

MASTER YOUR KARMA INTENSIVE

DAY 2 PARTICIPANT WORKSHEET

Interrupting the Pattern

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with Dipal Shah

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WHAT WE ARE COVERING TODAY

Bone Breathing + Shaking Release — opening the body before anything else

The Groove — how patterns live in the nervous system below the level of thought

The Disentanglement Stage — activating your Inner Observer

The Relationship Mirror — the patterns that show up in our closest dynamics

Relationship Pattern Release — a targeted energetic clearing

Three practical tools to use this week when the groove tries to run you

Theme: You are not the pattern. You are the one who can see it — and release it.

OVERNIGHT LANDING — What Came Up After Day 1?

What did you notice in the last 24 hours? A decision that felt easier? A dynamic that looked different?

Dreams, emotions, body sensations from overnight? Morning writing from your homework?

And the question from last night: What would become possible if the contract you named no longer had a hold on you? Write what landed:

BONE BREATHING + SHAKING RELEASE

Opening the Body First

In Traditional Chinese Medicine, the bones are considered the deepest tissue in the body — the last place where unprocessed emotion and ancestral energy settles. The bones are archives. When we breathe consciously into them, we communicate directly with what has been stored there — some of it for years, some for generations.

Peter Levine studied how animals in the wild recover from threat. They shake to discharge the physiological activation and return to baseline. Humans have that same capacity — we have just been taught to override it. Today we give the body what it has been asking for.

ARRIVE IN THE BODY	5 slow breaths. Each exhale soften one area — jaw, shoulders, belly, hips, feet. Each exhale is an act of permission — your body letting go of what it has been gripping.
BONE BREATHING	Breathe past the muscles, past the organs, directly into the bones. Spine first. Hold 3 counts. Exhale — imagine the breath carrying something old, stored, inherited — out through the bones, through the skin, releasing. Move through: spine, ribcage, pelvis, arms, legs, skull.
SHAKING RELEASE	Stand if able. Shake starting gently in feet and knees. Let it move upward through legs, hips, belly, chest, arms, head. Let sound come — a sigh, a groan, a laugh, whatever arises. You are completing cycles the body started and never got to finish.
STILLNESS	Come to stillness. One hand on your heart. One on your belly. Feel what is present now. Stay with the body — stay out of the mind. Hold at least 90 seconds of silence.

After the bone breathing and shaking — what moved? What surfaced?

KEY TEACHING

What Keeps a Pattern Alive

THE GROOVE

A pattern is a groove worn into your nervous system by repetition. The older the pattern — the more generations it has been practiced — the deeper that groove runs. The body has memorized the response so completely that it fires before you can choose. This is why thinking your way out of a pattern rarely works. The groove lives below the level of thought.

VIKTOR FRANKL'S SPACE

Between any stimulus and our response to it, there is a space. And in that space is our power to choose. In our response lies our growth and our freedom. The entire practice of interrupting a pattern is the practice of finding that space and expanding it. The body work we just did — that expanded it. You are more spacious right now than you were twenty minutes ago.

THE INNER OBSERVER

Disentanglement is the practice of stepping outside the pattern while it is happening. The Inner Observer is the part of you that can say: I notice I am shutting down right now. I notice I am about to do the thing I always do. It sees without judging. Daniel Siegel at UCLA calls this 'name it to tame it' — when you put language to what is happening in your body, you activate the thinking brain and quiet the reactive brain.

KEY INSIGHT TO ANCHOR

"You are not broken. You are loyal to a system that was broken.
And loyalty can be redirected."

◆ SELF-REFLECTION EXERCISE 1 — Finding Your Groove

Be specific. The actual groove. The actual moment. The actual sensation in the body. That is where real change begins.

1. Name one pattern most active in your life right now. Not a category — the specific behavior. What do you actually do when this gets triggered?

2. What is the moment just BEFORE the pattern fires? What does your body feel? Where exactly — chest, throat, stomach, jaw, behind the eyes?

3. How long have you been living with this pattern? How old were you when it first appeared?

4. Who else in your family runs a version of this same groove? (You do not need to name them — just notice.)

5. If this pattern could speak — if it had one job, one thing it was originally trying to do for you — what would that be?

● **CLIENT STORY — Judy — Knowing the Pattern Is Different from Breaking It**

Judy seemed strong on the outside. A mother. A wife. Someone everyone depended on. But underneath was a fear that had followed her since childhood — a volatile father whose anger she learned to never trigger. She learned early to stay small, stay quiet, not trigger the rage. Sometimes she left her body entirely just to cope.

What was striking about Judy: she had become an EFT practitioner. She had done years of personal development work. She was helping other people heal their trauma. But when her clients' stories mirrored her own, she would sink right back into the groove — she could not hold their pain without being pulled into hers.

She was still living inside the same pattern. Just with better vocabulary for it.

When we worked together at the body level — not just the intellectual level — the grip loosened. She began speaking up in her marriage without dreading what came next. The racing heart, the freezing, the physical anxiety in her chest — began to settle.

Judy did not just release old trauma. She made space for a completely new version of herself — one no longer defined by what she had survived.

What in Judy's story resonated with your own experience?

SELF-REFLECTION EXERCISE 2

The Relationship Mirror

Carl Jung wrote about the shadow — the idea that the qualities we find most difficult in others are often the qualities we have the most unfinished business with inside ourselves. And in ancestral work, the mirror goes even deeper. The dynamic you keep playing out in your closest relationships may have been playing out in your family for generations. You are the one who finally has the awareness to interrupt it.

◆ SELF-REFLECTION EXERCISE 2 — The Relationship Mirror

Think of one relationship — past or present — that has caused you the most confusion, the most pain, or the most repetition.

1. What does this person do that most activates you? Be specific — the exact behavior, the exact tone, the exact dynamic.

2. If this dynamic is a mirror — what is it reflecting back? Your unmet need, your unhealed place, your unexpressed truth.

3. When is the first time you felt this exact feeling? Was it with this person — or did this person reactivate something that started much earlier?

4. What role do you play in this dynamic? The one who over-explains? Goes silent? Tries to fix? Disappears? Name your role honestly and without judgment.

5. What would shift in you if you stepped out of that role — not with a confrontation, just internally, in how you hold it?

RELATIONSHIP PATTERN RELEASE

From Seeing to Releasing

You have named it. You have felt it in the body. You have seen where it started and whose it also is. Now we release the energetic charge around it.

BEFORE THE RELEASE — Set Your Intention

From the relationship mirror exercise — what is the specific dynamic, role, or loyalty you are most ready to release?

Write it in one sentence below. This is your intention for the clearing:

GROUNDING	Three slow breaths. With each exhale feel yourself settling fully into your seat. You are held. You are safe. You are ready to release what you have been carrying.
LOCATING	Bring to mind the relationship dynamic. Scan your body — where do you feel the charge living? A tightness in the chest. A heaviness in the gut. A constriction in the throat. Place your hand there now. This has been here a long time.
THE RELEASE	Exhale and repeat internally: I see this pattern. I understand what it was trying to do for me. And I am ready to graduate it. I release the charge I have been carrying. I release the role I have been playing that keeps me small. I release the loyalty to a version of love that could not fully love me back. I am choosing differently. Starting here. Starting now.
RECLAIMING	Into the space that just opened — breathe something in. Your own energy returning. The part of yourself you gave away in that dynamic — coming back. Your discernment. Your boundaries. Your ability to receive real love. This is yours. It always was.

AFTER THE RELEASE — What Moved?

What did you feel in the body during the release?

What was the specific charge that released?

What returned to you — what energy came back?

CLIENT STORY

◉ CLIENT STORY — Angela — When Life Finally Met Her Differently

Angela's life had been marked by loss long before she found her way to working with me. Her father died. Just weeks later her grandson was killed. Two heartbreaks in quick succession with no time to grieve one before the other hit.

But really the pain had started much earlier. She grew up without the love and protection she needed. She learned to stay quiet to survive. She poured everything into nursing and caring for others while neglecting herself completely. She stayed in relationships that drained her.

Her body carried the history of all of it. Chronic pain in her knees, her spine, her neck. Years of giving everything to everyone else and feeling like life had given up on her.

What shifted was not a single dramatic moment. It was awareness. She began to see the connection between her past and her present. She realized she had been living as if she did not deserve more.

She spoke up with her daughters for the first time. She set boundaries. She began releasing years of unspoken grief instead of burying it.

And something unexpected happened — life began meeting her differently.

The boat her father had left behind, sitting untouched and sinking into the ground for over a decade, finally sold. Insurance money she had been told she would not receive came through. Her body felt lighter. The constant tension began to ease.

Awareness alone did not do that. Releasing the energetic charge underneath the pattern did that. And the external world responded to the internal shift in ways she had never imagined possible.

Where in your own life do you give everything to everyone else at the cost of yourself?

What would shift in your external life if you released the energetic charge underneath that pattern?

YOUR THREE TOOLS

Use These This Week — Not Someday, This Week

These tools matter most on a Tuesday afternoon when someone says the wrong thing and you feel the groove pulling you in. That is when they earn their place. The pattern has years of practice. Your new response needs practice too.

◆ THE THREE-PART PAUSE

When you feel a pattern activating — before you respond — do this:

Step 1 NAME IT: Say internally: 'I notice I am feeling _____ right now.'

Step 2 LOCATE IT: 'This is sitting in my _____ (chest, throat, gut, jaw).'

Step 3 BREATHE INTO IT: Three slow breaths directly into that location.

You are acknowledging what is present. That alone begins to shift it.

This creates the space Viktor Frankl described. It activates the observing brain before the reactive brain can take over.

◆ THE LINEAGE QUESTION

When a reaction feels bigger than the situation — when the emotion is outsized — ask:

'Is this mine — or is this older than me?'

The question itself creates a pause. It reminds you that you are a lineage moving through a moment — and not everything moving through you originated with you.

If it feels older: breathe. Place your hand on your heart.

Say internally: 'This belongs to the past. I am here now. I can choose differently.'

◆ THE COMPLETION BREATH

At the end of any activating moment — a hard conversation, a trigger, a spiral:

Long inhale through the nose. Hold for 4 counts at the top.

Long audible exhale through the mouth — like a sigh of release.

Repeat 3 to 5 times.

This signals safety to the nervous system. It discharges the physiological activation the pattern created. It tells your body: the moment is over. You are safe.

Simple. Powerful. Use it every time.

◆ **SELF-REFLECTION EXERCISE 3 — Practicing the New Response**

Return to the pattern you named in Exercise 1. Make this specific and real. Real situation. Real week. Real commitment.

1. The old groove — write the whole sequence of what you do when this pattern fires: what you think, what you say, what you do, how you feel afterward.

2. What has this response cost you — in your relationships, your energy, your sense of self?

3. The new response — using the Three-Part Pause or the Lineage Question, what would you actually do differently? Write it like a scene. Make it real.

4. What does the new response require of you that the old one did not? More courage? A boundary? Staying present? Softness? Name it.

5. One situation coming up THIS WEEK — not someday, this week — where this pattern is likely to show up. Name it. Which tool will you use?

HOMEWORK

Keeping the Energy Moving Tonight

What happened in this room today needs to keep moving. The body does its deepest integration work between sessions, not during them. Your job tonight is to support that process.

◆ TONIGHT'S PRACTICE — Do All Four

1. USE ONE TOOL IN A REAL MOMENT.

You named a situation coming up this week. When it happens — use the Three-Part Pause, the Lineage Question, or the Completion Breath.

Write down what happened afterward. Did you catch it? Halfway through? After the fact? All of those count. You are rewiring a groove. Every attempt matters.

2. COMPLETION BREATH BEFORE SLEEP.

Five rounds tonight before you close your eyes.

Long inhale. Hold for 4. Long audible exhale.

Let the day complete itself in your body before you sleep.

3. WRITE FOR 5 MINUTES.

Stream of consciousness — whatever is present after today.

No prompts. No structure. Just let what wants to come out, come out.

4. NOTICE WHAT YOUR BODY TELLS YOU OVERNIGHT.

Dreams. Emotions that surface. Physical sensations that shift.

Write them down first thing in the morning before you check your phone.

Your body is processing. Pay attention to what it says.

My homework notes — what I used, what I noticed, what shifted:

OVERNIGHT REFLECTION QUESTION

Sit with this tonight — not to answer it, just to feel it:

**"If you stopped waiting for the people around you
to change first —
what would you do differently starting tomorrow?"**

Write anything that arises — in the morning, tonight, or whenever it lands:

See you on Day 3 — the Karma Breaker day.

With so much love — Dipal Shah

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