



THE DIVINE KARMA INSTITUTE

The Canonical Companion

Book V

Practices

A practical workbook for observation, regulation, repair, and integration

EDITABLE WORD EDITION

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NAVIGATION

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P-001 PRACTICE

The Observer Pause

Creating space before reaction

PURPOSE

To interrupt automatic identification and recover one degree of choice.

Use When

Use during mild or moderate activation, before replying, deciding, purchasing, or escalating.

Steps

1. Stop physical movement where safe.
2. Feel both feet or another stable point of contact.
3. Name sensation, emotion, thought, and impulse separately.
4. Ask what identity or fear feels threatened.
5. Choose the smallest wise next action.

CAUTION

A pause is not a substitute for immediate safety. Leave or seek help when danger is present.

REFLECTION

What changed when the reaction became something observed?

RELATED CONCEPTS A-002 The Witness | A-004 Self-Observation | H-012 Emotional Charge

P-002 PRACTICE

Witness Meditation

Feeling fully without becoming only the feeling

PURPOSE

To strengthen the capacity to remain present while experience changes.

Use When

Use as a daily ten-minute practice or when emotions can be safely felt without immediate action.

Steps

1. Sit in a supported position.
2. Notice sounds and bodily contact.
3. Allow one experience to become foreground.
4. Silently note: 'known in awareness.'
5. Return to the whole field before ending.

CAUTION

If observation creates numbness, unreality, panic, or dissociation, stop and ground through the senses.

REFLECTION

Did witnessing increase contact or create distance?

RELATED CONCEPTS R-004 Awareness | A-002 The Witness | A-016 Integration

P-003 PRACTICE

Recognizing an Aperture

Safety, support, meaning, and the next responsible step

PURPOSE

To respond carefully when trauma, distress, midlife, the death process, or deliberate practice disrupts a familiar identity.

Use When

Use only when naming the opening increases clarity. In immediate danger, crisis, withdrawal, or severe destabilization, prioritize emergency or qualified professional support.

Steps

1. Stabilize: identify immediate safety, bodily needs, and urgent responsibilities.
2. Name the context gently: trauma, emotional distress, midlife, the death process, deliberate practice, or uncertainty.
3. Notice what familiar role, belief, or control strategy is loosening without forcing an interpretation.
4. Identify support: trusted people, clinical care, spiritual care, community, or practical assistance.
5. Choose the smallest safe next action and postpone deeper inquiry when capacity is limited.

CAUTION

An aperture is not a treatment. Do not use deprivation, prolonged fasting, unsafe isolation, abrupt substance withdrawal, or forced altered states to create one. Seek qualified help for trauma, crisis, suicidal thoughts, medical risk, or destabilization.

REFLECTION

What does this moment require first: safety, support, grief, meaning, action, or rest?

RELATED CONCEPTS A-005 The Five Apertures | A-002 The Witness | A-014 Healing | L-021 Death and Dying

P-004 PRACTICE

Daily Reflection

A brief evening review without prosecution

PURPOSE

To learn from the day while preventing reflection from becoming rumination.

Use When

Use for five to ten minutes at the end of the day.

Steps

1. Name one moment of presence.
2. Name one moment of identification.
3. Identify one need or value that became visible.
4. Acknowledge one repair or boundary still needed.
5. Choose one modest intention for tomorrow.

CAUTION

Do not use the review to produce a moral score. Stop when learning turns into repetitive self-attack.

REFLECTION

What did today reveal that I could not have learned through theory alone?

RELATED CONCEPTS A-004 Self-Observation | L-001 Living the Philosophy | L-024 Daily Balance

P-005 PRACTICE

The Five Questions

A portable inquiry for difficult moments

PURPOSE

To organize reflection when experience feels confusing or overwhelming.

Use When

Use in journaling, contemplation, or after the nervous system has settled enough to think.

Steps

1. What is happening?
2. What am I feeling in the body and emotionally?
3. What story am I adding?
4. What is mine to choose?
5. What response protects truth, dignity, and the whole?

CAUTION

Questions support clarity but cannot replace medical, legal, financial, or safety expertise.

REFLECTION

Which question changed the situation most?

RELATED CONCEPTS R-017 Reality | A-009 Acceptance | A-010 Investigation

P-006 PRACTICE

Charge Mapping

Tracing activation from cue to consequence

PURPOSE

To make an emotional or behavioral loop specific enough to interrupt.

Use When

Use with recurring anger, anxiety, avoidance, craving, or defensiveness.

Steps

1. Record the cue or trigger.
2. Describe the first bodily activation.
3. Name emotion and interpretation.
4. Identify impulse and behavior.
5. Record immediate relief and later consequence.

CAUTION

Mapping is not blame. Severe symptoms, trauma responses, or substance dependence may require qualified care.

REFLECTION

Where in the sequence is a different response most available?

RELATED CONCEPTS H-008 Conditioning | H-012 Emotional Charge | H-019 Addiction

P-007 PRACTICE

The Trigger Pause

Regulating before interpreting

PURPOSE

To reduce the chance that high activation will decide what an event means.

Use When

Use when intensity rises quickly and immediate danger is not present.

Steps

1. Orient to five visible objects.
2. Lengthen the exhale without forcing breath.
3. Delay messages and irreversible decisions.
4. Name the present event in neutral language.
5. Return to interpretation after activation decreases.

CAUTION

Breath practices can be uncomfortable for some people. Use visual orientation, movement, or support instead.

REFLECTION

What interpretation softened after the body received more safety?

RELATED CONCEPTS H-009 Fear | H-014 Anxiety | A-003 Attention

P-008 PRACTICE

Acceptance Statement

Acknowledging reality before choosing response

PURPOSE

To stop spending energy denying a condition that is already present.

Use When

Use with loss, uncertainty, conflict, limitation, or unwanted emotion.

Steps

1. State the fact without exaggeration.
2. Name what you do not approve of.
3. Name the feeling it evokes.
4. Separate what can and cannot be influenced.
5. Choose one response within your authority.

CAUTION

Acceptance never requires tolerating abuse or abandoning treatment, advocacy, or protection.

REFLECTION

What action became possible after the fact was acknowledged?

RELATED CONCEPTS A-009 Acceptance | H-023 Suffering | L-007 Boundaries

P-009 PRACTICE

The Open Hand Release

Care without gripping

PURPOSE

To loosen attachment to an outcome without withdrawing love or responsibility.

Use When

Use when preference has become demand, possession, or repeated control.

Steps

1. Place a hand in a gentle fist.
2. Name what you fear losing.
3. Name what the outcome cannot guarantee.
4. Open the hand while naming what remains yours to choose.
5. Take one responsible action and release the rest for now.

CAUTION

Release is not permission for harm and should not be used to bypass grief or practical planning.

REFLECTION

What remained when the demand softened?

RELATED CONCEPTS H-011 Attachment | A-013 Letting Go | A-021 The Open Hand

P-010 PRACTICE

Self-Autolysis Page

Testing one belief through writing

PURPOSE

To expose assumptions, contradictions, and identity investments hidden inside a claim.

Use When

Use when a belief feels absolute, defensive, or central to self-worth.

Steps

1. Write one claim in a sentence.
2. Ask: 'What do I mean exactly?'
3. Ask: 'How do I know?'
4. Ask: 'What identity does this protect?'
5. Continue until a clearer claim or honest uncertainty appears.

CAUTION

Stop if the practice becomes destabilizing, obsessive, or self-punishing. Inquiry should increase contact and function.

REFLECTION

Did the belief become more accurate, more humble, or simply more defended?

RELATED CONCEPTS H-007 Belief | A-007 Contemplation | A-008 Self-Autolysis

P-011 PRACTICE

Compassion Practice

Clear seeing joined with care

PURPOSE

To respond to suffering without erasing truth, boundaries, or accountability.

Use When

Use with shame, anger, conflict, caregiving, or self-criticism.

Steps

1. Describe the suffering factually.
2. Name the need or threatened dignity.
3. Identify responsibility without global condemnation.
4. Ask what reduces further harm.
5. Choose care, boundary, consequence, or support as appropriate.

CAUTION

Compassion does not require access, forgiveness, reconciliation, or remaining in danger.

REFLECTION

What response protects both humanity and truth?

RELATED CONCEPTS H-017 Compassion | L-007 Boundaries | L-008 Repair

P-012 PRACTICE

Boundary Script

Turning resentment into a clear limit

PURPOSE

To state a workable boundary within one's own authority.

Use When

Use when access, time, behavior, safety, or responsibility requires a limit.

Steps

1. Name the behavior without diagnosing motive.
2. State its impact.
3. State the limit or request.
4. State what you will do if it continues.
5. Follow through consistently and review safety.

CAUTION

Some situations require professional safety planning, legal advice, or no direct confrontation.

REFLECTION

Is the consequence protective, proportionate, and within my control?

RELATED CONCEPTS L-006 Conflict | L-007 Boundaries | L-012 Power

P-013 PRACTICE

Repair Conversation

Accountability after rupture

PURPOSE

To acknowledge harm and create conditions for changed behavior.

Use When

Use after enough regulation has returned to listen without demanding immediate forgiveness.

Steps

1. Name what you did.
2. Acknowledge likely impact.
3. Listen without debating the first account.
4. State what will change and how.
5. Leave trust and reconciliation with the other person.

CAUTION

Repair is not appropriate when contact is unsafe or unwanted. Respect distance and formal processes.

REFLECTION

Am I repairing harm or trying to recover my preferred identity?

RELATED CONCEPTS A-011 Understanding | L-006 Conflict | L-008 Repair

P-014 PRACTICE

The Balance Wheel

A visual audit of the living system

PURPOSE

To identify neglected and overloaded domains before imbalance becomes crisis.

Use When

Use weekly or during transitions, exhaustion, or loss of direction.

Steps

1. Rate body, rest, work, relationship, meaning, service, play, and solitude from one to five.
2. Mark the domain consuming disproportionate energy.
3. Mark the domain with the lowest sustainable support.
4. Choose one reduction and one restoration.
5. Review after seven days.

CAUTION

The wheel is not a demand for equal time or perfect optimization. Seasons legitimately change the shape.

REFLECTION

What small correction would improve the whole rather than perfect one part?

RELATED CONCEPTS R-022 Dynamic Balance | L-017 Health | L-024 Daily Balance

P-015 PRACTICE

Manifestation Alignment

Turning intention into embodied conditions

PURPOSE

To connect vision with emotion, material conditions, ethical action, and nonattachment.

Use When

Use for a goal that matters but is not fully within personal control.

Steps

1. Define the desired experience precisely.
2. Name the deeper value or need.
3. Identify skills, resources, relationships, and timing.
4. Take one inspired but verifiable action.
5. Release entitlement to outcome while reviewing feedback.

CAUTION

Visualization does not guarantee outcomes or control other people. Anxiety is not spiritual failure, and uncertainty remains.

REFLECTION

Am I preparing conditions or only rehearsing possession?

RELATED CONCEPTS R-019 Compression into Matter | R-025 Free Will | R-026 The Convergence Principle

P-016 PRACTICE

Distraction Audit

Discovering what attention is helping us avoid

PURPOSE

To distinguish restoration and chosen pleasure from compulsive avoidance.

Use When

Use with scrolling, work, shopping, entertainment, spirituality, or repeated busyness.

Steps

1. Choose one recurring distraction.
2. Record cue, duration, and immediate relief.
3. Notice what appears when it stops.
4. Assess flexibility and later cost.
5. Design a ten-minute alternative response to the underlying need.

CAUTION

Not every pleasure is pathology. Evaluate function, flexibility, frequency, and consequence rather than moralizing the object.

REFLECTION

What becomes present when the distraction ends?

RELATED CONCEPTS H-020 Distraction and Avoidance | H-021 The Satisfaction Loop | A-003 Attention

P-017 PRACTICE

Addiction Support Map

Agency strengthened through people and conditions

PURPOSE

To map a cycle of substance or behavioral addiction and identify concrete support.

Use When

Use as preparation for professional, medical, peer, family, or community support.

Steps

1. Map cue, craving, behavior, relief, and cost.
2. Identify physiological dependence or withdrawal risk.
3. List people and environments that intensify or interrupt the cycle.
4. Choose professional and peer supports.
5. Create an immediate plan for the next high-risk moment.

CAUTION

Withdrawal from alcohol, sedatives, or other substances can be dangerous. Seek qualified medical guidance rather than stopping abruptly alone.

REFLECTION

What support makes the healthier choice more available before craving peaks?

RELATED CONCEPTS H-019 Addiction | H-020 Distraction and Avoidance | A-015 Transformation of Energy

P-018 PRACTICE

Grief Presence

Making room for love after irreversible change

PURPOSE

To accompany grief without rushing meaning, detachment, or recovery.

Use When

Use gently after loss when direct contact is tolerable and support is available.

Steps

1. Name what or who was lost.
2. Notice where grief is felt today.
3. Allow one memory or unfinished sentence.
4. Choose one act of remembrance or care.
5. Return to present support and bodily needs.

CAUTION

Grief has no universal timetable. Seek support when functioning, safety, or isolation becomes concerning.

REFLECTION

What continues in relationship even though the form has ended?

RELATED CONCEPTS L-019 Loss and Grief | A-013 Letting Go | L-021 Death and Dying

P-019 PRACTICE

Purpose and Values

Choosing direction without waiting for destiny

PURPOSE

To translate values into repeatable action for a specific season.

Use When

Use during transition, dissatisfaction, retirement, success, or uncertainty.

Steps

1. List five values visible in admired conduct.
2. Choose one value needed in this season.
3. Define one behavior expressing it.
4. Choose a ninety-day contribution or experiment.
5. Review energy, impact, and learning rather than identity.

CAUTION

Purpose does not remove material constraint or guarantee fulfillment. It can coexist with necessary work and uncertainty.

REFLECTION

What value deserves repeated action even without recognition?

RELATED CONCEPTS L-009 Work | L-010 Purpose | L-017 Service

P-020 PRACTICE

Weekly Integration

Turning scattered practices into one living rhythm

PURPOSE

To review the whole system and select the next proportionate practice.

Use When

Use once each week for twenty to thirty minutes.

Steps

1. Review moments of presence and identification.
2. Review body, relationship, work, rest, meaning, and play.
3. Name one unresolved charge, boundary, or repair.
4. Choose one practice for the coming week.
5. End by naming what cannot be controlled and opening the hand.

CAUTION

Integration is not another performance metric. A difficult week may require support and rest rather than more practices.

REFLECTION

What is the smallest practice that serves the whole system now?

RELATED CONCEPTS A-016 Integration | L-024 Daily Balance | P-004 Daily Reflection

P-021 PRACTICE

The Human Middle Check

Balancing legitimate self-interest with the living whole

PURPOSE

To examine whether a decision restores dynamic balance or deepens fragmentation.

Use When

Use when a personal, organizational, or civic choice benefits one part while affecting relationships, resources, or shared conditions.

Steps

1. Name the legitimate need or value being protected.
2. Identify every person, system, or future condition materially affected.
3. Separate necessary self-protection from identity defense, excess, or avoidance.
4. Ask what response preserves dignity, limits preventable harm, and keeps correction possible.
5. Choose one observable action and one form of feedback from those affected.

CAUTION

Balance does not require remaining in danger or surrendering essential boundaries. Complex medical, legal, ecological, or policy decisions require relevant expertise and affected-community participation.

REFLECTION

Does this decision allow both the part and the whole to remain viable?

RELATED CONCEPTS H-025 The Human Middle | R-022 Dynamic Balance | L-026 Solidarity and Fragmentation