

# RESTORATION

## WORKBOOK | FAQ

### 1. Who is this book for?

This is for anyone ready to make a shift. Whether you are new to inner work or have done years of it, the Restoration Workbook meets you right where you are.

### 2. Do I need any prior experience with this kind of work?

Not at all. Restoration was created to meet you exactly where you are - whether you're brand new to inner work or have years of experience. All that's needed is your willingness to be honest with yourself.

### 3. How is this different from other self-help or healing books?

Unlike quick-fix or feel-good self-help, this workbook offers deep, honest work rooted in real practice. It doesn't give you answers - it helps you uncover your own, through reflection, observation, and inner clarity.

### 4. Do I need to complete it in the order it is or can I pick what I feel?

The book is designed for you to move at your own rhythm. While the lessons build on one another, we recommend doing it as how it is presented. Once you have finished, many readers have felt that revisiting sections as you choose can reveal new understandings.

### 5. How long does it take to finish the workbook?

There's no set timeline. Some complete it in a few weeks, others take months. Each lesson invites real change, so take the time you need.

### 6. Is this a religious or spiritual book?

Restoration is not based on any religion. It is grounded in the science of human evolution and is open to anyone interested in understanding their own life, behaviour, and deeper patterns. The book invites you to study yourself with honesty and care. While it draws on insights from Eastern traditions, these are referenced as part of a broader field of research and understanding.

### 7. Can I do this alone, or do I need a group?

This workbook was created to be done on your own. You may also choose to join a study group if you would like to work with others who are going through the same lessons.

### 8. Are there any audio or video guides to support the lessons?

Yes. In the book, you will find links which support the lessons.

## **9. Where can I buy the book?**

You can order the book directly from [Amazon](#).

For those who can't get it from Amazon, contact us at [books@dhyanvimal.com](mailto:books@dhyanvimal.com)

## **10. What should I do after completing the Workbook?**

Finishing the workbook is just the beginning. [Podcasts, audio lectures, video lectures, short courses, articles, books](#) ... take your pick!

Begin with online programmes such as [6 Rites of Creation](#), or attend self-study programmes like the [Creation Programme](#) or [Monk Study](#) held in Toronto, Kuala Lumpur, New York or Stockholm.

We recommend joining the [DV Masterclass](#), an online subscription that offers access to daily lectures and the full body of work by Dhyan Vimal. Through this platform, you will be invited to ongoing sessions with the author and gain access to a rich library of teachings and studies

You can also apply to attend retreats with the author for personal instructions and insights, which are held twice a year.