

This personal regeneration plan is a transformational tool that Master Lama Rasaji uses with me in my weekly private classes. I've been doing a new one, or adding to one I already set into motion every 90 days or so for more than 20 years. All his students, and my private students use it also.

With it, you can gain clarity about what is happening now, learn how you brought it to you from your past thoughts and actions, and figure out multiple ways to transform it moving forward.

Personal Regeneration Plan - 3 Column Exercise

There are three universal forces working in the body, mind and spirit of a human being all the time. They are the creative force, the sustaining force and the destructive force.

Most people live their lives and never use all 3 consciously. Most self improvement systems only recognize and work with one or two. It's not surprising they get inconsistent results.

To bring anything or anyone new into your life, you use the **universal creative force**. This works by the law of attraction. A Hindu word for this is Brahm. A Christian word for this is the Father.

To manifest what your heart desires, you always make use of the creative force. Sometimes this new creation is really just an expansion on something you already do. You might build a website and create a marketing plan to sell something that has been a hobby up until now.

Anything and anyone in your life now, stays in your life through the power of the **universal sustaining force**. A Hindu word for this is Vishnu. A Christian word for this is the Holy Spirit.

A marriage is a great example of sustaining energy in action. Both people give sustaining energy to the relationship to keep it healthy. A job is another. You work regularly and receive money in return. The figure 8 of giving and receiving is complete and your job remains in your world.

To remove something or someone from your life, you use the **universal destructive force**. It is highly misunderstood by most people. In Tai Chi Gung we use it as the power to destroy death. It can also be used as the power of resurrection. A Hindu word for this is Shiva. A Christian word for this is Christ.

The destroyer of death energy takes something you hate to do, something that depletes you, and either removes from your life once and for all, or helps you transforms it. Changing your attitude is an example of putting death to death. Sometimes a shift in your mind is the only thing that is necessary to stop the degeneration. You resurrect it by viewing it with a new attitude.

You can do a personal regeneration plan, a 3 column exercise, about anything in your life. It might be something that sparked your interest when you took the energy inventory. (If you did not receive that, you can get it here: <https://taichigunonline.com/energyinventory/> Or visit the homepage at www.TaiChiGungOnline.com. It's completely free, and entirely confidential. You keep your answers to yourself.)

Most people do a 3 column exercise surrounding an area of their health, work, finances or relationships. Private students of mine eventually do one for almost every area of their life. It becomes the focal point for starting our sessions together. It gets you to the heart of the matter very quickly.

In the beginning, I suggest you do a 3 column exercise about your passion (work) or a relationship that means a lot to you. This is a little bit backwards, since we don't recommend making changes without doing a personal regeneration plan on your core values. You don't want to accidentally set up a "conflict of being". That's a situation where you try to use the law of attraction to manifest something you say you want, but because it goes opposite to a core value you hold, it just doesn't happen.

However, to be able to understand the power of this personal regeneration plan, most people find that doing one on their work or a close relationship works great. They have given a lot of time and effort to one or both of those already. It's easier to see how the 3 universal forces work together, if it has a lot of your energy in it.

A little practice with the personal regeneration plan will help you understand how the creating, sustaining and releasing energies work together in your life.

- 1) Choose the topic for your personal regeneration plan. Write it down
- 2). Fill in each column. Continue writing down until you have at least 10-12 things in each.
- 3) Set up a free 30 minute consultation with me to discuss ways to make your regeneration plan a reality.

Sustaining	Creating	Releasing
What I am doing	What I love to do	What I hate to do
What I am qualified to do	What I really want to do	What I can't stand
What I am paid for	What I am passionate about	What I want to avoid
What I was paid for	Who I want to be with	Who I want to avoid
What I did before		
Who I am with		

My First Personal Regeneration Plan

Sustaining	Creating	Releasing

Now that you have finished your 3 column exercise, what should you do with it?

We can explore possible solutions together if you like. I've been working with students for more than 18 years on these exercises. You would be surprised how simple it can be to move in a positive direction.

Contact me for a free consultation!

Go To: calendly.com/taichigung/ or TaiChiGungOnline.com

so you can **schedule a time to speak with me personally**. There is no obligation or fee. I set aside 30 minutes time slots each for those who find me this way. ***Please don't delay, schedule your time now.*** With my responsibilities to existing private students, I can only speak with a select few each week.

I'm really excited about the changes the personal regeneration plan has brought into my life, and I'm happy to share what I've learned about health, passion based work, self employment, finances and relationships with you.

With my Tai Chi Gung training, I can often see the consequences of certain forms of action before and as they unfold. I'm reminded of the time my teacher gave a businessman a single piece of advice about a partner they were working with, and it saved that man \$250,000 dollars he would have otherwise wasted.

Take care. I'll look forward to speaking with you.

Kind regards,

Master David Paul

 **TaiChiGungOnline.com**