Includes

This workbook includes:

- Reflection questions for each part
- Practice logs and tracking sheets
- Self-assessment tools
- Integration exercises
- Homework assignments
- Space for personal notes

 **Your responses are PRIVATE and SACRED.**

No one will read this unless you choose to share.

Write from your heart.

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# PART 1: INTRODUCTION & FOUNDATION



## REFLECTION QUESTIONS

1. Before this course, what did "grounding" mean to you?

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# Your Grounding Journey Begins

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# Continued Reflection Space

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# Additional Notes

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# Final Thoughts on Initial Understanding

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# Your Motivation for This Training

2. Why did you choose to enrol in this Akashic Records training programme?

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# Exploring Your Reasons

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# Deeper Motivations

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# Personal Connection to Akashic Work

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# Completing Your Motivation Statement

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# Your Hopes and Expectations



3. What are your hopes and expectations for this training?

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# Envisioning Your Growth

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# What You Hope to Achieve

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# Your Vision for Transformation

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# Final Expectations and Dreams

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# Addressing Your Fears and Concerns

4. What fears or concerns do you have about Akashic Records work?

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# Exploring Your Concerns

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# Working Through Fears

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# Acknowledging and Releasing Concerns

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# Your Current Grounding Assessment

5. On a scale of 1-10, how grounded do you feel RIGHT NOW? (Circle one)

1 2 3 4 5 6 7 8 9 10

(Very ungrounded) (Very grounded)

Explain your rating:

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# Understanding Your Current State

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# Factors Affecting Your Grounding

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# UNDERSTANDING THE SEVEN PLANES



Write in your own words what each plane represents:

**Plane 1 (Physical/Bhu Loka):**

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# Physical Plane Understanding

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# Completing Physical Plane Description

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# The Astral Plane

Plane 2 (Astral/Bhuvar Loka):

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# Astral Plane Exploration

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# Completing Astral Plane Understanding

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# The Mental Plane

Plane 3 (Mental/Svar Loka):

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# Mental Plane Insights

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# Completing Mental Plane Description

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# The Causal Plane

Plane 4 (Causal/Mahar Loka):

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# Causal Plane Understanding

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# Completing Causal Plane Exploration

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# The Spiritual Plane

Plane 5 (Spiritual/Jana Loka):

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# Spiritual Plane Insights

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# Completing Spiritual Plane Understanding

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# The Divine Plane

Plane 6 (Divine/Tapas Loka):

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# Divine Plane Exploration

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# Completing Divine Plane Description

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# The Akashic Plane



Plane 7 (Akashic/Satya Loka):

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# Akashic Plane Understanding

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# Completing Akashic Plane Exploration

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# PERSONAL COMMITMENT

Complete this statement in your own handwriting:

I, \_\_\_\_\_, commit to building a strong grounding  
foundation before accessing the Akashic Records because:

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# Your Commitment to Grounding

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# Deepening Your Commitment

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# Completing Your Commitment Statement

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# Understanding the Importance of Grounding

I understand that grounding is not optional but essential for:

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# Why Grounding Matters

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# The Essential Nature of Grounding

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# Completing Your Understanding

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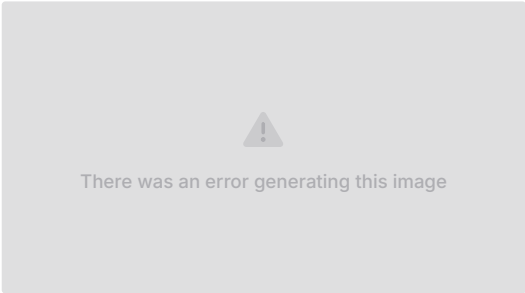
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# Your Daily Grounding Practice



My daily grounding practice will include:

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# Building Your Practice

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# Completing Your Daily Practice Plan

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📄 **Congratulations on completing Day 44!**

You have taken an important step in building your foundation for Akashic Records work.  
Keep this workbook as a sacred record of your journey.