

DAY 12 - STUDENT MEDITATION & LIMITING BELIEFS WORKBOOK

दिन 12 - छात्र कार्यपुस्तिका



MEDITATION & LIMITING BELIEFS

ध्यान और सीमित विश्वास

Practical Exercises, Partner Practice Logs & Skill Building

व्यावहारिक अभ्यास, साझेदार अभ्यास लॉग और कौशल निर्माण

Student Name / छात्र का नाम: _____

Date / दिनांक: _____

SECTION 1: PRE-SESSION PREPARATION

सत्र-पूर्व तैयारी

Complete BEFORE today's session begins:

1.1 DAY 11 REVIEW CHECK

दिन 11 पुनरावलोकन जांच

Test yourself without looking at notes:

TRATAK has two phases:

1. _____ Tratak (External - gazing at flame)
2. _____ Tratak (Internal - observing after-image)

An ASPECT in EFT is:

The DOWNWARD ARROW technique involves asking:

"And that _____..." repeatedly until reaching the core.

Two EMERGENCY PROTOCOLS are:

1. _____ Points
2. _____ Breathing

My confidence level after Day 11: ____/10

1.2 TODAY'S LEARNING OBJECTIVES

आज के सीखने के उद्देश्य

By the end of today, I will be able to:

- Lead various types of guided meditation effectively
- Use appropriate voice qualities and language patterns
- Identify limiting beliefs using questioning techniques
- Apply EFT for belief transformation
- Work with core beliefs and the inner critic
- Use layer-by-layer clearing for deep change
- Install new empowering beliefs
- Design belief work sessions for clients

What I'm most curious about today:

SECTION 2: THE ART OF GUIDED MEDITATION

निर्देशित ध्यान की कला

2.1 TYPES OF GUIDED MEDITATION

निर्देशित ध्यान के प्रकार

Complete this chart:

| | | |
|--------------------------|--|--|
| RELAXATION MEDITATION | | |
| VISUALIZATION MEDITATION | | |
| AWARENESS MEDITATION | | |
| HEALING MEDITATION | | |
| INSIGHT MEDITATION | | |

2.2 VOICE QUALITIES FOR MEDITATION

ध्यान के लिए आवाज के गुण

Complete:

PACE: _____ than normal conversation

TONE: Warm, _____, reassuring

VOLUME: _____, but audible

PAUSES: _____, allowing integration

Why are pauses important?

1. Time for the instruction to _____
2. Space for _____ experience
3. _____ of the state
4. Integration of _____

2.3 LANGUAGE PATTERNS

भाषा पैटर्न

PERMISSIVE LANGUAGE (not commands):

Write the permissive version:

"Notice your breathing" → "You might _____ your breathing"

"Relax your shoulders" → "_____ yourself to relax your shoulders"

"Find your safe place" → "_____ you'll find your safe place"

"See a golden light" → "_____, imagine a golden light"

SENSORY LANGUAGE:

VISUAL words: See, _____, _____, colors, light

AUDITORY words: Hear, _____, sound, _____, whisper

KINESTHETIC words: Feel, _____, touch, _____, light

2.4 MEDITATION STRUCTURE

ध्यान संरचना

Complete the five phases:

PHASE 1: _____ (2-5 minutes)

- Settle the body, close eyes, breath work

PHASE 2: _____ (2-3 minutes)

- Counting down, going deeper

PHASE 3: MAIN _____ (5-20 minutes)

- The core meditation purpose

PHASE 4: _____ (1-2 minutes)

- Allowing realizations to settle

PHASE 5: _____ (2-3 minutes)

- Counting up, body awareness, open eyes

2.5 MY MEDITATION LEADING PRACTICE

मेरा ध्यान नेतृत्व अभ्यास

WHEN I LED MY PARTNER:

What I did well:

What I could improve:

Partner's feedback:

WHEN MY PARTNER LED ME:

What worked well:

What could be improved:

SECTION 3: UNDERSTANDING LIMITING BELIEFS

सीमित विश्वासों को समझना



3.1 WHAT ARE LIMITING BELIEFS?

सीमित विश्वास क्या हैं?

DEFINITION:

A limiting belief is a _____ held as _____ that _____ our potential, choices, and possibilities.

CHARACTERISTICS OF LIMITING BELIEFS:

- Feel absolutely _____ (not like opinions)
- Are often _____ (running below awareness)
- Were formed in _____ (usually before age 7)
- Are _____ ("always," "never," "everyone")
- Create _____ prophecies
- Are _____ by the ego

3.2 BELIEFS FROM ANTAHKARANA PERSPECTIVE

अंतःकरण दृष्टिकोण से विश्वास

Complete:

CHITTA stores beliefs as _____ (impressions/patterns)

BUDDHI interprets reality _____ these beliefs

AHAMKARA _____ WITH the beliefs

3.3 CATEGORIES OF LIMITING BELIEFS

सीमित विश्वासों की श्रेणियां

Give 2 examples for each category:

BELIEFS ABOUT SELF:

BELIEFS ABOUT OTHERS:

BELIEFS ABOUT THE WORLD:

BELIEFS ABOUT WHAT'S POSSIBLE:

3.4 HOW BELIEFS FORM

विश्वास कैसे बनते हैं

Complete the belief formation process:

- 1 _____
(what happened)
- 2 _____
(what we felt)
- 3 _____
(what we decided it meant)
- 4 _____
(generalized conclusion)
- 5 _____
(who we think we are)

EXAMPLE - Complete:

EVENT: Mother said "You're so clumsy"

EMOTION: _____

MEANING: _____

BELIEF: _____

IDENTITY: _____

3.5 THE INNER CRITIC

आंतरिक आलोचक

The **INNER CRITIC** is the internal voice that constantly _____, _____, and _____ us.

Common Inner Critic messages I recognize:

The origin: The inner critic was originally a _____ trying to keep us safe from rejection, failure, or pain.

SECTION 4: IDENTIFYING LIMITING BELIEFS

सीमित विश्वासों की पहचान करना

4.1 QUESTIONING TECHNIQUES

प्रश्न तकनीकें

Complete these questions:

ABOUT SPECIFIC SITUATIONS:

- "What does [this situation] _____ about you?"
- "What's the _____ thing about [this problem]?"

ABOUT PATTERNS:

- "Why do you think this keeps _____?"
- "What do you _____ about yourself that makes this true?"

ABOUT IDENTITY:

- "Complete this: I am..."
- "What kind of _____ are you?"
- "What can't people like you _____?"

4.2 THE DOWNWARD ARROW TECHNIQUE

नीचे की ओर तीर तकनीक

Practice the technique with this example:

Starting statement: "I'm afraid to ask for help."

Q: "And that means...?"

A: _____

CORE BELIEF: _____

4.3 PARTNER PRACTICE - DOWNWARD ARROW

साझेदार अभ्यास - नीचे की ओर तीर

MY PARTNER'S ISSUE:

Starting statement: _____

Going deeper:

"And that means...?" → _____

CORE BELIEF REACHED: _____

MY ISSUE (when I was client):

Starting statement: _____

CORE BELIEF REACHED: _____

How true does this belief feel? ____/10

SECTION 5: EFT FOR BELIEF CHANGE

विश्वास परिवर्तन के लिए EFT



5.1 THE BELIEF CHANGE PROTOCOL

विश्वास परिवर्तन प्रोटोकॉल

Complete the steps:

STEP 1: IDENTIFY THE LIMITING BELIEF

- What is it?
- Rate belief strength: ____/10 (how TRUE does it feel?)
- When did you first believe this?

STEP 2: FIND THE _____

- What do you feel when you say this belief?
- Where in your body?
- SUD?

STEP 3: CREATE THE _____

Template: "Even though I have this belief that [___], and I've believed this since [___], and it makes me feel [___] in my [___], I deeply and completely accept myself."

STEP 4: TAP ON THE _____

Acknowledge the belief fully

STEP 5: INTRODUCE _____

"What if this belief isn't entirely true?..."

STEP 6: INSTALL THE _____ BELIEF

STEP 7: CHECK AND _____

5.2 SAMPLE SETUP STATEMENTS FOR BELIEFS

विश्वासों के लिए नमूना सेटअप स्टेटमेंट

Write Setup Statements for these beliefs:

BELIEF: "I'm not smart enough"

"Even though _____

_____, I deeply and completely accept myself."

BELIEF: "People always leave me"

"Even though _____

_____, I deeply and completely accept myself."

BELIEF: "I don't deserve success"

"Even though _____

_____, I deeply and completely accept myself."

5.3 THE TAIL-ENDERS TECHNIQUE

टेल-एंडर्स तकनीक

AFFIRMATION I WANT TO BELIEVE:

TAIL-ENDERS THAT ARISE ("Yes, but..."):

1. "Yes, but _____"

2. "Yes, but _____"

3. "Yes, but _____"

4. "Yes, but _____"

Each of these is a limiting belief to tap on!

SECTION 6: LAYER-BY-LAYER CLEARING

परत-दर-परत समाशोधन

6.1 THE FIVE LAYERS

पांच परतें

Complete the layers:



6.2 THE CLEARING PROCESS

समाशोधन प्रक्रिया

Number these steps in order:

- _____ Clear the emotion
- _____ Install new empowering belief
- _____ Ask: "What's underneath this?"
- _____ Start with presenting belief - get SUD
- _____ Clear the root memories
- _____ Acknowledge the protective purpose
- _____ Clear the core belief
- _____ Tap until belief strength drops
- _____ Ask: "When did you first feel this way?"
- _____ Check: What belief remains?

SECTION 7: INSTALLING NEW BELIEFS

नए विश्वास स्थापित करना

7.1 CHOOSING REPLACEMENT BELIEFS

प्रतिस्थापन विश्वास चुनना

The new belief should be:

1. _____ (what you want, not what you don't want)
2. _____ (at least slightly)
3. _____ to the old belief
4. Present _____
5. Personal (_____ statements)

7.2 BRIDGING BELIEFS

ब्रिजिंग विश्वास

Create bridging beliefs for this old belief:

Old Belief: "I'm unlovable"

Bridge 1: _____

Bridge 2: _____

Bridge 3: _____

New Belief: _____

7.3 INSTALLATION METHODS

स्थापना विधियां

List the four installation methods:

1. EFT _____ Tapping
2. _____ Pacing Visualization
3. _____ Anchoring
4. _____ Installation

REINFORCEMENT PRACTICES:

Morning: _____

Evening: _____

Daily behavior: _____

SECTION 8: PARTNER PRACTICE - BELIEF WORK

साझेदार अभ्यास - विश्वास कार्य

8.1 AS PRACTITIONER

प्रैक्टिशनर के रूप में

Partner's Name: _____

BELIEF DISCOVERY:

What area of life feels stuck? _____

DOWNWARD ARROW QUESTIONING:

Starting statement: _____

"And that means...?" → _____

CORE BELIEF IDENTIFIED: _____

EMOTIONAL COMPONENT:

Emotion when saying this belief: _____

Body location: _____

Starting belief strength (how true): ____/10

SETUP STATEMENT CREATED:

"Even though _____

_____, I deeply and completely accept myself."

TAPPING WORK & CLIENT EXPERIENCE

TAPPING WORK:

| | | |
|---|-----|--------------------------|
| 1 | /10 | Negative - acknowledging |
| 2 | /10 | Negative - more |
| 3 | /10 | Introducing doubt |
| 4 | /10 | New belief |

Final belief strength: ____/10

NEW BELIEF INSTALLED:

INSTALLATION METHOD USED:

- EFT Positive Tapping
- Future Pacing Visualization
- Body Anchoring
- Affirmation

CLOSING:

Partner's feedback on how they feel:

8.2 AS CLIENT

क्लाइंट के रूप में

Area of life I explored: _____

Belief uncovered: _____

Starting belief strength: ____/10

Ending belief strength: ____/10

FEEDBACK FOR MY PARTNER:

What they did well:

What could be improved:

Did they find my core belief? Yes Partially No

Did they introduce the new belief? Yes No

Overall experience rating: ____/10

How I feel now:

SKILLS ASSESSMENT, HOMEWORK & COMPLETION

SECTION 9: SKILLS SELF-ASSESSMENT

कौशल स्व-मूल्यांकन

9.1 CONFIDENCE RATINGS

Rate your confidence BEFORE and AFTER today:

| | | |
|---------------------------------------|-----|-----|
| Leading relaxation meditation | /10 | /10 |
| Using meditation voice qualities | /10 | /10 |
| Using permissive language | /10 | /10 |
| Understanding limiting beliefs | /10 | /10 |
| Using downward arrow technique | /10 | /10 |
| Identifying core beliefs | /10 | /10 |
| Creating Setup Statements for beliefs | /10 | /10 |
| EFT belief change protocol | /10 | /10 |
| Using tail-enders technique | /10 | /10 |
| Layer-by-layer clearing | /10 | /10 |
| Choosing replacement beliefs | /10 | /10 |
| Installing new beliefs | /10 | /10 |

9.2 KEY INSIGHTS

What I learned about MEDITATION today:

What I learned about LIMITING BELIEFS today:

What I learned about BELIEF CHANGE today:

What I learned about MYSELF today:

SECTION 10: POST-SESSION REFLECTION

सत्र-पश्चात प्रतिबिंब

The most valuable learning from today:

A limiting belief I recognized in myself:

How true does it feel now? ____/10

What I want to practice more:

Questions I still have:

SECTION 11: HOMEWORK ASSIGNMENTS

गृहकार्य असाइनमेंट

Complete before Day 13:

11.1 TAIL-ENDERS EXERCISE

▣ ASSIGNMENT 1: Tail-Enders Work

Affirmation I chose: _____

Tail-ender 1: _____

Did I tap on it? ▣ Yes ▣ No

Tail-ender 2: _____

Did I tap on it? ▣ Yes ▣ No

Tail-ender 3: _____

Did I tap on it? ▣ Yes ▣ No

After tapping, how true does the affirmation feel? ____/10

11.2 SELF-BELIEF INVENTORY

▣ ASSIGNMENT 2: List 5 Limiting Beliefs About Myself

| | |
|---|-----|
| 1 | /10 |
| 2 | /10 |
| 3 | /10 |
| 4 | /10 |
| 5 | /10 |

Which one will I work on first? # ____

11.3 MEDITATION PRACTICE

▣ ASSIGNMENT 3: Practice Leading a 5-Minute Meditation

Who I practiced with: _____

Their feedback: _____

What I learned: _____

11.4 REVIEW AND PREPARE

▣ ASSIGNMENT 4: Review Coursebook

Focus on belief change protocol

▣ ASSIGNMENT 5: Prepare for Day 13

Tomorrow: Sakshi Bhava (Witness State) & Personal Peace Procedure

SECTION 12: QUICK REFERENCE CARD

त्वरित संदर्भ कार्ड

| |
|--|
| <p>DAY 12: MEDITATION & LIMITING BELIEFS ध्यान और सीमित विश्वास</p> <p>MEDITATION VOICE: Slow pace • Warm tone • Soft volume • Generous pauses</p> <p>BELIEF IDENTIFICATION: "What does this mean about you?" "And that means...?" (repeat until core) Look for "I am [negative]" statements</p> <p>BELIEF CHANGE PROTOCOL: 1. Identify belief → 2. Find emotion → 3. Create Setup → 4. Tap negative → 5. Introduce doubt → 6. Install new → 7. Check & test</p> <p>LAYERS OF BELIEF: Presenting → Emotion → Memories → Core → Protective Purpose</p> <p>NEW BELIEF SHOULD BE: Positive • Believable • Specific • Present tense • Personal</p> <p>TAIL-ENDERS: "Yes, but..." = Hidden beliefs to tap on</p> |
|--|

SECTION 13: SESSION COMPLETION CHECKLIST

सत्र पूर्णता चेकलिस्ट

Before leaving today, ensure you have completed:

- ▣ Pre-session review (Section 1)
- ▣ Types of meditation (Section 2)
- ▣ Voice qualities and language patterns (Section 2)
- ▣ Understanding limiting beliefs (Section 3)
- ▣ Questioning techniques (Section 4)
- ▣ Downward arrow practice (Section 4)
- ▣ EFT belief change protocol (Section 5)
- ▣ Tail-enders technique (Section 5)
- ▣ Layer-by-layer clearing (Section 6)
- ▣ Installing new beliefs (Section 7)
- ▣ Partner practice - as practitioner (Section 8.1)
- ▣ Partner practice - as client (Section 8.2)
- ▣ Skills self-assessment (Section 9)
- ▣ Post-session reflection (Section 10)
- ▣ Understood homework assignments (Section 11)

PRACTICE SUMMARY:

Partner practice completed: ▣ Yes ▣ Partial

Core belief identified in partner: _____

Partner's belief strength change: From ____/10 to ____/10

New belief installed: _____

My readiness to work with client beliefs: ____/10

Instructor's Signature (if applicable): _____

END OF DAY 12 WORKBOOK

DECODE LIFE TRANSFORMATION - Level 1

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"As the seed, so the tree. As the belief, so the life. Today you learned to plant new seeds of possibility." - Manudada

TOMORROW - DAY 13: WITNESS STATE & PERSONAL PEACE PROCEDURE

कल - दिन 13: साक्षी अवस्था और व्यक्तिगत शांति प्रक्रिया

🙏 नमस्ते 🙏