

DAY 13 - STUDENT WITNESS STATE & PERSONAL PEACE WORKBOOK

दिन 13 - छात्र कार्यपुस्तिका



WITNESS STATE & PERSONAL PEACE

साक्षी अवस्था और व्यक्तिगत शांति

Practical Exercises, Peace Lists & Self-Healing Practice

व्यावहारिक अभ्यास, शांति सूचियां और स्व-उपचार अभ्यास

Student Name / छात्र का नाम: _____

Date / दिनांक: _____

SECTION 1: PRE-SESSION PREPARATION

सत्र-पूर्व तैयारी

Complete BEFORE today's session begins:

1.1 DAY 12 REVIEW CHECK

दिन 12 पुनरावलोकन जांच

Test yourself:

The five types of guided meditation are:

1. _____ Meditation
2. _____ Meditation
3. _____ Meditation
4. _____ Meditation
5. _____ Meditation

A limiting belief feels absolutely _____ (not like an opinion).

The Downward Arrow technique involves asking:

"And that _____...?" to reach core beliefs.

A TAIL-ENDER is the "_____, but..." response that arises when trying to believe something positive.

My confidence level after Day 12: ____/10

1.2 TODAY'S LEARNING OBJECTIVES

आज के सीखने के उद्देश्य

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

- Practice and teach Sakshi Bhava (Witness State)
- Lead Sakshi Bhava meditation for clients
- Apply Pratipaksha Bhavana (cultivating the opposite)
- Explain and assign the Personal Peace Procedure
- Guide clients in creating comprehensive Peace Lists
- Monitor client progress with PPP
- Design comprehensive healing protocols

What I'm most curious about today:

SECTION 2: SAKSHI BHAVA - THE WITNESS STATE

साक्षी भाव - साक्षी अवस्था

2.1 UNDERSTANDING SAKSHI BHAVA

साक्षी भाव को समझना

SAKSHI (साक्षी) = _____

BHAVA (भाव) = _____

THE KEY TEACHING:

Complete:

You are NOT your _____.

You ARE the _____ in which all these arise.

DRASHTA VS. DRISHYA:

DRASHTA (द्रष्टा) = _____ (never changes)

DRISHYA (दृश्य) = _____ (always changing)

2.2 TWO MODES OF BEING

अस्तित्व के दो तरीके

Complete the comparison:

"I AM angry"	"Anger is _____"
No space, no _____	Space, freedom, _____
Reactive, _____	Responsive, _____
Caught __ the storm	Observing the _____
_____	Peace amid turbulence

2.3 SAKSHI BHAVA MEDITATION EXPERIENCE

साक्षी भाव ध्यान अनुभव

After the guided meditation:

What did I experience?

What was easiest to witness (thoughts, emotions, sensations)?

What was hardest?

Did I access the "witness" state, even briefly?

- Yes
- Somewhat
- No

If yes, describe it:

Rating of this experience: ____/10

2.4 SAKSHI BHAVA PRACTICES

साक्षी भाव अभ्यास

PRACTICE 1: LABELING

Transform these statements:

"I'm so anxious!" → "I notice _____ arising."

"I'm angry!" → "There is _____ present."

"I'm depressed." → "_____ is here."

"I can't stand this fear!" → "I observe _____ moving through."

PRACTICE 2: "WHO IS AWARE?"

When caught in experience, ask: "Who is _____ of this?"

The answer is always: The _____.

PRACTICE 3: THE MOVIE THEATER

My mind = the movie _____

Thoughts/emotions = the _____

I am = the one _____ the movie

The screen doesn't become the _____

PRACTICE 4: NETI NETI

"I have thoughts, but I am not my _____... Neti Neti"

"I have emotions, but I am not my _____... Neti Neti"

"I have a body, but I am not my _____... Neti Neti"

What remains? Pure _____. The witness.

SECTION 3: PRATIPAKSHA BHAVANA

प्रतिपक्ष भावना

3.1 UNDERSTANDING PRATIPAKSHA BHAVANA

प्रतिपक्ष भावना को समझना

PRATIPAKSHA (प्रतिपक्ष) = _____

BHAVANA (भावना) = _____

From Yoga Sutra 2.33:

"When disturbed by _____ thoughts, cultivate the _____."

THE PROCESS:

1. _____ the negative thought/emotion
2. _____ it without resistance
3. _____ the opposite quality
4. _____ the opposite through attention

3.2 OPPOSITES TO CULTIVATE

विकसित करने के विपरीत

Complete the opposites:

Hatred, Anger	
Fear	
Greed	
Jealousy	
Pride, Arrogance	
Self-criticism	
Anxiety	
Resentment	
Despair, Hopelessness	

3.3 PRATIPAKSHA BHAVANA PRACTICE

प्रतिपक्ष भावना अभ्यास

Choose something/someone that mildly bothers you:

The negative thought or emotion:

Step 1 - Acknowledge: "I see this _____."

Step 2 - Identify opposite: The opposite is _____

Step 3 - Cultivate: Write a statement cultivating the opposite:

How did this shift feel? ____/10

3.4 COMBINING SAKSHI BHAVA & PRATIPAKSHA BHAVANA

साक्षी भाव और प्रतिपक्ष भावना का संयोजन

THE SEQUENCE:

Step 1: _____ BHAVA (Witness the negative)

Step 2: Create _____ by labeling

Step 3: PRATIPAKSHA BHAVANA (Cultivate the _____)

Step 4: If intensity is high, add _____

Practice example:

Something I'm currently feeling:

Step 1 - Witness: "I notice _____ arising."

Step 2 - Space: "This is just weather passing through."

Step 3 - Opposite: The opposite is _____

Step 4 - Cultivate: _____

SECTION 4: PERSONAL PEACE PROCEDURE

व्यक्तिगत शांति प्रक्रिया

4.1 UNDERSTANDING PPP

PPP को समझना

THE CORE IDEA:

Every negative emotion you carry today is connected to _____ events from your past.

If you clear ALL those events, you will have: _____ PEACE

THE PROCEDURE:

1. Create a _____ LIST
2. Each day, tap on __-__ events from the list
3. Continue until list is _____
4. Add _____ memories as they surface

TIME COMMITMENT: __-__ minutes per day

THE BENEFITS:

- Comprehensive healing of _____
- Reduction of general _____
- Improved _____
- Increased emotional _____

4.2 MY PEACE LIST

मेरी शांति सूची

GUIDELINES:

- Give each event a SHORT TITLE (like a movie title)
- Be SPECIFIC (when, where, who, what)
- Include "small" things - don't censor
- Aim for 50-100+ events eventually

PEACE LIST:

1		/10	<input type="checkbox"/>
2		/10	<input type="checkbox"/>
3		/10	<input type="checkbox"/>
4		/10	<input type="checkbox"/>
5		/10	<input type="checkbox"/>
6		/10	<input type="checkbox"/>
7		/10	<input type="checkbox"/>
8		/10	<input type="checkbox"/>
9		/10	<input type="checkbox"/>
10		/10	<input type="checkbox"/>
11		/10	<input type="checkbox"/>
12		/10	<input type="checkbox"/>
13		/10	<input type="checkbox"/>
14		/10	<input type="checkbox"/>
15		/10	<input type="checkbox"/>
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20		/10	<input type="checkbox"/>
21		/10	<input type="checkbox"/>
22		/10	<input type="checkbox"/>
23		/10	<input type="checkbox"/>
24		/10	<input type="checkbox"/>
25		/10	<input type="checkbox"/>

Continue on additional paper. Aim for 50-100+ events.

Total events listed: _____

PROMPTS TO HELP REMEMBER

CHILDHOOD

- Earliest negative memory?
- Times you were embarrassed?
- When were you criticized or punished?
- Scary experiences?

SCHOOL

- Painful school memories?
- Bullying or being left out?
- Academic failures?
- Teacher or classmate conflicts?

FAMILY

- Parent or sibling conflicts?
- Hurtful things said?
- Difficult family events?
- Losses or changes?

RELATIONSHIPS

- Heartbreaks or rejections?
- Betrayals?
- Arguments that still bother you?
- Times you hurt someone?

CAREER/LIFE

- Professional failures?
- Humiliating work experiences?
- Financial difficulties?
- Health scares?

4.3 PPP PRACTICE - CLEARING EVENTS

PPP अभ्यास - घटनाओं को साफ करना

EVENT 1:

Title: _____

Starting SUD: ____/10

Setup used: "Even though I have this memory of _____,

I deeply and completely accept myself."

Rounds completed: ____

Ending SUD: ____/10

Cleared (SUD 0-2)

EVENT 2:

Title: _____

Starting SUD: ____/10

Setup used: "Even though _____,

I deeply and completely accept myself."

Rounds completed: ____

Ending SUD: ____/10

Cleared (SUD 0-2)

EVENT 3:

Title: _____

Starting SUD: ____/10

Ending SUD: ____/10

Cleared (SUD 0-2)

TOTAL EVENTS CLEARED TODAY: ____

SECTION 5: CLIENT APPLICATION

ग्राहक अनुप्रयोग

5.1 INTRODUCING PPP TO CLIENTS

ग्राहकों को PPP का परिचय देना

Write the introduction script in your own words:

"I want to give you a powerful homework assignment...

Are you willing to commit to this?"

WHAT TO PROVIDE CLIENTS:

- _____
- _____
- _____
- _____

5.2 MONITORING CLIENT PROGRESS

ग्राहक प्रगति की निगरानी

WEEKLY CHECK-IN QUESTIONS:

1. How many events _____ this week?
2. Any _____?
3. How is your general peace level (0-10)? _____
4. Any _____ events surfaced?
5. Any _____ events we should address together?

5.3 PARTNER PRACTICE - TEACHING PPP

साझेदार अभ्यास - PPP सिखाना

Partner's Name: _____

AS PRACTITIONER:

How I explained PPP:

Did my partner understand the concept?

- Yes
- Partially
- No

We started their Peace List with these events:

Partner's questions:

AS CLIENT:

What I learned from hearing the explanation:

Feedback for my partner:

What they did well: _____

What could improve: _____

SECTION 6: COMPREHENSIVE HEALING PROTOCOL

व्यापक उपचार प्रोटोकॉल

6.1 COMBINING ALL MODALITIES

सभी तौर-तरीकों का संयोजन

For comprehensive healing, combine:

01

IN-SESSION WORK:

- Clear major _____
- Address core _____
- Work on current _____

03

DAILY PRACTICES:

- _____ Bhava meditation
- _____ Bhavana when negativity arises
- _____ protocols when needed

02

PERSONAL PEACE PROCEDURE (Homework):

- __-__ min daily
- Clear __-__ events per day

04

LIFESTYLE SUPPORT:

- Sleep, nutrition, _____
- Supportive _____

6.2 SESSION FLOW

सत्र प्रवाह

Map out sessions:

Session 1: Assessment + Teach _____ + Create _____

Session 2: Address pressing _____ + Review PPP _____

Session 3-6: Work on _____ issues + Monitor _____

Session 7+: _____ work + _____ building

SECTION 7: SKILLS SELF-ASSESSMENT

कौशल स्व-मूल्यांकन

7.1 CONFIDENCE RATINGS

विश्वास रेटिंग

Rate your confidence BEFORE and AFTER today:

Understanding Sakshi Bhava	/10	/10
Practicing the witness state	/10	/10
Leading Sakshi Bhava meditation	/10	/10
Understanding Pratipaksha Bhavana	/10	/10
Applying cultivating the opposite	/10	/10
Understanding Personal Peace Procedure	/10	/10
Creating Peace Lists	/10	/10
Clearing events with tapping	/10	/10
Explaining PPP to clients	/10	/10
Monitoring client homework progress	/10	/10
Combining modalities for healing	/10	/10

7.2 KEY INSIGHTS

मुख्य अंतर्दृष्टि

What I learned about SAKSHI BHAVA today:

What I learned about PRATIPAKSHA BHAVANA today:

What I learned about PERSONAL PEACE PROCEDURE today:

What I learned about MYSELF today:

SECTION 8: POST-SESSION REFLECTION

सत्र-पश्चात प्रतिबिंब

The most valuable learning from today:

My experience of the witness state:

How many events are on my Peace List? ____

How many did I clear today? ____

Will I commit to daily PPP practice?

- Yes
- Need to think

Questions I still have:

SECTION 9: HOMEWORK ASSIGNMENTS

गृहकार्य असाइनमेंट

Complete before Day 14:

9.1 SAKSHI BHAVA PRACTICE

साक्षी भाव अभ्यास

ASSIGNMENT 1: Sakshi Bhava Practice (5-10 min daily)

Day: _____

Practice used:

- Labeling
- Who is Aware?
- Movie Theater
- Neti Neti

What I noticed:

Did I access witness state?

- Yes
- Somewhat
- No

9.2 PERSONAL PEACE PROCEDURE

व्यक्तिगत शांति प्रक्रिया

ASSIGNMENT 2: Clear 1-3 Events Daily

DAILY LOG:

Day: _____

Event cleared: _____

SUD: From ____/10 to ____/10 Cleared

Event cleared: _____

SUD: From ____/10 to ____/10 Cleared

Event cleared: _____

SUD: From ____/10 to ____/10 Cleared

New events to add to list:

9.3 REVIEW FOR DAY 14

दिन 14 के लिए समीक्षा

□ ASSIGNMENT 3: Review All Week 2 Material

Topics to review:

- Day 8: Vritti Management
- Day 9: EFT Foundation & Meridians
- Day 10: Breath Work & EFT Tapping
- Day 11: Concentration & Anxiety
- Day 12: Meditation & Limiting Beliefs
- Day 13: Witness State & Personal Peace

Questions to bring to Day 14:

SECTION 10: QUICK REFERENCE CARD

त्वरित संदर्भ कार्ड

Cut this out for reference:

□ DAY 13: WITNESS STATE & PERSONAL PEACE

साक्षी अवस्था और व्यक्तिगत शांति

SAKSHI BHAVA (Witness State):

- You are NOT your thoughts/emotions - you are awareness
- Labeling: "I notice [emotion] arising"
- Ask: "Who is aware of this?"
- Movie Theater: You're the screen, not the movie

PRATIPAKSHA BHAVANA (Cultivate Opposite):

1. Recognize the negative
2. Acknowledge without resistance
3. Identify the opposite quality
4. Cultivate with feeling

PERSONAL PEACE PROCEDURE:

1. Create Peace List (all bothersome memories)
2. Clear 1-3 events daily with tapping
3. 15-30 min daily commitment
4. Continue until list is complete
5. Add new memories as they surface

COMBINING ALL:

Sakshi Bhava (witness) → Space → EFT (if needed) → Pratipaksha Bhavana (cultivate opposite)

SECTION 11: PEACE LIST CONTINUATION

शांति सूची निरंतरता

Additional space for Peace List entries:

26	/10	<input type="checkbox"/>
27	/10	<input type="checkbox"/>
28	/10	<input type="checkbox"/>
29	/10	<input type="checkbox"/>
30	/10	<input type="checkbox"/>
31	/10	<input type="checkbox"/>
32	/10	<input type="checkbox"/>
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43	/10	<input type="checkbox"/>
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45	/10	<input type="checkbox"/>
46	/10	<input type="checkbox"/>
47	/10	<input type="checkbox"/>
48	/10	<input type="checkbox"/>
49	/10	<input type="checkbox"/>
50	/10	<input type="checkbox"/>

Use additional paper for more entries. Aim for 50-100+ total.

SECTION 12: SESSION COMPLETION CHECKLIST

सत्र पूर्णता चेकलिस्ट

Before leaving today, ensure you have completed:

- Pre-session review (Section 1)
- Sakshi Bhava understanding (Section 2)
- Sakshi Bhava meditation experience (Section 2.3)
- Sakshi Bhava practices (Section 2.4)
- Pratipaksha Bhavana understanding and practice (Section 3)
- Combined approach practice (Section 3.4)
- Personal Peace Procedure understanding (Section 4.1)
- Peace List created (minimum 15 events) (Section 4.2)
- Cleared at least 1 event in session (Section 4.3)
- Client application notes (Section 5)
- Partner practice completed (Section 5.3)
- Skills self-assessment (Section 7)
- Post-session reflection (Section 8)
- Understood homework assignments (Section 9)

PRACTICE SUMMARY:

Total events on my Peace List: ____

Events cleared today: ____

My commitment to daily PPP:

- Yes, __ min/day
- Need to decide

My readiness for Week 2 Integration (Day 14): ____/10

Instructor's Signature (if applicable): _____

END OF DAY 13 WORKBOOK

DECODE LIFE TRANSFORMATION - Level 1

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"The witness is separate from the seen. The observer is always at peace." - Vedantic Wisdom

TOMORROW - DAY 14: WEEK 2 Q&A AND INTEGRATION

कल - दिन 14: सप्ताह 2 प्रश्नोत्तर और एकीकरण

🙏 नमस्ते 🙏