

DAY 15 - STUDENT PRANA & FIVE PRANAS SYSTEM WORKBOOK

दिन 15 - छात्र कार्यपुस्तिका



PRANA & FIVE PRANAS SYSTEM

प्राण और पंच प्राण प्रणाली

Exercises, Body Mapping & Prana Assessment Practice

अभ्यास, शरीर मानचित्रण और प्राण मूल्यांकन अभ्यास

Student Name / छात्र का नाम: _____

Date / दिनांक: _____

SECTION 1: WELCOME TO WEEK 3

सप्ताह 3 में आपका स्वागत है

1.1 WEEK 3 OVERVIEW सप्ताह 3 अवलोकन

Week 3 Theme: PRANAVIDYA + REIKI HEALING

सप्ताह 3 विषय: प्राणविद्या + रेकी उपचार

"Awakening life force and healing through universal energy"

"जीवन शक्ति को जागृत करना और सार्वभौमिक ऊर्जा के माध्यम से उपचार"

This week I will learn:

- Prana - Life force energy
- Five Pranas - How energy functions in the body
- 72,000 Nadis - Energy channels
- Seven Chakras - Energy centers
- Five Koshas - Layers of being
- Reiki - Universal energy healing

1.2 MY ENERGY AWARENESS मेरी ऊर्जा जागरूकता

Before we begin, rate your current energy awareness:

I can feel energy in my own body: ____/10

I can sense energy in others: ____/10

I believe energy healing is real: ____/10

My excitement for learning energy work: ____/10

What I hope to learn about energy healing:

SECTION 2: UNDERSTANDING PRANA

प्राण को समझना

2.1 DEFINITION OF PRANA प्राण की परिभाषा

PRANA (प्राण) breakdown:

PRA (प्र) = _____, _____, _____

AN (अण) = _____, _____, _____

PRANA = The _____ Breath, The Primal _____ Force

Complete definition:

Prana is the _____

that pervades the entire _____ and all living beings.

2.2 CHARACTERISTICS OF PRANA प्राण की विशेषताएं

Complete the six characteristics:

- _____ - Present everywhere (sun, air, water, food, earth)
- _____ - Knows how to heal, grow, and maintain the body
- _____ - Can be sent from person to person
- RESPONSIVE TO _____ - Follows intention and attention
- _____ - Modern science can detect bioelectric fields
- AFFECTED BY _____ - Primary way we take in Prana

2.3 SOURCES OF PRANA प्राण के स्रोत

List the 8 sources of Prana:

- _____ (Vayu Prana) - Most immediate source
- _____ (Surya Prana) - Solar energy
- _____ (Bhumi Prana) - Ground energy
- _____ (Jal Prana) - Fresh, natural water
- _____ (Anna Prana) - Fresh, living food
- _____ (Manushya Prana) - Positive people share, negative drain
- _____ (Prakruti Prana) - Trees, mountains, oceans
- _____ (Nidra Prana) - Deep rest restores Prana

2.4 SIGNS OF HIGH AND LOW PRANA उच्च और निम्न प्राण के संकेत

SIGNS OF HIGH PRANA (complete):

Physical: Vibrant health, strong _____, quick _____

Mental: Clear thinking, good _____, _____ outlook

Emotional: Emotional _____, resilience to _____

SIGNS OF LOW PRANA (complete):

Physical: Chronic _____, frequent _____, slow healing

Mental: Brain _____, poor _____, negative thinking

Emotional: Mood _____, anxiety, feeling _____

2.5 PRANA SENSING EXERCISE प्राण संवेदन अभ्यास

After the palm-rubbing exercise:

What did I feel between my palms?

- Warmth
- Tingling
- Magnetic sensation
- Resistance
- Pulsing
- Nothing yet
- Other: _____

Intensity of sensation: ____/10

This is my first experience of consciously feeling _____!

SECTION 3: THE FIVE PRANAS (PANCHA PRANA VAYUS)

पंच प्राण वायु

3.1 INTRODUCTION TO FIVE PRANAS पंच प्राण का परिचय

PANCHA = _____

PRANA = _____

VAYU = _____, _____, _____

The Five Prana Vayus:

- _____ VAYU (प्राण वायु)
- _____ VAYU (अपान वायु)
- _____ VAYU (समान वायु)
- _____ VAYU (उदान वायु)
- _____ VAYU (व्यान वायु)

3.2 PRANA VAYU प्राण वायु

LOCATION: _____ region
(heart, lungs, throat)

DIRECTION: _____ and

MAIN FUNCTION: Governs
_____ - taking in life force

ELEMENT: _____ (Vayu)

COLOR: _____

When BALANCED: Deep, easy breathing • Strong heart function • Good circulation • Ability to receive

When IMBALANCED: Shallow breathing • Heart/circulation issues • Respiratory problems • Difficulty receiving

3.3 APANA VAYU अपान वायु

LOCATION: _____
abdomen (below navel, pelvic region)

DIRECTION: _____ and

MAIN FUNCTION: Governs
_____ - removal of waste

ELEMENT: _____ (Prithvi)

COLOR: _____

When BALANCED: Regular elimination • Good reproductive health • Feeling grounded • Ability to let go

When IMBALANCED: Constipation/diarrhea • Reproductive issues • Feeling ungrounded • Can't let go

3.4 SAMANA VAYU समान वायु

LOCATION: _____ region
(digestive area, solar plexus)

DIRECTION: _____,
contracting toward _____

MAIN FUNCTION: Governs
_____ and assimilation

ELEMENT: _____ (Agni)

COLOR: _____

When BALANCED: Good digestion • Proper metabolism • Can process experiences • Decisive, clear

When IMBALANCED: Digestive problems • Metabolic issues • Difficulty processing • Indecisive, confused

3.5 UDANA VAYU उदान वायु

LOCATION: _____ and _____

DIRECTION: _____

MAIN FUNCTION: Governs _____ - speech, communication

ELEMENT: _____ (Akasha)

COLOR: _____

When BALANCED: Clear speech • Good thyroid function • Strong enthusiasm • Upward, positive energy

When IMBALANCED: Throat problems • Thyroid disorders • Lack of enthusiasm • Can't express self

3.6 VYANA VAYU व्यान वायु

LOCATION: _____ body - pervades everywhere

DIRECTION: _____ from center to periphery

MAIN FUNCTION: Governs _____ - blood, energy, nutrients

ELEMENT: _____ (Jal)

COLOR: _____

When BALANCED: Good circulation • Coordinated movement • Proper energy distribution • Sense of wholeness

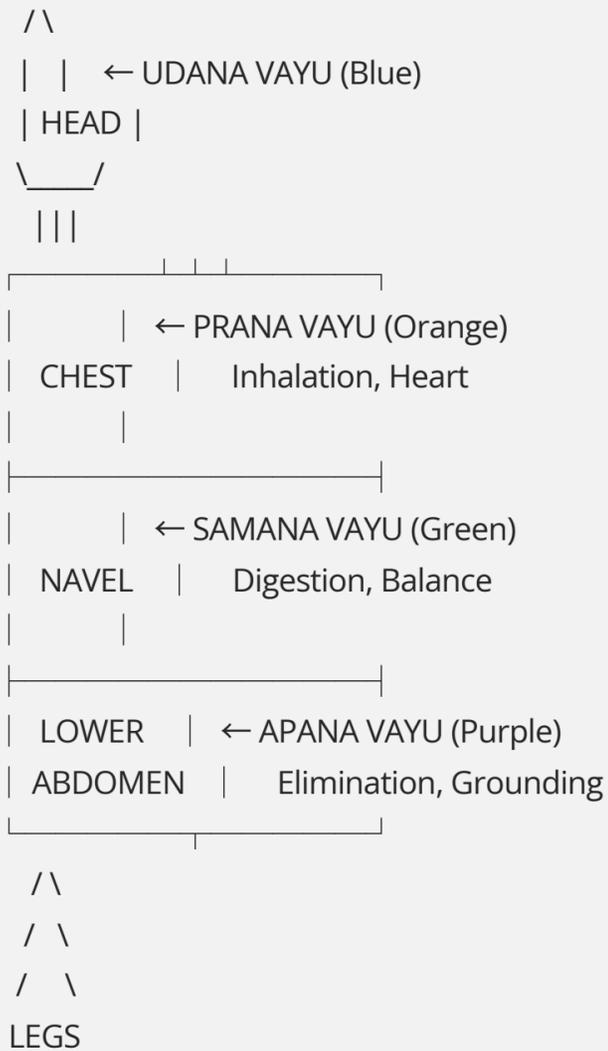
When IMBALANCED: Poor circulation • Coordination problems • Uneven energy • Disconnected from body

SECTION 4: FIVE PRANAS BODY MAPPING

पंच प्राण शरीर मानचित्रण

4.1 BODY DIAGRAM EXERCISE शरीर आरेख अभ्यास

On the body outline below, mark and label the five Pranas with their colors:



[VYANA VAYU - Whole body - White/Clear - Circulation]

Write the keywords for each:

PRANA VAYU: _____, _____, _____

APANA VAYU: _____, _____, _____

SAMANA VAYU: _____, _____, _____

UDANA VAYU: _____, _____, _____

VYANA VAYU: _____, _____, _____

4.2 FIVE PRANAS SUMMARY CHART पंच प्राण सारांश चार्ट

Complete the chart:

PRANA	LOCATION	DIRECTION	FUNCTION	ELEMENT
PRANA VAYU	_____	Inward/Up	_____	_____
APANA VAYU	Lower _____	_____	_____	_____
SAMANA VAYU	_____	Spiral/_____	_____	_____
UDANA VAYU	_____	_____	Expression	_____
VYANA VAYU	Whole _____	_____	_____	_____

SECTION 5: THE 72,000 NADIS

72,000 नाड़ियां

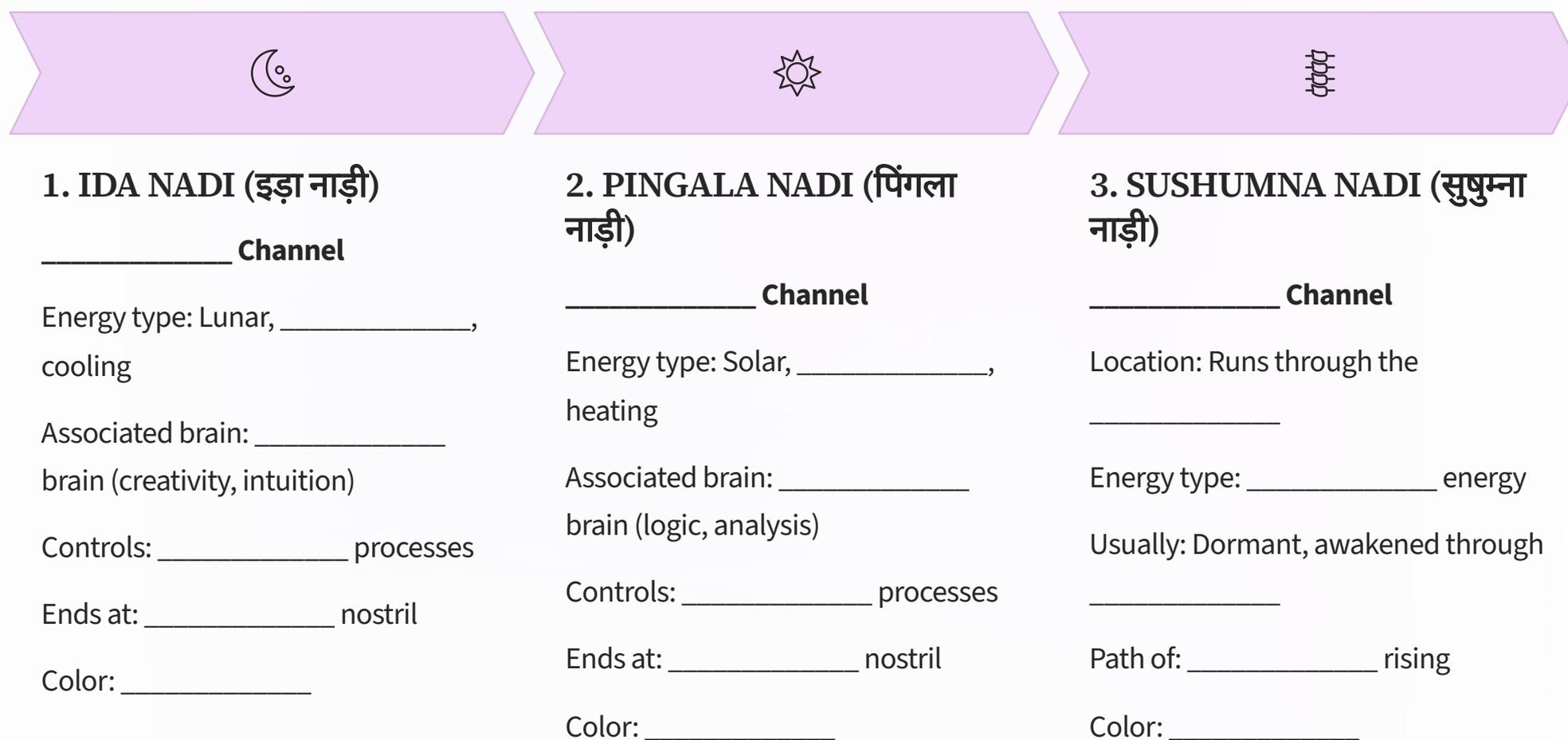
5.1 UNDERSTANDING NADIS नाड़ियों को समझना

NADI (नाड़ी) means: _____ or _____

Nadis are _____ energy _____ through which Prana flows in the body.

Number of Nadis in the body: _____

5.2 THE THREE MAIN NADIS तीन मुख्य नाड़ियां



5.3 CORRELATION WITH NERVOUS SYSTEM तंत्रिका तंत्र के साथ सहसंबंध

Ida ≈ _____ nervous system (rest and digest)

Pingala ≈ _____ nervous system (fight or flight)

Sushumna ≈ _____ nervous system / spinal cord

SECTION 6: CORRELATION WITH KI/CHI

की/ची के साथ सहसंबंध

6.1 DIFFERENT NAMES, SAME ENERGY अलग-अलग नाम, एक ही ऊर्जा

Complete the chart:

TRADITION	NAME	MEANING
Indian/Vedic	PRANA	_____
Chinese	_____	Vital energy
Japanese	_____	Spirit, energy
Hawaiian	MANA	_____
Greek	_____	Spirit, breath
Modern/Western	Biofield	_____

6.2 REIKI CONNECTION रेकी संबंध

REIKI = _____ (Universal) + _____ (Life Force)

Reiki means channeling _____ Life Force energy for _____.

Key principle: You don't use your _____ energy. You channel _____ energy.

SECTION 7: CLIENT APPLICATION - PRANA ASSESSMENT

ग्राहक अनुप्रयोग - प्राण मूल्यांकन

7.1 ASSESSMENT METHODS मूल्यांकन विधियां

Three methods to assess Prana:

1. ENERGY _____ (learn Day 17)
Feel: Client's energy field, blockages, temperature
2. OBSERVATION _____
See: Posture, breathing, eyes, overall vitality
3. INQUIRY _____
Ask: Questions about symptoms and lifestyle

7.2 IDENTIFYING DEFICIENT PRANAS कमी वाले प्राणों की पहचान

PRANA VAYU DEFICIENCY indicators:

Questions to ask:

- "Do you have _____ issues?"
- "Heart or _____ problems?"
- "Difficulty _____ or accepting?"

Signs: Respiratory issues • Chest tightness • Closed posture

APANA VAYU DEFICIENCY indicators:

Questions to ask:

- "How is your _____ and elimination?"
- "Any _____ issues?"
- "Do you feel _____?"

Signs: Constipation • Can't let go • Ungrounded feeling

SAMANA VAYU DEFICIENCY indicators:

Questions to ask:

- "How is your _____?"
- "Do you feel _____ in life?"
- "Can you make _____ easily?"

Signs: Digestive problems • Scattered • Indecisive

UDANA VAYU DEFICIENCY indicators:

Questions to ask:

- "Do you _____ yourself easily?"
- "Any _____/thyroid issues?"
- "Do you feel _____ for life?"

Signs: Voice problems • Suppressed • Lack of enthusiasm

VYANA VAYU DEFICIENCY indicators:

Questions to ask:

- "How is your _____?"
- "Feel _____ to your body?"
- "Any _____ or movement issues?"

Signs: Cold hands/feet • Disconnected • Coordination issues

7.3 EXPLAINING PRANA TO CLIENTS ग्राहकों को प्राण समझाना

Write a simple explanation of Prana for clients in your own words:

SECTION 8: PARTNER PRACTICE - PRANA ASSESSMENT

साझेदार अभ्यास - प्राण मूल्यांकन

8.1 AS PRACTITIONER प्रैक्टिशनर के रूप में

Partner's Name:

OBSERVATION:

Posture: Open/upright Closed/collapsed Neutral

Breathing: Deep and easy Shallow Irregular

Eyes: Bright Dull Neutral

Overall energy: ____/10

INQUIRY RESPONSES:

Energy level generally:

Sleep quality: _____

Digestion: _____

Stress level: _____

MY ASSESSMENT:

Which Pranas seem BALANCED?

Which Pranas seem DEFICIENT?

What I shared with my partner:

8.2 AS CLIENT ग्राहक के रूप में

How did it feel to be assessed?

Was my partner's assessment accurate?

Yes Partially No

What they got right:

Feedback for my partner:

SECTION 9: PRANA BALANCING EXERCISES

प्राण संतुलन अभ्यास

9.1 BREATHING EXERCISE NOTES श्वास अभ्यास नोट्स

After the group breathing exercise:

How I felt before: ____/10

How I felt after: ____/10

What I noticed:

9.2 SPECIFIC PRANA EXERCISES विशिष्ट प्राण अभ्यास

☯	☯	☯
FOR PRANA VAYU:	FOR APANA VAYU:	FOR SAMANA VAYU:
Exercise: _____	Exercise: _____	Exercise: _____
_____	_____	_____
Affirmation: "I receive _____"	Affirmation: "I release _____"	Affirmation: "I digest and process _____"
_____	_____	_____
☯	☯	
FOR UDANA VAYU:	FOR VYANA VAYU:	
Exercise: _____	Exercise: _____	
Affirmation: "I express _____"	Affirmation: "Energy flows _____"	

SECTION 10: SELF-ASSESSMENT - MY PRANA BALANCE

स्व-मूल्यांकन - मेरा प्राण संतुलन

10.1 PRANA VAYU SELF-CHECK प्राण वायु स्व-जांच

Rate each statement 1-5 (1=Never, 5=Always):

"I breathe deeply and easily" ____

"My heart feels healthy and strong" ____

"I have good circulation" ____

"I can receive compliments, help, and love" ____

"I feel open and accepting" ____

TOTAL: ____/25

Assessment: Balanced (20+) Needs attention (15-19) Deficient (<15)

10.2 APANA VAYU SELF-CHECK अपान वायु स्व-जांच

"My digestion and elimination are regular" ____

"I can let go of things that don't serve me" ____

"I feel grounded and stable" ____

"My reproductive health is good" ____

"I don't hold onto past hurts" ____

TOTAL: ____/25

Assessment: Balanced (20+) Needs attention (15-19) Deficient (<15)

10.3 SAMANA VAYU SELF-CHECK समान वायु स्व-जांच

"I digest food easily without problems" ____

"I can process experiences and emotions" ____

"I feel balanced in my life" ____

"I make decisions easily" ____

"I don't feel scattered or confused" ____

TOTAL: ____/25

Assessment: Balanced (20+) Needs attention (15-19) Deficient (<15)

10.4 UDANA VAYU SELF-CHECK उदान वायु स्व-जांच

"I express myself clearly and confidently" ____

"My throat is healthy, no issues" ____

"I feel enthusiastic about life" ____

"I have strong willpower" ____

"I am growing and evolving" ____

TOTAL: ____/25

Assessment: Balanced (20+) Needs attention (15-19) Deficient (<15)

10.5 VYANA VAYU SELF-CHECK व्यान वायु स्व-जांच

"My circulation is good (warm hands/feet)" ____

"I feel connected to my whole body" ____

"My movements are coordinated" ____

"Energy flows evenly throughout me" ____

"I feel integrated and whole" ____

TOTAL: ____/25

Assessment: Balanced (20+) Needs attention (15-19) Deficient (<15)

10.6 SUMMARY सारांश

MY PRANA BALANCE:

My most balanced Prana: _____

My most deficient Prana: _____

What I will do to improve: _____

SECTION 11: POST-SESSION REFLECTION

सत्र-पश्चात प्रतिबिंब

What I learned today about Prana:

The Five Pranas I now understand:

How this connects to my healing practice:

Questions I still have:

SECTION 12: HOMEWORK ASSIGNMENTS

गृहकार्य असाइनमेंट

ASSIGNMENT 1: Prana Self-Assessment (Section 10)

Complete if not done in class

ASSIGNMENT 2: Prana Breathing Practice

5 minutes morning and evening

Morning practice done: Yes No

Evening practice done: Yes No

What I noticed: _____

ASSIGNMENT 3: Observe Others

Notice Prana levels of 3 people you encounter:

Person 1: _____ Prana level: High Medium Low

Person 2: _____ Prana level: High Medium Low

Person 3: _____ Prana level: High Medium Low

ASSIGNMENT 4: Prepare for Day 16

Topic: Chakras, Koshas, and Reiki Principles

Questions to bring: _____

SECTION 13: QUICK REFERENCE CARD

त्वरित संदर्भ कार्ड

Cut this out for reference:

DAY 15: PRANA & FIVE PRANAS

PRANA = Life Force Energy - Universal, Intelligent, Transferable, Responsive to Thought

SOURCES: Breath, Sun, Earth, Water, Food, People, Nature, Sleep

FIVE PRANAS:

- Prana Vayu - Chest - Inhalation - Air
- Apana Vayu - Lower Abd - Elimination - Earth
- Samana Vayu - Navel - Digestion - Fire
- Udana Vayu - Throat - Expression - Ether
- Vyana Vayu - Whole Body - Circulation - Water

THREE MAIN NADIS:

- Ida (Left) - Lunar, Cooling, Right Brain
- Pingala (Right) - Solar, Heating, Left Brain
- Sushumna (Center) - Spiritual, Kundalini Path

PRANA = CHI (Chinese) = KI (Japanese) = Same Energy!

SECTION 14: SESSION COMPLETION

CHECKLIST

सत्र पूर्णता चेकलिस्ट

Before leaving today:

- Understood definition of Prana
- Learned characteristics and sources
- Understood all Five Pranas
- Completed body mapping exercise
- Learned the three main Nadis
- Understood correlation with Chi/Ki
- Learned client assessment methods
- Completed partner practice
- Completed Prana self-assessment
- Understood homework assignments

My confidence in understanding Prana: ____/10

My readiness for Chakras and Reiki tomorrow: ____/10

Instructor's Signature: _____

END OF DAY 15 WORKBOOK

DECODE LIFE TRANSFORMATION - Level 1

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"Where there is Prana, there is life." - Prashna Upanishad

TOMORROW - DAY 16: CHAKRAS, KOSHAS & REIKI PRINCIPLES

कल - दिन 16: चक्र, कोश और रेकी सिद्धांत

🙏 प्राणाय नमः 🙏