

# DAY 5 - STUDENT WORKBOOK BUDDHI & SUGGESTION WRITING दिन 5 - छात्र कार्यपुस्तिका

Developing Discrimination & Crafting Effective Suggestions विवेक विकसित करना और प्रभावी सुझाव तैयार करना Exercises, Practice Logs & Suggestion Library अभ्यास, अभ्यास लॉग और सुझाव पुस्तकालय

---

Student Name / छात्र का नाम: \_\_\_\_\_

Date / दिनांक: \_\_\_\_\_

Practice Partner(s) / अभ्यास साथी:

Partner 1: \_\_\_\_\_

Partner 2: \_\_\_\_\_

# 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 DAYS 3-4 SKILLS REVIEW दिन 3-4 कौशल समीक्षा

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

- Progressive Relaxation Induction: \_\_\_\_\_/10
- Sensory Awareness Meditation: \_\_\_\_\_/10
- Deepening Techniques: \_\_\_\_\_/10
- Depth Testing: \_\_\_\_\_/10

What techniques have worked best for you so far?

---

## 1.2 UNDERSTANDING BUDDHI - QUICK REVIEW बुद्धि को समझना - त्वरित समीक्षा

From Day 1, recall the key characteristics of BUDDHI:

BUDDHI (बुद्धि) is the \_\_\_\_\_ / intellect.

Its main functions are:

1. D\_\_\_\_\_ - Making choices
2. D\_\_\_\_\_ (विवेक) - Distinguishing right from wrong
3. J\_\_\_\_\_ - Evaluating good/bad, useful/not useful
4. W\_\_\_\_\_ - Strong determination

BUDDHI can be:

- CLEAR (शुद्ध बुद्धि) - Makes wise decisions
- CLOUDED (मलिन बुद्धि) - Confused, poor judgment

Why is Buddhi important for suggestion writing?

---

## 1.3 TODAY'S LEARNING OBJECTIVES आज के सीखने के उद्देश्य

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

- Apply the 5 Golden Rules of effective suggestions
- Write personalized suggestions for specific client issues
- Distinguish between direct and indirect suggestion approaches
- Use the client's own language in suggestions
- Test suggestion effectiveness with partners
- Begin building my personal suggestion library

My personal intention for today:

---

# THE FIVE GOLDEN RULES OF HYPNOTIC SUGGESTIONS सम्मोहक सुझावों के पांच स्वर्णिम नियम

These are the FOUNDATION of all effective hypnotic suggestions. ये सभी प्रभावी सम्मोहक सुझावों की नींव हैं।

## 1. POSITIVE सकारात्मक

State what you WANT, not what you DON'T want

## 2. PRESENT वर्तमान

Speak as if happening NOW

## 3. PERSONAL व्यक्तिगत

Specific to THIS client's situation

## 4. PROGRESSIVE प्रगतिशील

Believable, gradual change

## 5. POWERFUL EMOTION शक्तिशाली भावना

Engage feelings and senses

## RULE 1: POSITIVE LANGUAGE (सकारात्मक भाषा)

**THE RULE:** State what you WANT, not what you DON'T want.

The subconscious mind does not process negatives well. When you say "Don't think of a pink elephant," what happens? You think of it!

### EXAMPLES:

#### WRONG (Negative):

- "You will NOT feel anxious"
- "You won't smoke anymore"
- "Don't be afraid"
- "Stop overeating"

#### RIGHT (Positive):

- "You feel calm and peaceful"
- "You breathe clean, fresh air"
- "You feel confident and safe"
- "You eat just the right amount"

### PRACTICE - Convert these negative suggestions to positive:

1. "You will not feel stressed at work."  
Positive version: \_\_\_\_\_
2. "You won't wake up during the night."  
Positive version: \_\_\_\_\_
3. "Don't think about your ex-partner."  
Positive version: \_\_\_\_\_
4. "You will no longer procrastinate."  
Positive version: \_\_\_\_\_
5. "Stop being so self-critical."  
Positive version: \_\_\_\_\_

# RULE 2: PRESENT TENSE (वर्तमान काल)

**THE RULE:** Speak as if the change is happening NOW.

The subconscious experiences suggestions as current reality. Future tense ("You will feel confident") keeps the change in the future!

## EXAMPLES:

### WRONG (Future):

- "You will be confident"
- "You will start sleeping well"
- "You're going to feel calm"
- "You will become successful"

### RIGHT (Present):

- "You ARE confident"
- "You sleep deeply and peacefully"
- "You feel calm now"
- "You are successful"

## PRACTICE - Convert these future tense suggestions to present:

1. "You will become more patient with your children."  
Present tense: \_\_\_\_\_
2. "You are going to feel energized every morning."  
Present tense: \_\_\_\_\_
3. "Your confidence will grow over time."  
Present tense: \_\_\_\_\_
4. "You will start making healthier food choices."  
Present tense: \_\_\_\_\_

# RULE 3: PERSONAL & SPECIFIC (व्यक्तिगत और विशिष्ट)

**THE RULE:** Make suggestions personal to THIS client and THEIR situation.

Generic suggestions are weak. Use the client's name, their specific situation, their own words, and specific details from their life.

## EXAMPLES:

### GENERIC:

- "You feel confident"
- "You sleep well"
- "You are calm"

### PERSONAL & SPECIFIC:

- "You, Priya, feel completely confident when presenting to your team at Infosys"
- "Every night when you lie down in your bedroom, your body relaxes and you drift into deep, restful sleep"
- "When you walk into the exam hall for your CA finals, you feel centered and focused"

## PRACTICE - Make these generic suggestions personal:

1. Generic: "You feel relaxed."  
Client: Amit, 35, gets anxious before client meetings at his IT job  
Personal version: \_\_\_\_\_
2. Generic: "You are free from cravings."  
Client: Sunita, 28, wants to stop late-night snacking while watching TV  
Personal version: \_\_\_\_\_
3. Generic: "You have high self-esteem."  
Client: Raj, 22, feels inferior around his successful cousins at family gatherings  
Personal version: \_\_\_\_\_

# RULE 4: BELIEVABLE PROGRESSION (विश्वसनीय प्रगति)

**THE RULE:** Make suggestions the client can BELIEVE and accept.

If a client has severe anxiety, saying "You are completely fearless" may be rejected by their subconscious as unbelievable. Use gradual progression and words like "more and more," "increasingly," "each day."

## EXAMPLES:

### TOO EXTREME:

- "You are fearless"
- "You are a perfect parent"
- "You never feel sad"

### BELIEVABLE PROGRESSION:

- "Each day, you feel more and more confident"
- "You are becoming a better parent with each passing day"
- "You find it easier and easier to feel positive"

#### PROGRESSION PHRASES TO USE:

- "More and more..."
- "Each day..."
- "Increasingly..."
- "With each breath..."
- "Little by little..."
- "Growing stronger..."
- "Becoming easier..."
- "Finding it natural to..."

## PRACTICE - Rewrite these extreme suggestions with believable progression:

1. Extreme: "You are completely free of all stress."  
Progressive version: \_\_\_\_\_
2. Extreme: "You love exercising every single day."  
Progressive version: \_\_\_\_\_
3. Extreme: "You are the most confident person in any room."  
Progressive version: \_\_\_\_\_

# RULE 5: EMOTIONAL ENGAGEMENT (भावनात्मक जुड़ाव)

**THE RULE:** Engage emotions and senses, not just intellect.

The subconscious responds powerfully to emotions and sensory details. Dry, intellectual suggestions are weak. Make them FEEL the change.

## EXAMPLES:

### DRY/INTELLECTUAL:

"You are confident"

"You sleep well"

### EMOTIONALLY ENGAGING:

"You feel a warm wave of confidence flowing through you, your shoulders back, head high, a smile on your face as you feel your own strength and capability"

"As you sink into your soft pillow, a delicious heaviness spreads through your body, you feel safe, warm, and so peaceful as sleep welcomes you like a gentle friend"

#### EMOTIONAL/SENSORY WORDS TO USE:

- **Feelings:** warm, peaceful, strong, light, free, joyful, safe
- **Sensations:** flowing, spreading, melting, floating, grounded
- **Images:** light, warmth, waves, paths, doors opening
- **Sounds:** calm voice, heartbeat, gentle breath

## PRACTICE - Add emotional engagement to these dry suggestions:

1. Dry: "You are motivated to exercise."  
Emotionally engaging version: \_\_\_\_\_
2. Dry: "You focus well at work."  
Emotionally engaging version: \_\_\_\_\_

# DIRECT VS. INDIRECT SUGGESTIONS प्रत्यक्ष बनाम अप्रत्यक्ष सुझाव

## UNDERSTANDING THE TWO APPROACHES दो दृष्टिकोणों को समझना

### DIRECT SUGGESTIONS (प्रत्यक्ष सुझाव):

- Clear, explicit commands
- "You feel calm now"
- "Your arm is getting heavy"
- "You are confident"
- **Best for:** Physically suggestible clients, those who respond to authority

### INDIRECT SUGGESTIONS (अप्रत्यक्ष सुझाव):

- Subtle, implied, permissive
- "You might notice a sense of calm..."
- "Perhaps you're becoming aware of heaviness..."
- "I wonder if you're starting to feel more confident..."
- **Best for:** Emotionally suggestible clients, analytical types, resistant clients

## COMPARISON TABLE:

LANGUAGE	Authoritative, commanding	Permissive, open, suggesting possibilities
EXAMPLES	"You ARE relaxed" "Your eyes close now" "Feel the confidence"	"You might notice relaxation spreading" "Perhaps your eyes want to close"
KEY WORDS	"You are..." "Feel..." "Now..." "Your [X] is..."	"You might..." "Perhaps..." "I wonder if..." "You may notice..." "It's possible that..."
BEST FOR	Physical suggestibles, Those who like clear direction, Trusting clients	Emotional suggestibles, Analytical people, Resistant clients, Control-oriented
CONNECTION TO BUDDHI	Like a commanding teacher telling Buddhi what to decide	Like a wise friend offering observations for Buddhi to consider

## PRACTICE - CONVERTING BETWEEN APPROACHES अभ्यास - दृष्टिकोणों के बीच रूपांतरण

### Convert these DIRECT suggestions to INDIRECT:

1. Direct: "You feel completely relaxed right now."  
Indirect: \_\_\_\_\_
2. Direct: "Your confidence is strong and unshakable."  
Indirect: \_\_\_\_\_
3. Direct: "You sleep through the night without waking."  
Indirect: \_\_\_\_\_

### Convert these INDIRECT suggestions to DIRECT:

1. Indirect: "You might begin to notice that you're feeling calmer."  
Direct: \_\_\_\_\_
2. Indirect: "Perhaps you're becoming aware of how much easier it is to make healthy choices."  
Direct: \_\_\_\_\_
3. Indirect: "I wonder if you're starting to feel more comfortable speaking in front of groups."  
Direct: \_\_\_\_\_

# CHOOSING THE RIGHT APPROACH सही दृष्टिकोण चुनना

For each client scenario, decide: DIRECT or INDIRECT? And why?

## SCENARIO A:

Client: A military officer who appreciates clear instructions and structure. Responds well to authority figures.

Approach:  Direct  Indirect  Mix

Why:

-----  
-----

## SCENARIO B:

Client: A lawyer who analyzes everything and has expressed some skepticism about whether hypnosis will work for her.

Approach:  Direct  Indirect  Mix

Why:

-----  
-----

## SCENARIO C:

Client: A creative artist who loves metaphors and imagery. Very open and trusting.

Approach:  Direct  Indirect  Mix

Why:

-----  
-----

## SCENARIO D:

Client: A businessman who is paying for sessions but seems somewhat resistant and keeps his arms crossed.

Approach:  Direct  Indirect  Mix

Why:

-----  
-----

## SCENARIO E:

Client: A young student who has never tried hypnosis but is very eager and cooperative, following every instruction immediately.

Approach:  Direct  Indirect  Mix

Why:

-----  
-----

# USING THE CLIENT'S OWN LANGUAGE ग्राहक की अपनी भाषा का उपयोग करना

## WHY CLIENT LANGUAGE MATTERS ग्राहक की भाषा क्यों महत्वपूर्ण है

When you use the client's OWN WORDS, their subconscious recognizes and accepts the suggestions more readily. It bypasses resistance.

### EXAMPLE:

If a client says: "I feel like there's a heavy weight on my chest when I'm anxious," don't say "You feel light and free."  
Instead:

"That heavy weight on your chest is lifting now... becoming lighter and lighter... until your chest feels open and free..."

## GATHERING CLIENT LANGUAGE ग्राहक की भाषा एकत्र करना

### QUESTIONS TO ASK DURING INTAKE:

- "How do you describe this problem in your own words?"
- "What does anxiety/stress/fear feel like in your body?"
- "How would you describe the change you want?"
- "What would 'feeling better' look like for you?"
- "When you imagine being free of this issue, what do you see/feel?"

## PRACTICE - Conduct a brief "language gathering" interview with your partner. Record their exact words:

Partner's Name: \_\_\_\_\_

Issue they want help with: \_\_\_\_\_

### Their words to describe the PROBLEM:

"I feel like \_\_\_\_\_"

"It's as if \_\_\_\_\_"

"When [trigger], I \_\_\_\_\_"

Body sensation description: \_\_\_\_\_

### Their words to describe the DESIRED STATE:

"I want to feel \_\_\_\_\_"

"I wish I could \_\_\_\_\_"

"Being free of this would feel like \_\_\_\_\_"

## INCORPORATING CLIENT LANGUAGE INTO SUGGESTIONS सुझावों में ग्राहक की भाषा शामिल करना

Using the language you gathered above, write a suggestion for your partner that uses THEIR exact words:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

How does it feel to hear a suggestion using your own words vs. generic words?

Partner's feedback: \_\_\_\_\_

# DEVELOPING VIVEKA (DISCRIMINATION) विवेक विकसित करना

## VIVEKA AND SUGGESTION WRITING विवेक और सुझाव लेखन

VIVEKA (विवेक) is Buddhi's power of discrimination - the ability to distinguish between:

- What helps vs. what harms
- What's true vs. what's false
- What's effective vs. what's ineffective

As a hypnotherapist, you need VIVEKA to:

1. Assess which suggestions will work for THIS client
2. Distinguish effective vs. ineffective wording
3. Recognize when a suggestion needs adjustment
4. Choose between direct and indirect approaches

## VIVEKA EXERCISE - EVALUATING SUGGESTIONS विवेक अभ्यास - सुझावों का मूल्यांकन

For each suggestion, use your VIVEKA to evaluate:

- Does it follow the 5 Golden Rules?
- Is it likely to be effective?
- How would you improve it?

### SUGGESTION 1:

"You will stop being so anxious all the time and you won't worry about things anymore."

- Positive language?  Yes  No
- Present tense?  Yes  No
- Personal/specific?  Yes  No
- Believable progression?  Yes  No
- Emotional engagement?  Yes  No

Problems identified: \_\_\_\_\_

Improved version: \_\_\_\_\_

### SUGGESTION 2:

"You feel calm."

- Positive language?  Yes  No
- Present tense?  Yes  No
- Personal/specific?  Yes  No
- Believable progression?  Yes  No
- Emotional engagement?  Yes  No

Problems identified: \_\_\_\_\_

Improved version: \_\_\_\_\_

### SUGGESTION 3:

"Each day, Priya, as you sit at your desk at TCS, you notice a warm sense of focus spreading through your mind, and you find yourself becoming more and more absorbed in your work, feeling capable and efficient."

- Positive language?  Yes  No
- Present tense?  Yes  No
- Personal/specific?  Yes  No
- Believable progression?  Yes  No
- Emotional engagement?  Yes  No

Analysis: This is a  Good  Poor suggestion because:

\_\_\_\_\_

### SUGGESTION 4:

"Don't think about cigarettes. You will hate smoking. Cigarettes are disgusting to you."

- Positive language?  Yes  No
- Present tense?  Yes  No
- Personal/specific?  Yes  No
- Believable progression?  Yes  No
- Emotional engagement?  Yes  No

Problems identified: \_\_\_\_\_

Improved version: \_\_\_\_\_

# SUGGESTION WRITING PRACTICE सुझाव लेखन अभ्यास

## WRITING SUGGESTIONS FOR COMMON ISSUES सामान्य मुद्दों के लिए सुझाव लिखना

Write complete suggestions (3-5 sentences) for each issue:

### ISSUE 1: ANXIETY BEFORE EXAMS

Student: Neha, 18, preparing for JEE

Your suggestion:

---

---

---

Self-check:  Positive  Present  Personal  Progressive  Emotional

### ISSUE 2: INSOMNIA

Client: Vikram, 45, executive who can't turn off his mind at night

Your suggestion:

---

---

---

Self-check:  Positive  Present  Personal  Progressive  Emotional

### ISSUE 3: LOW CONFIDENCE IN SOCIAL SITUATIONS

Client: Meera, 30, feels invisible at parties and meetings

Your suggestion:

---

---

---

Self-check:  Positive  Present  Personal  Progressive  Emotional

### ISSUE 4: WEIGHT MANAGEMENT / OVEREATING

Client: Suresh, 35, stress-eats in the evenings

Your suggestion:

---

---

---

Self-check:  Positive  Present  Personal  Progressive  Emotional

### ISSUE 5: FEAR OF PUBLIC SPEAKING

Client: Anita, 28, teacher who gets nervous in front of parents

Your suggestion:

---

---

---

Self-check:  Positive  Present  Personal  Progressive  Emotional

## DIRECT AND INDIRECT VERSIONS प्रत्यक्ष और अप्रत्यक्ष संस्करण

Take ONE of your suggestions above and write it in BOTH styles:

Issue chosen: \_\_\_\_\_

**DIRECT VERSION:**

---

---

**INDIRECT VERSION:**

---

---

Which version feels more powerful to you? Why?

---

# PARTNER PRACTICE - TESTING SUGGESTIONS

## साझेदार अभ्यास - सुझावों का परीक्षण

### PRACTICE SESSION 1 - YOU AS HYPNOTIST अभ्यास सत्र 1 - आप सम्मोहनकर्ता के रूप में

Partner's Name: \_\_\_\_\_

Issue to work on (can be mild, for practice): \_\_\_\_\_

#### STEP 1: Language gathering (3 minutes)

Record partner's exact words about the issue:

-----  
-----

#### STEP 2: Write your suggestions (5 minutes)

Create 3-4 suggestion statements using their language and the 5 rules:

##### Suggestion 1:

-----

##### Suggestion 2:

-----

##### Suggestion 3:

-----

#### STEP 3: Conduct the session

##### SEQUENCE:

1. Induction (use progressive relaxation or sensory awareness)
2. Deepening (use your preferred technique)
3. Deliver suggestions (slowly, with pauses)
4. Reinforce suggestions
5. Emergence

Time started: \_\_\_\_\_ Time ended: \_\_\_\_\_ Duration: \_\_\_\_\_ minutes

##### OBSERVATIONS DURING SUGGESTION DELIVERY:

Partner's physical response to suggestions:

-----

Any visible shifts or changes:

-----

Which suggestion seemed most impactful?

-----

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

How did it feel to deliver your written suggestions?

-----

What went well?

-----

What would you change about your suggestions?

-----

##### Rate your performance:

- Suggestion quality: \_\_\_\_/10
- Delivery (voice, pacing): \_\_\_\_/10
- Use of client language: \_\_\_\_/10
- Overall effectiveness: \_\_\_\_/10

## PARTNER'S FEEDBACK साथी की प्रतिक्रिया

How did the suggestions feel?

Powerful and resonant  Somewhat effective  Neutral  Didn't connect

Which suggestion(s) had the most impact?

-----

Did they feel personal to you?

Yes, very  Somewhat  Not really

Suggestions for improvement:

-----

# PARTNER PRACTICE - SESSION 2 (YOU AS SUBJECT) साझेदार अभ्यास - सत्र 2 (आप विषय के रूप में)

## YOUR EXPERIENCE AS SUBJECT विषय के रूप में आपका अनुभव

Your Hypnotist Partner: \_\_\_\_\_

Issue worked on: \_\_\_\_\_

How did it feel to receive suggestions written specifically for you?

-----  
-----

Which suggestion had the strongest impact?

-----

What made it effective?

-----

How did your Buddhi respond to the suggestions?

Accepted readily  Accepted with some analysis  Resisted initially, then accepted  Continued to analyze/resist

Did you feel your "discrimination" (Viveka) relaxing to allow the suggestions in?

-----

## FEEDBACK FOR YOUR PARTNER आपके साथी के लिए प्रतिक्रिया

What they did well:

-----

What could be improved in their suggestions:

-----

Did they use your own language?  Yes  Somewhat  No

Overall rating: \_\_\_\_\_/10

# BUILDING YOUR SUGGESTION LIBRARY अपना सुझाव पुस्तकालय बनाना

Start building your personal library of effective suggestions:

## SUGGESTION TEMPLATES BY ISSUE मुद्दे के अनुसार सुझाव टेम्पलेट्स

	<b>ANXIETY / चिंता</b> Template suggestion: _____
	<b>CONFIDENCE / आत्मविश्वास</b> Template suggestion: _____
	<b>SLEEP / नींद</b> Template suggestion: _____
	<b>HABITS (Smoking/Eating/etc.) / आदतें</b> Template suggestion: _____
	<b>FOCUS / CONCENTRATION / एकाग्रता</b> Template suggestion: _____
	<b>FEAR / PHOBIA / डर</b> Template suggestion: _____

## POWERFUL PHRASES TO REMEMBER याद रखने के लिए शक्तिशाली वाक्यांश

Write down phrases that you find particularly effective:

### Opening phrases:

" \_\_\_\_\_ "

" \_\_\_\_\_ "

### Deepening/reinforcing phrases:

" \_\_\_\_\_ "

" \_\_\_\_\_ "

### Closing/sealing phrases:

" \_\_\_\_\_ "

" \_\_\_\_\_ "

# CLIENT APPLICATION ग्राहक अनुप्रयोग

## CLIENT SCENARIO PRACTICE ग्राहक परिदृश्य अभ्यास

**SCENARIO:** A new client, Ravi (40), comes to you for help with anger issues. He says: "I just explode sometimes. It's like a volcano building up inside me, and then I erupt and say things I regret. I want to feel more in control, like I have a pause button."

Using his language and the 5 Golden Rules, write a complete suggestion script (5-7 sentences):

---

---

---

---

---

---

---

---

Would you use DIRECT or INDIRECT approach with Ravi? Why?

---

## PREPARATION FOR CLIENT SESSIONS ग्राहक सत्रों की तैयारी

For each client session, I will:

- Gather their exact language during intake
- Write personalized suggestions BEFORE the session
- Check suggestions against the 5 Golden Rules
- Decide on Direct vs. Indirect approach
- Practice delivering suggestions out loud
- Adjust in real-time based on client response

Questions I still have about suggestion writing:

---

---

# POST-SESSION REFLECTION & HOMEWORK

## सत्र-पश्चात प्रतिबिंब और गृहकार्य

### SKILLS SELF-ASSESSMENT कौशल स्व-मूल्यांकन

Rate your skill level after today (1-10):

Writing positive suggestions	/10	/10
Using present tense effectively	/10	/10
Making suggestions personal	/10	/10
Using believable progression	/10	/10
Adding emotional engagement	/10	/10
Direct suggestion delivery	/10	/10
Indirect suggestion delivery	/10	/10
Using client's own language	/10	/10
Evaluating suggestion effectiveness	/10	/10

## KEY INSIGHTS मुख्य अंतर्दृष्टि

What was your biggest learning about suggestion writing?

-----

How does understanding Buddhi help you write better suggestions?

-----

Which of the 5 Golden Rules do you find easiest?

-----

Which do you find most challenging?

-----

## CONNECTION TO VEDIC FRAMEWORK वैदिक ढांचे से संबंध

How does Viveka (discrimination) help a hypnotherapist?

-----

When a client is in trance, what happens to their Buddhi that allows suggestions to reach Chitta?

-----

Why is it important that suggestions be "believable" to pass through even a relaxed Buddhi/critical faculty?

-----

## HOMEWORK & PRACTICE ASSIGNMENTS गृहकार्य और अभ्यास असाइनमेंट

Complete before Day 6:

01	02	03
<b>Write 5 Complete Suggestions</b>	<b>Record and Listen</b>	<b>Practice Direct and Indirect</b>
Choose 5 different issues and write full suggestion scripts	Record yourself delivering one suggestion and listen back	Take one suggestion and practice delivering it both ways
Issues: 1. _____ 2. _____ 3. _____ 4. _____ 5. _____	What I noticed: _____ _____ _____	<input type="checkbox"/> Direct version practiced <input type="checkbox"/> Indirect version practiced
<input type="checkbox"/> Completed	What I'll improve: _____ _____	Which felt more natural? _____ _____

04	05
<b>Observe Language</b>	<b>Self-Hypnosis with Self-Suggestions</b>
Listen to people describe their problems (friends, family, TV) and note their exact language	Write suggestions for yourself, then deliver them during self-hypnosis practice
Phrases collected: _____	Issue for myself: _____
	How it felt: _____

What types of client issues do you feel most prepared to write suggestions for?

-----

What issues feel more challenging, and why?

-----

My strongest skill from today: \_\_\_\_\_

What I need to practice more: \_\_\_\_\_

"Today you learned the language of the subconscious. Words are the tools of transformation - use them with wisdom and precision." - Manudada

### TOMORROW - DAY 6: CHITTA, AHAMKARA & SELF-HYPNOSIS

कल - दिन 6: चित्त, अहंकार और आत्म-सम्मोहन

🙏 नमस्ते 🙏

DECODE LIFE TRANSFORMATION - Level 1

© Inner Zen Wellness - All Rights Reserved