DAY 4 – STUDENT WORKBOOK MANAS WORK & DEEPENING दिन 4 – छात्र कार्यपुस्तिका

Sensory Awareness, Hypnotic Deepening & Depth Testing संवेदी जागरूकता, सम्मोहक गहराई और गहराई परीक्षण

Exercises, Practice Logs & Observation Records अभ्यास, अभ्यास लॉग और अवलोकन रिकॉर्ड

SECTION 1: PRE-SESSION REVIEW & PREPARATION सत्र-पूर्व समीक्षा और तैयारी

Complete BEFORE today's session begins: आज का सत्र शुरू होने से पहले इसे पूरा करें:

1.1 DAY 3 SKILLS REVIEW दिन 3 कौशल समीक्षा

Rate your comfort level with Day 3 skills (1-10):

- Progressive Relaxation Induction: _____/10
- Observing Trance Signs: _____/10
- Creating Mind Maps: _____/10
- Partner Practice: _____/10

What went well in your Day 3 practice?

_____

What do you want to improve today?

_____

1.2 UNDERSTANDING MANAS – QUICK REVIEW मनस को समझना – त्वरित समीक्षा

From Day 1, recall the key characteristics of MANAS:

MANAS (मनस) is the _____ mind.

Its main characteristics are:

1. R_____ (चंचल) - Like a monkey jumping
2. D_____ (संशयात्मक) - Always questioning
3. R_____ (प्रतिक्रियाशील) - Instant likes/dislikes
4. Connected to D_____ (कामना से जुड़ा)

MANAS receives input through the FIVE SENSES (पंच ज्ञानेंद्रियां):

1. _____ (Eyes/Sight)
2. _____ (Ears/Sound)
3. _____ (Nose/Smell)
4. _____ (Tongue/Taste)
5. _____ (Skin/Touch)

Why is working with Manas important for hypnotherapy?

_____

1.3 TODAY'S LEARNING OBJECTIVES आज के सीखने के उद्देश्य

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

- ☐ Guide sensory awareness meditation
- ☐ Apply at least 3 hypnotic deepening techniques
- ☐ Test and recognize trance depth indicators
- ☐ Choose appropriate deepening methods for different clients
- ☐ Adjust my approach in real-time based on client response

My personal intention for today:

_____

SECTION 2: SENSORY AWARENESS MEDITATION संवेदी जागरूकता ध्यान

Manas receives all sensory input. By guiding awareness through the senses, we can calm and focus Manas, preparing for deeper trance.

2.1 EXPERIENCING SENSORY AWARENESS (Self-Practice) संवेदी जागरूकता का अनुभव (स्व-अभ्यास)

During the guided sensory meditation, record your experiences:

HEARING (श्रवण / Shravana): What sounds did you notice?

Far sounds: _____

Near sounds: _____

Internal sounds (heartbeat, breath): _____

How did focusing on sound affect your Manas?

_____

TOUCH (स्पर्श / Sparsha): What sensations did you notice?

Temperature: _____

Pressure (body on chair/floor): _____

Clothing on skin: _____

Internal sensations: _____

How did focusing on touch affect your Manas?

_____

SIGHT (Inner Vision) (दृष्टि / Drishti): With eyes closed, what did you "see"?

Colors: _____

Shapes or patterns: _____

Images or memories: _____

How did this internal focus affect your Manas?

_____

SMELL (गंध / Gandha): What scents were you aware of?

_____

TASTE (स्वाद / Swada): What taste remained in your mouth?

_____

OVERALL EXPERIENCE:

How relaxed did you become? (1-10): _____/10

Did your Manas become calmer or more restless?

☐ Much calmer ☐ Somewhat calmer ☐ Same ☐ More restless

What depth of trance did you reach?

☐ Light ☐ Medium ☐ Deep ☐ Didn't enter trance

2.2 SENSORY AWARENESS MEDITATION SCRIPT NOTES संवेदी जागरूकता ध्यान स्क्रिप्ट नोट्स

As the instructor demonstrates, note key phrases for each sense:

HEARING PHASE

Key phrases to use:

"_____

_____"

TOUCH/BODY AWARENESS PHASE

Key phrases to use:

"_____

_____"

INNER VISION PHASE

Key phrases to use:

"_____

_____"

INTEGRATION PHASE

Key phrases to use:

"_____

_____"

2.3 WRITE YOUR OWN SENSORY AWARENESS SCRIPT अपनी संवेदी जागरूकता स्क्रिप्ट लिखें

Create a brief sensory awareness meditation (3-5 minutes):

OPENING (Getting comfortable, closing eyes):

"_____

_____"

SOUND AWARENESS (30-60 seconds):

"_____

_____"

BODY/TOUCH AWARENESS (60-90 seconds):

"_____

_____"

INNER VISION (30-60 seconds):

"_____

_____"

DEEPENING TRANSITION:

"_____

_____"

SECTION 3: HYPNOTIC DEEPENING TECHNIQUES सम्मोहक गहराई तकनीकें

After initial induction, we use DEEPENING TECHNIQUES to take the client into deeper trance states.

3.1 DEEPENING TECHNIQUES REFERENCE गहराई तकनीकें संदर्भ

Learn and note the key elements of each technique:

TECHNIQUE 1: COUNTDOWN DEEPENING (गिनती गहराई)

Description: Counting down from 10 (or higher) to 1, with suggestions of going deeper with each number.

Key phrases: "_____

_____"

Best used when: _____

Your rating of this technique (1-10): _____/10

TECHNIQUE 2: STAIRCASE/ELEVATOR DEEPENING (सीढ़ी/लिफ्ट गहराई)

Description: Visualizing descending a staircase or going down in an elevator, deeper with each step/floor.

Key phrases: "_____

_____"

Best used when: _____

Your rating of this technique (1-10): _____/10

TECHNIQUE 3: PROGRESSIVE RELAXATION DEEPENING (प्रगतिशील विश्राम गहराई)

Description: Going through body parts again, suggesting each is now TWICE as relaxed, THREE times as relaxed, etc.

Key phrases: "_____

_____"

Best used when: _____

Your rating of this technique (1-10): _____/10

TECHNIQUE 4: BREATHING DEEPENING (श्वास गहराई)

Description: Using the breath to deepen - each exhale takes them deeper, each inhale brings more relaxation.

Key phrases: "_____

_____"

Best used when: _____

Your rating of this technique (1-10): _____/10

3.1 DEEPENING TECHNIQUES REFERENCE (CONTINUED) गहराई तकनीकें संदर्भ (जारी)

TECHNIQUE 5: FRACTIONATION (खंडन)

Description: Bringing them partially out of trance, then taking them back deeper. Repeat 2-3 times.

Key phrases: "_____

_____"

Best used when: _____

Your rating of this technique (1-10): _____/10

TECHNIQUE 6: PLACE OF PEACE/SANCTUARY (शांति स्थान)

Description: Guiding them to visualize a safe, peaceful place where they feel completely relaxed and secure.

Key phrases: "_____

_____"

Best used when: _____

Your rating of this technique (1-10): _____/10

TECHNIQUE 7: HAND DROP (हाथ गिराना)

Description: Lifting the client's arm and dropping it, with suggestion that as it drops, they go deeper.

Key phrases: "_____

_____"

Best used when: _____

Your rating of this technique (1-10): _____/10

3.2 CHOOSING DEEPENING TECHNIQUES FOR DIFFERENT CLIENTS विभिन्न ग्राहकों के लिए गहराई तकनीकें चुनना

Match the client type to the best deepening technique:

CLIENT TYPE	BEST TECHNIQUE(S)
Visual/Imaginative person	_____
Analytical/Logical person	_____
Kinesthetic/Body-aware person	_____
Someone who responds well to counting/structure	_____
Someone who is already very relaxed but needs to go deeper	_____
Someone who seems "stuck" at light trance	_____
Someone anxious or nervous	_____

3.3 CREATING A DEEPENING SEQUENCE गहराई अनुक्रम बनाना

Create a 3-5 minute deepening sequence using at least 2 techniques:

| 1 | → | 1 |

TECHNIQUE 1

_____

Script:

"_____

_____

_____

_____

_____"

TRANSITION

"_____

_____

_____

_____

_____

_____"

TECHNIQUE 2

_____

Script:

"_____

_____

_____

_____

_____

_____"

FINAL DEEPENING SUGGESTION:

"_____

_____"

SECTION 4: TESTING DEPTH INDICATORS गहराई संकेतकों का परीक्षण

How do we know how deep someone is in trance? We TEST.

4.1 DEPTH TESTING METHODS गहराई परीक्षण विधियां

Learn these methods for testing trance depth:

TEST 1: ARM CATALEPSY (भुजा कठोरता)

How to do it:

_____

What it indicates:

- ☐ If arm stays rigid = _____ trance
- ☐ If arm drops slowly = _____ trance
- ☐ If arm drops immediately = _____ trance

TEST 2: FINGER/HAND LEVITATION RESPONSE (उंगली/हाथ उत्थान)

How to do it:

_____

What it indicates:

_____

TEST 3: EYELID CATALEPSY (पलक कठोरता)

How to do it:

_____

What it indicates:

_____

TEST 4: IDEOMOTOR FINGER SIGNALS (विचार-मोटर संकेत)

How to do it:

_____

What it indicates:

_____

TEST 5: VERBAL RESPONSE TEST (मौखिक प्रतिक्रिया परीक्षण)

How to do it:

_____

What it indicates:

- ☐ Slow, slurred response = _____
- ☐ No response = _____
- ☐ Normal response = _____

TEST 6: NUMBER BLOCK/AMNESIA TEST (संख्या अवरोध परीक्षण)

How to do it:

_____

What it indicates:

_____

4.2 DEPTH INDICATOR CHART गहराई संकेतक चार्ट

Complete this chart based on instructor teaching:

INDICATOR	LIGHT TRANCE हल्का ट्रान्स	MEDIUM TRANCE मध्यम ट्रान्स	DEEP TRANCE गहरा ट्रान्स
BREATHING श्वास	_____	_____	_____
MUSCLE TONE मांसपेशी तनाव	_____	_____	_____
EYE MOVEMENT आंख की गति	_____	_____	_____
VERBAL RESPONSE मौखिक प्रतिक्रिया	_____	_____	_____
ARM CATALEPSY भुजा कठोरता	_____	_____	_____
AWARENESS OF SURROUNDINGS परिवेश जागरूकता	_____	_____	_____
TIME DISTORTION समय विकृति	_____	_____	_____

4.3 WHEN TO TEST & WHEN NOT TO TEST कब परीक्षण करें और कब न करें

GOOD TIMES TO TEST:

- ☐ After initial induction, before deepening
- ☐ After a deepening technique
- ☐ Before beginning therapeutic suggestions
- ☐ If unsure whether client is deep enough
- ☐ When transitioning between phases

TIMES TO AVOID TESTING:

- ☐

_____

- ☐

_____

- ☐

_____

How to test WITHOUT disrupting trance:

_____

SECTION 5: PARTNER PRACTICE - SESSION 1
साझेदार अभ्यास – सत्र 1

Practice with SENSORY AWARENESS + DEEPENING + DEPTH TESTING

5.1 PRACTICE AS HYPNOTIST (First Round) सम्मोहनकर्ता के रूप में अभ्यास

Partner's Name: _____

PRACTICE SEQUENCE:

1. Brief pre-talk (1 minute)
2. Sensory awareness meditation (3-5 minutes)
3. Deepening technique #1 (2-3 minutes)
4. Depth test
5. Deepening technique #2 (2-3 minutes)
6. Final depth assessment
7. Emergence (1-2 minutes)

PRE-PRACTICE CHECKLIST:

- ☐ Partner is comfortable
- ☐ I know which sensory focus I'll use
- ☐ I've chosen my two deepening techniques
- ☐ I know which depth tests I'll use

DURING PRACTICE LOG:

Time started: _____

SENSORY AWARENESS PHASE:

Senses focused on: _____

Partner's visible response: _____

Signs of relaxation: _____

DEEPENING TECHNIQUE 1: _____

Observations during technique:

_____

Estimated depth after technique: ☐ Light ☐ Light-Medium ☐ Medium ☐ Medium-Deep ☐ Deep

DEPTH TEST USED: _____

Result: _____

DEEPENING TECHNIQUE 2: _____

Observations during technique:

_____

Estimated depth after technique: ☐ Light ☐ Light-Medium ☐ Medium ☐ Medium-Deep ☐ Deep

FINAL DEPTH TEST (if used): _____

Result: _____

EMERGENCE:

How smoothly did they emerge? _____

Time ended: _____ **Total duration:** _____ minutes

5.2 SELF-REFLECTION (AS HYPNOTIST) स्व-प्रतिबिंब (सम्मोहनकर्ता के रूप में)

What went well?

_____

What was challenging?

_____

Which deepening technique worked better for this partner?

_____

Why do you think that is?

_____

How accurate was your depth assessment?

☐ Very accurate ☐ Somewhat accurate ☐ Not accurate

What will you do differently next time?

_____

Rate your performance:

- Sensory awareness delivery: _____/10
- Deepening technique execution: _____/10
- Depth testing: _____/10
- Voice quality: _____/10
- Pacing: _____/10
- Overall confidence: _____/10

TOTAL: _____/60

5.3 PARTNER'S FEEDBACK (Record what they share) साथी की प्रतिक्रिया

How deep did they feel they went?

☐ Light ☐ Medium ☐ Deep

Which sensory focus was most effective for them?

_____

Which deepening technique worked better for them?

_____

How did the depth test feel?

_____

Their suggestions for improvement:

_____

SECTION 6: PARTNER PRACTICE – SESSION 2 (YOU AS SUBJECT) साझेदार अभ्यास – सत्र 2 (आप विषय के रूप में)

6.1 PRE-EXPERIENCE PREPARATION अनुभव-पूर्व तैयारी

Your Hypnotist Partner: _____

Current state before starting:

Mind (Manas): ☐ Restless ☐ Active ☐ Neutral ☐ Calm ☐ Very calm

Body: ☐ Tense ☐ Neutral ☐ Relaxed

Openness to experience: _____/10

6.2 POST-EXPERIENCE RECORD अनुभव-पश्चात रिकॉर्ड

Complete IMMEDIATELY after emerging:

SENSORY AWARENESS PHASE:

Which sense(s) did they focus on?

_____

Which sensory focus worked best for you?

_____

How did your Manas respond to sensory awareness?

_____

DEEPENING TECHNIQUES USED:

Technique 1: _____

How it felt: _____

Effectiveness (1-10): _____/10

Technique 2: _____

How it felt: _____

Effectiveness (1-10): _____/10

DEPTH TESTS EXPERIENCED:

What test(s) were used?

_____

How did it feel to be tested?

_____

Did testing disrupt your trance?

☐ Yes, significantly ☐ Slightly ☐ Not at all

DEEPEST POINT:

What was the deepest you felt you went?

☐ Light trance ☐ Medium trance ☐ Deep trance

What did that feel like?

_____

MANAS OBSERVATION:

How was your Manas (sensory-receiving mind) during trance?

- ☐ Completely quiet
- ☐ Mostly quiet with occasional thoughts
- ☐ Thoughts present but distant
- ☐ Thoughts active but not disturbing
- ☐ Thoughts very active

What happened to sensory awareness as you went deeper?

_____

6.3 FEEDBACK FOR YOUR PARTNER आपके साथी के लिए प्रतिक्रिया

What they did well:

_____

What could be improved:

_____

Their best technique for you:

_____

Rate their performance:

- Sensory awareness: _____/10
- Deepening techniques: _____/10
- Depth testing: _____/10
- Voice and pacing: _____/10
- Overall: _____/10

SECTION 7: ADDITIONAL PRACTICE ROUNDS
अतिरिक्त अभ्यास राउंड

If time permits, use these logs for additional practice rounds:

7.1 PRACTICE ROUND 3 (As Hypnotist)

Partner: _____

Techniques used:

1. Sensory focus: _____
2. Deepening 1: _____
3. Deepening 2: _____
4. Depth test: _____

Deepest trance achieved: ☐ Light ☐ Medium ☐ Deep

What I learned: _____

Partner feedback: _____

7.2 PRACTICE ROUND 4 (As Subject)

Partner: _____

What worked best for me:

_____

Deepest point reached: ☐ Light ☐ Medium ☐ Deep

Feedback given: _____

SECTION 8: CLIENT APPLICATION – CHOOSING METHODS ग्राहक अनुप्रयोग – विधियां चुनना

8.1 CLIENT SCENARIOS ग्राहक परिदृश्य

For each client scenario, decide which approach to use:

SCENARIO A: A client who is very analytical, works as an accountant, and says "I'm not sure I can be hypnotized."

Best sensory focus: _____

Why: _____

Best deepening technique: _____

Why: _____

Best depth test: _____

Why: _____

SCENARIO B: A creative, artistic client who loves visualization and imagery. Very open to the experience.

Best sensory focus: _____

Why: _____

Best deepening technique: _____

Why: _____

Best depth test: _____

Why: _____

SCENARIO C: An anxious client who is physically tense and has racing thoughts. First time trying hypnosis.

Best sensory focus: _____

Why: _____

Best deepening technique: _____

Why: _____

Special considerations: _____

SCENARIO D: A client who achieved light trance easily but seems "stuck" and not going deeper despite deepening attempts.

What would you try?

_____

Which techniques might help break through?

_____

8.2 ADJUSTING IN REAL-TIME वास्तविक समय में समायोजन

What signs would tell you to:

SLOW DOWN your pace:

_____

SPEED UP your pace:

_____

TRY A DIFFERENT TECHNIQUE:

_____

SPEND MORE TIME ON DEEPENING:

_____

PROCEED TO THERAPY WORK:

_____

How do you smoothly switch techniques mid-session?

_____

SECTION 9: MANAS CALMING TECHNIQUES FOR CLIENTS ग्राहकों के लिए मनस शांत करने की तकनीकें

9.1 WHEN MANAS IS OVERACTIVE जब मनस अति सक्रिय हो

Signs of overactive Manas in a client:

- ☐ Cannot settle into relaxation
- ☐ Eyes keep moving under closed lids
- ☐ Body keeps adjusting
- ☐ Reports racing thoughts
- ☐ Startle response to sounds
- ☐ Difficulty following instructions

Techniques to calm overactive Manas:

TECHNIQUE 1: SOUND ANCHORING Focus them on your voice as the only sound that matters. **Key phrases:** "_____ _____"	**TECHNIQUE 2: BODY SCANNING** Direct attention systematically through the body. **Key phrases:** "_____ _____"
TECHNIQUE 3: BREATH COUNTING Have them count breaths to occupy Manas. **Key phrases:** "_____ _____"	**TECHNIQUE 4: THOUGHT ACKNOWLEDGMENT** Acknowledge thoughts without fighting them. **Key phrases:** "_____ _____"

9.2 VEDIC PERSPECTIVE ON MANAS WORK मनस कार्य पर वैदिक दृष्टिकोण

From Day 1, remember: Manas is naturally RESTLESS (चंचल).

How does sensory awareness meditation help calm Manas?

_____

How does deepening affect the relationship between Manas and Chitta?

_____

In deeper trance, what happens to Manas?

- ☐ It becomes more active
- ☐ It becomes quieter
- ☐ It focuses on internal rather than external
- ☐ It stops functioning entirely

Why is calming Manas important before doing Chitta work (suggestions)?

_____