

## Padma Family Regression Journal

*After Listening to the Padma Family Regression, free write for 10-min and write down what you remember from your journey. Use these prompts as needed to inspire your writing.*

1. *What was your **overall experience** doing the Padma Family Regression? What stood out to you most?*
  - a. *What did you notice about the **last few days**? Any instances of the encumbered patterns of the Padma Family?*
  - b. *What did you notice about the **last few months**? What did you notice about your tendencies to go into the encumbered patterns of the Padma Family? Any triggers?*
  - c. *What did you notice about **the last year**?*
  - d. *What did you notice scanning back through your **adult life**? Did you notice times when perhaps the Padma family encumbered patterns was stronger than others?*
  - e. *What did you notice about the Padma family pattern in your **teenage years**? Your **late teens to early adolescence**? Did you notice anything about high school, junior high school. What are you doing at this time?*
  - f. *What did you notice about your **childhood**? Your parents or siblings? Experiences at school or with friends?*
  - g. *What did you notice about being **a toddler and a young child**? Four, three, two-years old? A year old? Learning to walk? Did you see anything about the Padma family patterns showing up within your family?*
  - h. *Did you notice anything about **being a baby**? Did you notice anything about the roots of this encumbered pattern?*
  - i. *What did you notice about your **birth**? About **the time in your mother's womb**? What was going on with your parents at this time? How does it feel to be in your mother's womb?*
  - j. *What did you notice about the **time of conception**? How was this encumbered pattern present at this time?*
2. *What was something **new** you noticed, saw, learned, or had an insight about that you've never seen or thought of before?*

