

# DAY 47 - STUDENT WORKBOOK PAST LIFE EXPLORATION & REGRESSION

STUDENT WORKBOOK YOUR PERSONAL JOURNEY THROUGH PAST LIVES

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## WELCOME, DEAR STUDENT!

Namaste! 🙏

You are about to embark on one of the most profound journeys available to the human soul - exploration of your existence across multiple lifetimes. This workbook is your personal companion on this journey.

### HOW TO USE THIS WORKBOOK:

- Complete exercises in sequence (they build on each other)
- Write freely and honestly (no one else will see unless you choose to share)
- Trust first impressions (your intuition is often correct)
- There are no "wrong" answers
- Take your time (this is not a race)
- Return to exercises multiple times (deeper layers emerge)
- Keep this workbook safe (it contains sacred personal material)

### WHAT YOU'LL NEED:

- This workbook
- Additional journal or notebook for extended writing
- Coloured pens/pencils (optional but helpful)
- Quiet, private space
- Open heart and curious mind

### YOUR COMMITMENT:

I, \_\_\_\_\_, commit to approaching this work with:

- Openness to what emerges
- Compassion for my past selves
- Willingness to heal
- Respect for the mystery
- Integration of insights into my current life

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

Let us begin...

# PART 1: INTRODUCTION & FOUNDATION EXERCISES & REFLECTIONS

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## EXERCISE 1.1: MY BELIEFS ABOUT REINCARNATION

Before you begin past life work, examine your current beliefs.

### 1. Do you believe in reincarnation? (Circle one)

Definitely yes Probably yes Unsure Probably no Definitely no

### 2. Why or why not? What shaped this belief?

# Reflection Space

Use this space to explore your beliefs about reincarnation. Consider your upbringing, cultural background, personal experiences, and any encounters that have shaped your perspective on past lives and the continuity of the soul.

# Continuing Your Reflection

Take your time to fully articulate your thoughts and feelings about reincarnation. There is no right or wrong answer here - this is simply an opportunity to understand where you currently stand before beginning this transformative work.

# Openness to Exploration

**3. Are you willing to explore past lives even if you're not sure you believe?**

Yes \_\_\_ No \_\_\_ Maybe \_\_\_

**4. What would help you stay open to this work regardless of belief?**

# Supporting Your Openness

Consider what conditions, mindsets, or support systems would help you remain receptive to the experiences that may arise during past life exploration. This might include specific practices, the presence of trusted individuals, or particular ways of framing the work.

# Reflection on Openness

## REFLECTION:

Remember: You don't need to believe in reincarnation for past life work to be healing. Approach as experiment. Notice what emerges. Trust the therapeutic value.

# EXERCISE 1.2: PAST LIFE CLUE INVENTORY

Your current life contains clues to past lives. Let's discover them.

## A. UNEXPLAINED INTERESTS & ATTRACTIONS

**1. List 3 time periods/cultures you're drawn to (no clear reason):**

a) \_\_\_\_\_

b) \_\_\_\_\_

c) \_\_\_\_\_

**2. For each, describe the attraction:**

What draws you? How does it feel? How long have you felt this?

#1: \_\_\_\_\_

# Describing Your Attractions

#2: \_\_\_\_\_

# Continuing Your Descriptions

#3: \_\_\_\_\_

# Time Period Connection

## 3. Is there a particular time period you feel you "belong to"?

Describe this feeling of belonging. What is it about this era that resonates so deeply with you? How does it manifest in your current life - through interests, preferences, or unexplained knowledge?

## **B. PLACES THAT CALL TO YOU**

**1. List 2-3 geographic locations you feel strongly drawn to (never visited or visited and felt "home"):**

a) \_\_\_\_\_

b) \_\_\_\_\_

c) \_\_\_\_\_

**2. Describe the feeling when you think about these places:**

# Exploring Place Connections

What emotions arise when you imagine or remember these locations? Is there a sense of longing, familiarity, or deep recognition? Describe the physical sensations and emotional responses you experience.



# Déjà Vu Experiences

3. Have you ever experienced déjà vu in any location? Describe:

# Continuing Déjà Vu Exploration

Provide detailed descriptions of any déjà vu experiences you've had. What were the circumstances? How strong was the feeling? Did you have any specific knowledge about the place that you couldn't explain?

# Further Déjà Vu Reflections

Continue exploring these mysterious moments of recognition. Sometimes the most subtle experiences hold the deepest clues to our past life connections.

# C. INSTANT CONNECTIONS

1. Have you ever met someone and felt you "already knew them"?

Who: \_\_\_\_\_

Describe the feeling: \_\_\_\_\_

# Recognition Through Media

**2. Have you ever seen a place in a photo or film and felt "I've been there before" even though you haven't in this life?**

Where: \_\_\_\_\_

Describe: \_\_\_\_\_

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## **D. FEARS WITH NO CLEAR ORIGIN**

**1. Do you have any phobias or intense fears that started very young with no traumatic event in this life to explain them?**

Fear: \_\_\_\_\_

Started when: \_\_\_\_\_

Any guesses about origin? \_\_\_\_\_

# Additional Unexplained Fears

2. List any other unexplained fears:

a) \_\_\_\_\_

b) \_\_\_\_\_

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## E. NATURAL TALENTS

1. Do you have any skills/abilities that came very easily, like you "already knew" them?

Talent: \_\_\_\_\_

How it manifested: \_\_\_\_\_



# Surprising Talents

2. Any other talents that surprised you or others with how quickly you mastered them?

# Continuing Talent Exploration

Reflect on abilities that seemed to come from nowhere - skills that felt more like remembering than learning. These natural talents often point to expertise developed in previous lifetimes.

# **F. DREAMS & RECURRING IMAGES**

**1. Do you have recurring dreams set in other time periods?**

Describe: \_\_\_\_\_

# Continuing Dream Descriptions

Provide as much detail as possible about these recurring dreams. What era do they seem to be from? Who are you in the dream? What emotions do you experience?

# Recurring Dream Symbols

2. Any recurring dream images or symbols that might be past life related?

# Exploring Dream Symbols

Consider symbols, objects, or scenarios that appear repeatedly in your dreams. These may be messages from your subconscious about past life experiences seeking recognition and healing.

# CLUE ANALYSIS

Review your answers above. Circle the 3 STRONGEST clues - the ones that feel most significant or mysterious to you.

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

These are your starting points for past life exploration.

**Reflection question:**

What patterns do you notice across these clues? Any themes?

# Pattern Recognition

Take time to identify common threads running through your clues. Do certain time periods, locations, or themes repeat? Are there emotional patterns that connect seemingly unrelated clues?

# Deepening Pattern Analysis

Continue exploring the patterns you've identified. Sometimes the most significant insights emerge when we step back and look at the bigger picture of our attractions, fears, and unexplained connections.

# EXERCISE 1.3: READINESS SELF-ASSESSMENT

Honest self-assessment before beginning past life work.

**Rate yourself 1-10 (1=not at all, 10=completely) for each:**

- I feel emotionally stable right now
- I have a support system I can talk to
- I'm not currently in crisis
- I'm willing to feel difficult emotions
- I can handle unexpected or intense experiences
- I have time for integration work (not just exploration)
- I'm doing this for healing (not entertainment)
- I'm willing to see uncomfortable truths about myself
- I have basic grounding/centering skills
- I'm ready to take responsibility for my healing

**TOTAL SCORE: \_\_\_\_\_ / 100**

# Interpreting Your Readiness Score

## 80-100

You're well-prepared for past life work. Proceed with confidence.

## 60-79

You're mostly ready. Pay attention to areas you scored below 7. Work on those first.

## 40-59

You may want to wait or seek additional support. Consider working with therapist alongside this programme.

## Below 40

This may not be the right time. Focus on present-life healing first. Return to past life work when more stable.

# Contraindications Check

## CONTRAINDICATIONS CHECK:

Place a check next to any that apply to you currently:

- Active psychosis or hallucinations
- Recent suicide attempt (within 6 months)
- Severe dissociation or depersonalisation
- Active substance abuse
- Acute mental health crisis
- Currently in psychiatric hospital or intensive treatment
- Under 18 years old (without parental consent and professional support)

**IF YOU CHECKED ANY:** Please speak with trainer privately. Past life work may not be appropriate at this time or may need professional support alongside.

# EXERCISE 1.4: MY PATTERNS

Before exploring past lives, identify current life patterns that might have past life origins.

## A. RELATIONSHIP PATTERNS

**Do you notice any of these repeating patterns in your relationships?**

- Choosing same type of partner repeatedly
- Fear of intimacy
- Fear of abandonment
- Caretaking/rescuing others
- Power struggles
- Betrayal themes
- Being betrayed or betraying others
- Difficulty trusting
- Feeling abandoned repeatedly

**Which ones checked? Describe the pattern in detail:**

# Describing Relationship Patterns

Provide detailed descriptions of the relationship patterns you've identified. How do these patterns manifest in your life? What triggers them? How do they affect your connections with others?

# Continuing Pattern Description

Continue exploring your relationship patterns. Be honest and compassionate with yourself as you examine these recurring dynamics.

# Pattern Origins

**When did this pattern start? How far back can you trace it?**

Try to identify the earliest instance of this pattern in your current life. Does it go back to childhood? Early relationships? Or does it seem to have always been present?

# B. MONEY & ABUNDANCE PATTERNS

- \_\_\_ Poverty consciousness despite having enough
- \_\_\_ Fear of losing everything
- \_\_\_ Guilt about wealth
- \_\_\_ Inability to receive
- \_\_\_ Scarcity mindset
- \_\_\_ Money = danger association
- \_\_\_ Sabotaging financial success
- \_\_\_ Hoarding or extreme frugality

**Which patterns? Describe:**

# Exploring Money Patterns

Describe your relationship with money and abundance. How do these patterns show up in your daily life? What beliefs about money do you hold that seem irrational or disproportionate to your actual circumstances?

# Continuing Money Pattern Exploration

Continue reflecting on your financial patterns and beliefs. Often, our relationship with money carries deep karmic imprints from past life experiences of wealth, poverty, or survival.

# C. HEALTH & BODY PATTERNS

- \_\_\_ Chronic pain in specific area (no clear medical cause)
- \_\_\_ Mysterious illnesses
- \_\_\_ Specific phobias
- \_\_\_ Addictions
- \_\_\_ Body image issues
- \_\_\_ Recurring injuries in same location

**Which patterns? Describe:**

# Describing Health Patterns

Detail any physical patterns or health issues that seem to have no clear origin in this lifetime. Where in your body do you hold tension or pain? Are there recurring physical issues that medical professionals cannot fully explain?

# Continuing Health Pattern Exploration

Continue exploring your physical patterns. The body often holds memories from past lives, manifesting as unexplained pain, illness, or recurring injuries in specific locations.

# D. SELF-WORTH & IDENTITY PATTERNS

- \_\_\_ Feeling "not good enough"
- \_\_\_ Imposter syndrome
- \_\_\_ Perfectionism
- \_\_\_ Self-sabotage
- \_\_\_ People-pleasing
- \_\_\_ Difficulty speaking up
- \_\_\_ Feeling invisible or unseen
- \_\_\_ Guilt or shame (no clear current-life origin)

**Which patterns? Describe:**

# Exploring Self-Worth Patterns

Describe how these self-worth patterns manifest in your life. When do they arise most strongly? What situations trigger feelings of inadequacy or shame? How do these patterns limit your expression and potential?

# Continuing Self-Worth Exploration

Continue reflecting on your relationship with yourself. Often, deep-seated feelings of unworthiness or shame have roots in past life experiences where we were punished, rejected, or silenced.

# E. LIFE PURPOSE PATTERNS

- \_\_\_ Feeling "stuck" or blocked
- \_\_\_ Confusion about purpose
- \_\_\_ Fear of success
- \_\_\_ Fear of visibility
- \_\_\_ Avoiding your gifts
- \_\_\_ Playing small
- \_\_\_ Knowing you're meant for something but can't access it

**Which patterns? Describe:**

# Describing Purpose Patterns

Detail how these patterns around purpose and calling show up in your life. Do you feel blocked from expressing your true gifts? Is there a sense of knowing you're meant for something specific but being unable to access or manifest it?

# Continuing Purpose Exploration

Continue exploring your relationship with your life purpose. Sometimes we carry past life vows, traumas, or unfinished missions that create blocks in our current life expression.

# Identifying Limitations

**PATTERN SUMMARY:**

**Circle the ONE pattern that feels MOST significant or troubling:**

This is your primary focus for past life exploration.

**Why does this pattern bother you? How does it limit you?**

# Understanding Pattern Impact

Describe in detail how this primary pattern affects your life. What opportunities have you missed because of it? How does it impact your relationships, work, health, or sense of fulfillment? What would your life look like without this pattern?

# Continuing Impact Analysis

Continue exploring the ways this pattern limits you. Be specific about the costs - emotional, relational, professional, spiritual - that this pattern has imposed on your life.

# Intuiting Past Life Origins

If this pattern had a past life origin, what might it be? (Just guess - use intuition)

# Exploring Possible Origins

Allow your intuition to guide you. What scenarios, time periods, or circumstances come to mind when you consider the possible past life origin of this pattern? Don't censor yourself - just write what emerges.

# Continuing Intuitive Exploration

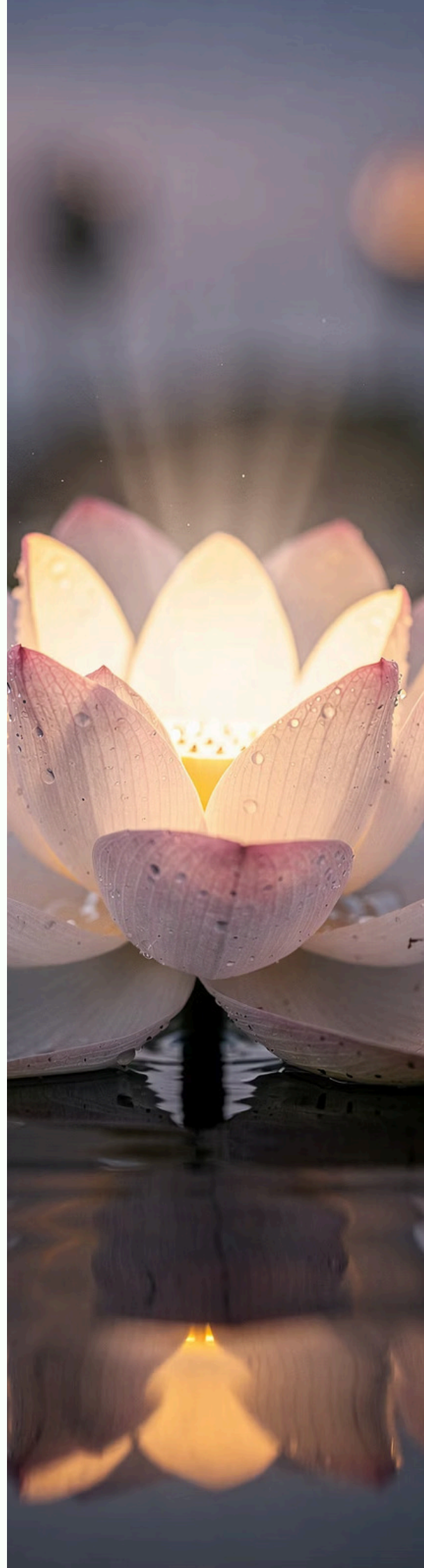
Continue following your intuitive impressions about the past life origins of your primary pattern. Sometimes our first guesses contain profound truth, even if we can't yet verify them.

# EXERCISE 1.5: SETTING INTENTIONS

Clear intention creates focused, powerful past life work.

## MY INTENTIONS FOR PAST LIFE EXPLORATION:

1. What do I most want to heal or understand through this work?



# Articulating Healing Intentions

Be specific about what you hope to heal or understand. What questions do you want answered? What wounds do you want to address? What mysteries do you want to solve about yourself?

# Continuing Healing Intentions

Continue articulating your deepest intentions for this work. The clearer your intention, the more focused and effective your past life exploration will be.

# Patterns to Release

## 2. What pattern am I ready to release?

Name the specific pattern you identified earlier that you are now ready to let go of. State your readiness clearly and with conviction.

# Gifts to Reclaim

## 3. What gift or ability am I ready to reclaim?

What talents, abilities, or aspects of yourself do you sense are waiting to be reclaimed from past lives? What gifts have you been afraid to express or unable to access?

# Vision for Transformation

## 4. How do I want my life to be different after this work?

Paint a clear picture of your life after healing and integration. How will you feel? How will you show up differently in your relationships, work, and daily life? What will be possible that isn't possible now?

# Completing Your Vision

Continue describing your vision for your transformed life. Be as specific and detailed as possible. This vision will serve as your north star throughout the past life exploration and healing process.

- 📄 **Congratulations on completing Part 1!** You have laid a strong foundation for your past life exploration journey. Keep this workbook safe and return to these exercises as you progress through the programme. Your intentions and insights will deepen over time.