

ENERGIZE / PRACTICE TWO

Energize

A guide and journal for directing energy and designing rituals

Energy becomes useful when it has a direction, a first action, and a rhythm you can revise.

A guided practice workbook by Jai Bhagat

From state change to life design

Energize extends the Calm practice. Calm teaches you to return to choice. Energize teaches you to direct that choice into action, then build rituals that keep working across changing days, weeks, months, seasons, and years.

BY THE END, YOU CAN

1. Distinguish low energy from scattered activation.
2. Choose the right response instead of chasing intensity.
3. Practice with the 22-minute audio safely.
4. Begin one useful action after practice.
5. Design, rehearse, and revise a personal ritual.
6. Build distinct rhythms for five time scales.

“Things have to be done at the right time.” - Jai

Safety and fit

IMPORTANT

Practice seated or lying down in a safe place. Never practice while driving, in water, near heights, or while operating equipment. The audio includes active breathing and breath holds. Skip any hold, breathe normally, reduce intensity, or stop. Do not use the track to push through illness, severe exhaustion, dizziness, panic, pain, or unusual symptoms.

Ask a qualified clinician before breathwork if you are pregnant or have a cardiovascular, cerebrovascular, respiratory, seizure, or other condition that could make breath manipulation unsafe. This guide is educational, not medical treatment.

- ☐ My location is safe.
- ☐ I can stop without penalty.
- ☐ Ordinary breathing is always available.
- ☐ I have named the action I want to support.
- ☐ I am not using intensity to override a basic need.

My stop rule:

Energy is not one thing

State	Observable signs	Likely need
Low energy	Heavy, slow, sleepy, hard to begin	Rest, food, water, movement, or Energize if safe
Scattered activation	Fast thoughts, many tabs, restless switching	Calm, narrowing, one next action
Steady energy	Present, alert, able to choose	Begin the work; no practice required
Overloaded or unwell	Dizzy, panicked, in pain, unable to function safely	Stop and seek appropriate support

PRINCIPLE

The goal is not maximum activation. The goal is enough usable energy for the chosen action.

A time I confused scattered activation with useful energy:

Take a state-and-need snapshot

Usable energy right now: 1 = unavailable, 5 = steady and directed

1 ■	2 ■	3 ■	4 ■	5 ■
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What I observe in my body:

What my attention is doing:

The next demand is: ■ rest ■ connection ■ creative work ■ physical work ■ decision ■ other

The state that demand needs:

My choice: ■ Energize ■ Calm ■ ordinary breathing ■ rest/basic need ■ support

Why:

Choose the action before the audio

A state practice transfers when it changes what happens next. Choose one action small enough to begin within five minutes after the audio.

WORKED EXAMPLE

Too broad: Work on my business.

Visible: Open the proposal and write the three decision questions.

Start line: Open the document before pressing play so the first step is waiting.

The important thing I am supporting:

The first visible action:

I will begin it by: _____ **Where:** _____

What I will remove before practice:

- ☐ Notifications
- ☐ Extra tabs
- ☐ A vague or oversized task
- ☐ Other: _____

Set up the 22-minute practice

Audio: Morning Gratitude, approximately 22:22. Give yourself a few minutes afterward for water, ordinary breathing, and the first action.

- Safe position and place
- Comfortable clothing and room temperature
- Audio volume comfortable
- Ordinary breathing chosen as my adaptation
- First action already visible
- No urgent driving or hazardous task immediately after

DO NOT CHASE

Tingling, lightheadedness, intensity, or a particular emotional state. Reduce intensity or stop. The learning target is choice and action.

What I want to remember when the track becomes intense:

Practice one: from energy to action

Date/time: _____ Place: _____

Before usable energy (1-5): _____ After (1-5): _____

I adapted by: ☐ ordinary breathing ☐ less intensity ☐ skipped holds ☐ stopped early ☐ none

What changed in body, attention, or willingness?

What did not change?

Action started within five minutes:

Evidence that I started:

What else may explain the result?

A ritual connects cue to contribution

A ritual is a repeatable sequence that helps you notice, choose, practice, act, and close. It can be practical, spiritual, communal, quiet, or ordinary. It does not have to be elaborate.

Part	Question
Cue	What observable event starts this?
Conditions	Where, when, and what must be ready?
Practice	Calm, Energize, ordinary breathing, movement, silence, or another safe practice?
Intention	What quality am I bringing?
Action	What will I do immediately after?
Close	How will I mark completion?
Review	When will I decide what to keep or change?

JAI'S TEST

Does this help you create something worthy, sustain what matters through seasons, and keep your grounding while you work?

Ritual or routine?

Example	What it has	What is missing
"Do breathwork every morning."	A broad practice and time	Observable cue, action, close, review
"After coffee, play Energize; then draft one page; close by writing the next line; review Friday."	Cue, practice, action, close, review	Nothing required; test the fit
"When tired, force myself through the whole track."	A cue and practice	Safety, choice, fit, humane boundary
"At season's end, review what gave energy, close one commitment, choose one ceremony."	Evidence, closing, choice	Dates and conditions

A routine I already have that could become more intentional:

What would make it easier to perform and review?

Design your ritual

1. Cue - When I notice / after:

2. Conditions - I will be at / have ready:

3. Practice - I will use:

4. Intention - The quality I bring is:

5. Action - Immediately after, I will:

6. Close - I will mark completion by:

7. Review - I will review this on:

Test whether the ritual is performable

- ☐ The cue can be observed in real time.
- ☐ The conditions name a real place and time.
- ☐ The practice is safe and can be adapted.
- ☐ The intention is a quality, not a guaranteed outcome.
- ☐ The first action can begin immediately.
- ☐ The close is brief and visible.
- ☐ The review has a date or recurring cadence.

If any item is unchecked, revise it here:

PASSING STANDARD

Seven specific fields. More words do not make a stronger ritual. A person should be able to perform it without guessing what you meant.

Rehearse before it matters most

Run the ritual in a realistic but forgiving situation. Rehearsal tests the design; it does not test your worth.

Situation and date:

Did the cue appear early enough? ■ yes ■ partly ■ no

Could I follow the ritual without rereading it? ■ yes ■ partly ■ no

Did I begin the action? ■ yes ■ partly ■ no

What supported performance?

Where did friction appear?

One change for the next rehearsal:

The day: direct the next state

Daily ritual is immediate. It answers: What state does the next important thing require?

Today's important thing:

State required:

Observable cue:

Choice: ☐ Calm ☐ Energize ☐ ordinary breath ☐ movement ☐ rest ☐ other

First action:

Close:

What happened:

DAILY DECISION

Do I need a practice, or am I already ready to begin?

The week: adjust one condition

Weekly review is operational. It asks where the ritual fit, where it failed to fit, and what single adjustment to test next.

Day / moment	Practice chosen	Action begun?	Condition that mattered
		Y / N	
		Y / N	
		Y / N	
		Y / N	
		Y / N	

Evidence-supported pattern:

One cue, place, time, step, or boundary I will adjust:

Next week’s test:

The month: decide what survives

Monthly review looks for repetition. It is a decision page, not a longer daily tracker.

What work, relationship, or health demand repeated?

Which ritual supported action often enough to keep?

Which ritual created pressure, friction, or avoidance?

Decision: ■ keep ■ change ■ pause ■ retire

Evidence for that decision:

One practice I will carry into next month:

The season: choose what this period requires

A season may be calendar-based or personal: launch, recovery, caregiving, learning, grief, performance, transition. Name what is true now.

This season is:

It asks for more: ■ rest ■ steadiness ■ courage ■ creative energy ■ connection ■ closure ■ other

It asks for less:

My primary ceremony:

One boundary that protects it:

How I will know the season is changing:

“Resources have to survive through seasons.” - Jai

The year: imagination with a cadence

Yearly ceremony is not a demand to predict everything. It closes what should not be carried, names what is worth creating, and schedules moments to re-choose.

What I am complete with:

What is worth sustaining:

What I want to imagine or create:

The quality I want to embody while creating it:

Monthly review date: _____ Seasonal review dates: _____

Year-closing ceremony date: _____

Your rhythm map

Scale	Cue / date	Core question	Decision / artifact
Day		What state does the next thing need?	
Week		What condition will I adjust?	
Month		What will I keep, change, pause, or retire?	
Season		What does this period require?	
Year		What is worth sustaining or creating?	

The smallest version of this system I can actually maintain:

ANTI-OVERLOAD RULE

If tracking starts to feel like surveillance or self-punishment, shrink it. Record only the cue, choice, action, and one review decision.

Design a ceremony

A ceremony marks a threshold: beginning, ending, remembering, committing, or returning. Use the ritual structure, then add meaning, witness, and a clear close.

Threshold: What is beginning or ending?

Meaning: Why does it deserve marked time?

Witness: Alone, with Jai, or with whom?

Practice: What supports the needed state?

Commitment: What action follows?

Close: How will you know the ceremony is complete?

A 75-minute ceremony with Jai

Minutes	Movement	Learning purpose
0-10	Arrive, safety, state-and-need check	Notice and choose
10-20	Jai teaching: timing, season, or imagination	Frame the threshold
20-42	Calm or Energize guided practice with adaptations	Practice safely
42-57	Journal and ritual design	Create an artifact
57-68	Pair/share or private rehearsal	Test clarity and transfer
68-75	Name action, close, schedule review	Commit and retain

WHAT MAKES THIS INSTRUCTION

Every gathering produces evidence: a state choice, a ritual or revision, a next action, and a scheduled review. The ceremony is not only an experience.

My question for a live ceremony:

Thirty-day ritual review

Ritual reviewed: _____ Date range: _____

How many times did the cue appear? _____ How many times did I use the ritual? _____

How often did I begin the chosen action? _____

What conditions supported use?

What friction repeated?

Decision: ☐ keep ☐ change ☐ pause ☐ retire

One reason supported by the record:

Next review date: _____

Decision practice

For each case, choose a response and explain the fit.

1. You planned Energize, but wake with fever and severe fatigue.

2. You have high energy but keep opening new tasks instead of finishing one.

3. Your monthly ritual worked in winter but feels wrong during summer travel.

4. A yearly goal still matters, but the weekly ritual has become burdensome.

CHECK

Strong decisions protect safety, separate energy from direction, and revise the ritual without abandoning what matters.

Capability check

- ☐ I can distinguish low energy from scattered activation.
- ☐ I can choose Calm, Energize, rest, ordinary breathing, or support.
- ☐ I can practice without chasing intensity.
- ☐ I can move from practice into one chosen action.
- ☐ I can design and rehearse a seven-part ritual.
- ☐ I can revise a ritual from evidence.
- ☐ I can make distinct daily, weekly, monthly, seasonal, and yearly decisions.
- ☐ I can design a ceremony that marks a real threshold.

The capability I trust most:

The capability I will rehearse next:

The ritual I will carry forward:

Ritual design rubric

Dimension	Beginning	Usable	Transfer-ready
Fit	Practice chosen by habit	Choice matches current need	Can choose in unfamiliar cases
Specificity	Vague cue or action	Seven fields are performable	Works without rereading
Safety	Completion over comfort	Stop rule and adaptations	Changes course independently
Action	Feeling is the endpoint	Visible next action	Action begins after practice
Review	Success/failure story	Evidence and one change	Keep/change/pause/retire decision
Cadence	Same tracker at every scale	Distinct decisions by scale	Rhythm adapts through seasons

Feedback from self, peer, or facilitator:

Revision I will test:

Ceremonies with Jai

The live Ceremonies program extends this workbook through facilitated practice, design critique, and review. Bring a real threshold or repeated friction. Leave with a ritual artifact and a scheduled test.

Gathering	Purpose	Bring	Leave with
Monthly review	See the repeating pattern	Thirty-day record	Keep/change/pause/retire decision
Seasonal threshold	Close and re-choose	Seasonal evidence	Primary ceremony and boundary
Yearly imagination	Name what is worth creating	Year reflection	Direction and review cadence

“Every day, I try to use my imagination so that by using my imagination, we can create a better future.” - Jai

Web companion: soma.chaiwithjai.com/calm/ceremonies/

Sources and boundaries

Jai source material: Business Calculus livestreams (Aug. 15-16, 2026); AI workshop livestreams (Aug. 13, 2026); Anti-Brainrot livestream (Aug. 6, 2026); Calm Under Pressure course materials, ritual template, and evaluation rubrics. Jai's language about timing, seasons, calm, grounding, imagination, creation, and personal observability directly shapes this model.

Audio: "Morning Gratitude - Female Counting" by Niraj Naik / SOMA Breath, approximately 22:22. Jai licenses SOMA music and programming. The audio remains the practice; this book adds preparation, action, ritual design, and transfer.

Research context: Balban et al. (2023), *Cell Reports Medicine*; Fincham et al. (2023), *Scientific Reports*; Bentley et al. (2024), breathwork-with-retention safety procedures; Parkes et al. (2014), physiological risks of prolonged breath holding.

Research does not establish that this specific recording will create a universal result. Journal ratings are personal observations, not clinical measurements. Rituals support reflection and action; they do not replace medical or mental-health care.

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