

DAY 1 - STUDENT WORKBOOK

दिन 1 - छात्र कार्यपुस्तिका

FOUR INNER INSTRUMENTS INTRODUCTION

चार आंतरिक साधनों का परिचय

ANTAHKARANA CHATUSHTAYA

अन्तःकरण चतुष्टय

Exercises, Self-Assessments & Practice Activities

अभ्यास, स्व-मूल्यांकन और अभ्यास गतिविधियां

Student Name / छात्र का नाम: _____

Date / दिनांक: _____

SECTION 1: PRE-SESSION REFLECTION

सत्र-पूर्व प्रतिबिंब

Complete this BEFORE today's session begins:

आज का सत्र शुरू होने से पहले इसे पूरा करें:

1.1 YOUR INTENTION FOR THIS JOURNEY

इस यात्रा के लिए आपका इरादा

What brings you to this course? Why are you here?

आपको इस कोर्स में क्या लाया? आप यहाँ क्यों हैं?

What do you hope to achieve by the end of 56 days?

56 दिनों के अंत तक आप क्या हासिल करने की उम्मीद करते हैं?

One word that describes your intention for this journey:

एक शब्द जो इस यात्रा के लिए आपके इरादे का वर्णन करता है:

1.2 YOUR CURRENT SELF-UNDERSTANDING

आपकी वर्तमान आत्म-समझ

How well do you understand your own mind right now? (1-10)

अभी आप अपने मन को कितनी अच्छी तरह समझते हैं? (1-10)

1 = Not at all 5 = Somewhat 10 = Very well

1 = बिल्कुल नहीं 5 = कुछ हद तक 10 = बहुत अच्छी तरह

Rating / रेटिंग: _____/10

What aspects of your mind confuse or frustrate you?

आपके मन के कौन से पहलू आपको भ्रमित या निराश करते हैं?

Have you studied psychology or philosophy before? If yes, briefly describe:

क्या आपने पहले मनोविज्ञान या दर्शन का अध्ययन किया है?

SECTION 2: STORY REFLECTION - THE MASTER POTTER

कहानी प्रतिबिंब - मास्टर कुम्हार

After hearing "The Master Potter" story, answer these questions:

"मास्टर कुम्हार" कहानी सुनने के बाद, इन प्रश्नों का उत्तर दें:

2.1 METAPHOR MAPPING

Match the story elements to your mind. Write in your own words:

कहानी के तत्वों को अपने मन से मिलाएं। अपने शब्दों में लिखें:

THE CLAY represents: _____

In my life, I notice this when: _____

THE WHEEL represents: _____

In my life, I notice this when: _____

THE WORKSHOP represents: _____

In my life, I notice this when: _____

THE SIGNATURE represents: _____

In my life, I notice this when: _____

2.2 PERSONAL CONNECTION

Which element of the story resonated most with you? Why?

कहानी का कौन सा तत्व आपके साथ सबसे अधिक गूंजा? क्यों?

If you were the young apprentice Ramesh, what question would you ask Govindji?

यदि आप युवा शिक्षु रमेश होते, तो आप गोविंदजी से क्या प्रश्न पूछते?

SECTION 3: THE FOUR INSTRUMENTS - NOTES & UNDERSTANDING

चार साधन - नोट्स और समझ

Use this section to take notes during the session:

सत्र के दौरान नोट्स लेने के लिए इस अनुभाग का उपयोग करें:

3.1 MANAS (मनस) - THE SENSORY MIND

MANAS means: _____

Main functions of Manas:

मनस के मुख्य कार्य:

Characteristics of Manas:

मनस की विशेषताएं:

- R_____ (चंचलता) - Like a monkey
- D_____ (संशय) - Always questioning
- R_____ (प्रतिक्रियाशीलता) - Instant like/dislike

Signs of IMBALANCED Manas:

असंतुलित मनस के संकेत:

How to BALANCE Manas:

मनस को कैसे संतुलित करें:

3.2 BUDDHI (बुद्धि) - THE DISCRIMINATING INTELLECT

BUDDHI means: _____

Main functions of Buddhi:

बुद्धि के मुख्य कार्य:

The Charioteer Metaphor:

सारथी रूपक:

- Body = _____
- Senses = _____
- Manas = _____
- Buddhi = _____

Three States of Buddhi:

बुद्धि की तीन अवस्थाएं:

1. C_____ Buddhi - Makes wise decisions
2. C_____ Buddhi - Poor decisions, confused
3. O_____ R_____ Buddhi - Too judgmental

3.3 CHITTA (चित्त) - THE MEMORY STOREHOUSE

CHITTA means: _____

Main functions of Chitta:

चित्त के मुख्य कार्य:

SAMSKARA (संस्कार) means: _____

Example: _____

VASANA (वासना) means: _____

Example: _____

Why is Chitta important for HYPNOTHERAPY?

सम्मोहन चिकित्सा के लिए चित्त महत्वपूर्ण क्यों है?

Signs of BURDENED Chitta:

बोझिल चित्त के संकेत:

3.4 AHAMKARA (अहंकार) - THE EGO / I-SENSE

AHAMKARA means: _____

(AHAM = _____ + KARA = _____)

Main functions of Ahamkara:

अहंकार के मुख्य कार्य:

THREE STATES OF AHAMKARA:

अहंकार की तीन अवस्थाएं:

STATE	DESCRIPTION
INFLATED (फूला हुआ)	_____
DEFLATED (पिचका हुआ)	_____
BALANCED (संतुलित)	_____

Is Ahamkara bad? Explain:

क्या अहंकार बुरा है? समझाएं:

SECTION 4: SELF-ASSESSMENT - YOUR FOUR INSTRUMENTS

स्व-मूल्यांकन - आपके चार साधन

4.1 MANAS SELF-ASSESSMENT

मनस स्व-मूल्यांकन

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

प्रत्येक कथन को रेट करें (1 = कभी नहीं, 5 = हमेशा):

___/5 My mind jumps from thought to thought frequently

मेरा मन बार-बार एक विचार से दूसरे विचार पर कूदता है

___/5 I get distracted easily

मैं आसानी से विचलित हो जाता हूँ

___/5 I react quickly before thinking

मैं सोचने से पहले जल्दी प्रतिक्रिया करता हूँ

___/5 I often doubt and question myself

मैं अक्सर खुद पर संदेह और सवाल करता हूँ

___/5 I crave constant stimulation (phone, TV, etc.)

मुझे लगातार उत्तेजना की लालसा है (फोन, टीवी, आदि)

TOTAL: ___/25

INTERPRETATION:

- 20-25 = Overactive Manas - needs calming practices
- 10-19 = Moderate - some imbalance
- 5-9 = Calm Manas - well balanced

4.2 BUDDHI SELF-ASSESSMENT

बुद्धि स्व-मूल्यांकन

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

___/5 I make decisions easily and stick to them

मैं आसानी से निर्णय लेता हूँ और उन पर कायम रहता हूँ

___/5 I can clearly distinguish right from wrong

मैं स्पष्ट रूप से सही और गलत में अंतर कर सकता हूँ

___/5 I resist temptations effectively

मैं प्रलोभनों का प्रभावी ढंग से विरोध करता हूँ

___/5 I think before acting

मैं काम करने से पहले सोचता हूँ

___/5 I can see through manipulation and lies

मैं हेरफेर और झूठ को देख सकता हूँ

TOTAL: ___/25

INTERPRETATION:

- 20-25 = Strong, Clear Buddhi
- 10-19 = Moderate - could strengthen
- 5-9 = Clouded Buddhi - needs attention

4.3 CHITTA SELF-ASSESSMENT

चित्त स्व-मूल्यांकन

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

___/5 I repeat the same negative patterns in life

मैं जीवन में वही नकारात्मक पैटर्न दोहराता हूँ

___/5 Past events still strongly affect me emotionally

अतीत की घटनाएँ अभी भी मुझे भावनात्मक रूप से प्रभावित करती हैं

___/5 I have limiting beliefs about myself

मेरे बारे में सीमित विश्वास हैं

___/5 I carry unresolved emotions from the past

मैं अतीत से अनसुलझी भावनाओं को वहन करता हूँ

___/5 I have fears or phobias I can't explain

मुझे ऐसे डर या फोबिया हैं जिन्हें मैं समझा नहीं सकता

TOTAL: ___/25

INTERPRETATION:

- 20-25 = Heavily Burdened Chitta - needs deep work
- 10-19 = Some patterns to clear
- 5-9 = Relatively Clear Chitta

4.4 AHAMKARA SELF-ASSESSMENT

अहंकार स्व-मूल्यांकन

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

___/5 I compare myself to others frequently

मैं खुद की दूसरों से अक्सर तुलना करता हूँ

___/5 I feel either superior OR inferior to others

मैं दूसरों से या तो श्रेष्ठ या हीन महसूस करता हूँ

___/5 I get defensive when criticized

आलोचना होने पर मैं रक्षात्मक हो जाता हूँ

___/5 I need external validation to feel good

अच्छा महसूस करने के लिए मुझे बाहरी मान्यता की जरूरत है

___/5 My self-worth fluctuates based on achievements

उपलब्धियों के आधार पर मेरा आत्म-मूल्य उतार-चढ़ाव करता है

TOTAL: ___/25

INTERPRETATION:

- 20-25 = Significant Ahamkara imbalance
- 10-19 = Some imbalance
- 5-9 = Relatively Balanced Ahamkara

4.5 OVERALL PROFILE SUMMARY

समग्र प्रोफाइल सारांश

Transfer your scores here:

अपने स्कोर यहां स्थानांतरित करें:

MANAS: ___/25 Status: Overactive Moderate Calm

BUDDHI: ___/25 Status: Strong Moderate Clouded

CHITTA: ___/25 Status: Burdened Some patterns Clear

AHAMKARA: ___/25 Status: Imbalanced Some imbalance Balanced

Which instrument needs the MOST attention for you personally?

Why do you think this is your area of focus?

SECTION 5: REAL-LIFE APPLICATION EXERCISES

वास्तविक जीवन अनुप्रयोग अभ्यास

5.1 NOTICING YOUR INSTRUMENTS

Think of a RECENT SITUATION where you felt stressed or reactive.
एक हाल की स्थिति के बारे में सोचें जहां आप तनावग्रस्त या प्रतिक्रियाशील महसूस किए।

Describe the situation briefly:

स्थिति का संक्षेप में वर्णन करें:

Now analyze: What did each instrument do?

अब विश्लेषण करें: प्रत्येक साधन ने क्या किया?

MANAS (What did you perceive? What was your immediate reaction?):

CHITTA (What memories or patterns did this trigger?):

BUDDHI (What decision did you make? Was it clear or clouded?):

AHAMKARA (How did your "I" experience this? Personal or impersonal?):

5.2 OBSERVING OTHERS

Think of THREE people in your life. For each, identify which instrument seems most DOMINANT or IMBALANCED:

PERSON 1: _____

Dominant/Imbalanced Instrument: _____

Why I think this: _____

PERSON 2: _____

Dominant/Imbalanced Instrument: _____

Why I think this: _____

PERSON 3: _____

Dominant/Imbalanced Instrument: _____

Why I think this: _____

5.3 PRACTICE SCENARIO

Imagine you are a therapist. A client comes to you and says:

"I can't stop thinking about my past. I was criticized a lot as a child, and now I believe I'm not good enough. I feel anxious all the time and can't make decisions."

Which instruments are affected? (Check all that apply)

- MANAS (anxious, restless mind)
- BUDDHI (can't make decisions)
- CHITTA (past criticism, limiting beliefs)
- AHAMKARA (feels not good enough)

What would be your PRIMARY focus for intervention?

Why?

SECTION 6: KEY CONCEPTS REVIEW

मुख्य अवधारणाओं की समीक्षा

6.1 FILL IN THE BLANKS

रिक्त स्थान भरें

1. ANTAHKARANA CHATUSHTAYA means "The _____"
2. The four instruments are:
 - a. M_____ - The sensory-processing mind
 - b. B_____ - The discriminating intellect
 - c. C_____ - The memory storehouse
 - d. A_____ - The ego / I-sense
3. _____ receives sensory input and reacts with likes/dislikes.
4. _____ makes decisions and discriminates right from wrong.
5. _____ stores memories, samskaras, and vasanas.
6. _____ creates the sense of "I" and personal identity.
7. SAMSKARA (संस्कार) means: _____
8. VASANA (वासना) means: _____
9. Ahamkara can be INFLATED, _____, or BALANCED.
10. In hypnotherapy, we primarily work with _____ to access and heal stored patterns.

6.2 TRUE OR FALSE

सही या गलत

Mark T (True) or F (False):

- _____ 1. Manas is the decision-making faculty of the mind.
- _____ 2. Buddhi can be either clear or clouded.
- _____ 3. Chitta only stores positive memories.
- _____ 4. Ahamkara is always bad and should be destroyed.
- _____ 5. Hypnotherapy works primarily with Chitta.
- _____ 6. The four instruments work independently of each other.
- _____ 7. Samskaras are impressions left by experiences.
- _____ 8. A balanced Ahamkara means having healthy self-esteem.
- _____ 9. Manas is characterized by restlessness and doubt.
- _____ 10. Vedic psychology is a modern Western invention.

6.3 MATCH THE PAIRS

जोड़े मिलाएं

Draw lines to connect:

MANAS	Decision-making
BUDDHI	Sensory processing
CHITTA	Identity/Ego
AHAMKARA	Memory storage

INFLATED AHAMKARA	"I am balanced"
DEFLATED AHAMKARA	"I am better than others"
BALANCED AHAMKARA	"I am worse than others"

SECTION 7: DAILY PRACTICE ASSIGNMENTS

दैनिक अभ्यास असाइनमेंट

7.1 THIS WEEK'S OBSERVATION PRACTICE

इस सप्ताह का अवलोकन अभ्यास

DAILY OBSERVATION (15 minutes):

Each day this week, sit quietly for 15 minutes and observe:

- Day 1: Notice when MANAS jumps from thought to thought
- Day 2: Notice when BUDDHI makes a judgment or decision
- Day 3: Notice when CHITTA pulls up a memory or pattern
- Day 4: Notice when AHAMKARA says "I" or "mine"
- Day 5: Notice all four working together
- Day 6: Observe the four instruments in ONE interaction with someone

7.2 EVENING JOURNALING

शाम की जर्नलिंग

Each evening, briefly write:

DAY 1:

Today, my MANAS was (calm/restless/reactive): _____

Today, my BUDDHI was (clear/confused/rigid): _____

Today, my CHITTA brought up: _____

Today, my AHAMKARA felt: _____

DAY 2:

Today, my MANAS was: _____

Today, my BUDDHI was: _____

Today, my CHITTA brought up: _____

Today, my AHAMKARA felt: _____

DAY 3:

Today, my MANAS was: _____

Today, my BUDDHI was: _____

Today, my CHITTA brought up: _____

Today, my AHAMKARA felt: _____

DAY 4:

Today, my MANAS was: _____

Today, my BUDDHI was: _____

Today, my CHITTA brought up: _____

Today, my AHAMKARA felt: _____

DAY 5:

Today, my MANAS was: _____

Today, my BUDDHI was: _____

Today, my CHITTA brought up: _____

Today, my AHAMKARA felt: _____

DAY 6:

Today, my MANAS was: _____

Today, my BUDDHI was: _____

Today, my CHITTA brought up: _____

Today, my AHAMKARA felt: _____

SECTION 8: PERSONAL REFLECTION & COMMITMENT

व्यक्तिगत प्रतिबिंब और प्रतिबद्धता

8.1 TODAY'S KEY INSIGHT

आज की मुख्य अंतर्दृष्टि

What was your most important insight from today's session?

आज के सत्र से आपकी सबसे महत्वपूर्ण अंतर्दृष्टि क्या थी?

How does this insight apply to YOUR life?

यह अंतर्दृष्टि आपके जीवन पर कैसे लागू होती है?

8.2 COMMITMENT FOR THIS WEEK

इस सप्ताह के लिए प्रतिबद्धता

I commit to:

मैं प्रतिबद्ध हूँ:

- Attending all sessions this week
- Completing my daily observation practice (15 min)
- Journaling each evening about my four instruments
- Reading the Day 1 Coursebook completely
- Observing the four instruments in at least 3 people

Signature: _____ Date: _____

8.3 QUESTIONS I HAVE

मेरे प्रश्न

Write any questions you want to ask the instructor:

SECTION 9: POST-SESSION SELF-ASSESSMENT

सत्र-पश्चात स्व-मूल्यांकन

Complete this AFTER today's session:

आज का सत्र समाप्त होने के बाद इसे पूरा करें:

Rate your understanding of each topic (1-5):

प्रत्येक विषय की अपनी समझ को रेट करें (1-5):

1 = Don't understand 3 = Partly understand 5 = Fully understand

1 = समझ नहीं आया 3 = आंशिक रूप से समझा 5 = पूरी तरह समझा

TOPIC	RATING
Antahkarana Chatushtaya meaning	/5
MANAS - function and nature	/5
BUDDHI - function and states	/5
CHITTA - function, Samskaras, Vasanas	/5
AHAMKARA - function and three states	/5
How the four work together	/5
Client application framework	/5

TOTAL: _____/35

How excited are you to continue this journey? (1-10)

इस यात्रा को जारी रखने के लिए आप कितने उत्साहित हैं? (1-10)

Rating / रेटिंग: _____/10

SECTION 10: QUICK REFERENCE CARD

त्वरित संदर्भ कार्ड

Cut this out and keep it with you for reference:

इसे काटकर संदर्भ के लिए अपने पास रखें:

☐ ANTAHKARANA CHATUSHTAYA

अन्तःकरण चतुष्टय

THE FOUR INNER INSTRUMENTS

MANAS (मनस) - Sensory Mind

- Receives sensory input
- Reacts, desires, doubts
- Restless, like a monkey

BUDDHI (बुद्धि) - Discriminating Intellect

- Decides and judges
- Discriminates right/wrong
- Can be clear OR clouded

CHITTA (चित्त) - Memory Storehouse

- Stores all memories
- Contains Samskaras (impressions)
- Hypnotherapy works HERE

AHAMKARA (अहंकार) - Ego / I-Sense

- Creates sense of "I"
- Can be inflated, deflated, or balanced
- Not bad - needs BALANCE

END OF DAY 1 WORKBOOK

DECODE LIFE TRANSFORMATION - Level 1

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🙏 YOUR TRANSFORMATION BEGINS TODAY 🙏

"The same is true for the human mind. We are not just one thing. We are four things working together."

- Govindji, the Master Potter