

# DAY 6 - STUDENT WORKBOOK CHITTA, AHANKARA & SELF-HYPNOSIS

दिन 6 - छात्र कार्यपुस्तिका



Accessing Subconscious Patterns, Ego Work & Self-Practice

अवचेतन पैटर्न तक पहुंचना, अहंकार कार्य और स्व-अभ्यास

Exercises, Practice Logs & Self-Hypnosis Scripts

अभ्यास, अभ्यास लॉग और आत्म-सम्मोहन स्क्रिप्ट

# 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:

## WEEK 1 SKILLS REVIEW

सप्ताह 1 कौशल समीक्षा

Rate your comfort level with skills learned so far (1-10):

- Day 1: Understanding Antahkarana Chatushtaya: \_\_\_\_/10
- Day 2: Hypnotherapy Foundations: \_\_\_\_/10
- Day 3: Mind Mapping & Partner Practice: \_\_\_\_/10
- Day 4: Manas Work & Deepening: \_\_\_\_/10
- Day 5: Buddhi & Suggestion Writing: \_\_\_\_/10

**What has been your strongest area so far?**

What area needs most improvement?

# UNDERSTANDING CHITTA - QUICK REVIEW

## चित्त को समझना - त्वरित समीक्षा

From Day 1, recall the key characteristics of CHITTA:

**CHITTA (चित्त)** is the \_\_\_\_\_ storehouse.

### It stores:

1. **S**\_\_\_\_\_ (संस्कार) - Deep impressions from past experiences
2. **V**\_\_\_\_\_ (वासनाएं) - Deep-rooted tendencies and desires
3. **M**\_\_\_\_\_ - All memories, conscious and unconscious
4. **B**\_\_\_\_\_ - Core beliefs about self, others, and world

**CHITTA is the PRIMARY TARGET of hypnotherapy because:**

# UNDERSTANDING AHAMKARA - QUICK REVIEW

## अहंकार को समझना - त्वरित समीक्षा

**AHAMKARA (अहंकार)** is the \_\_\_\_\_ / sense of "I."

### Three states of Ahamkara:

1. **I**\_\_\_\_\_ (फूला हुआ) - Ego too big, arrogant, defensive
2. **D**\_\_\_\_\_ (पिचका हुआ) - Ego too small, worthless, victim
3. **B**\_\_\_\_\_ (संतुलित) - Healthy self-esteem, secure

Why is Ahamkara important in hypnotherapy?

# TODAY'S LEARNING OBJECTIVES

## आज के सीखने के उद्देश्य

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

### **Access Chitta**

Access and identify subconscious patterns in Chitta

### **Work with Ego**

Recognize and work with ego resistance

### **Self-Hypnosis**

Practice self-hypnosis independently

### **Script Writing**

Write ego strengthening scripts

### **Teach Clients**

Teach self-hypnosis to clients

### **Create Audio**

Create audio recordings for client use

My personal intention for today:

# WHAT LIVES IN CHITTA?

## चित्त में क्या रहता है?

CHITTA holds the ROOT CAUSES of most issues clients bring:



### SAMSKARAS (संस्कार) - Deep Impressions

- Formed by repeated experiences or intense single events
- Can be positive (healthy habits) or negative (fears, blocks)
- **Example:** Child criticized repeatedly → Samskara of "I'm not good enough" → Adult struggles with confidence

### VASANAS (वासनाएं) - Tendencies & Desires

- Deeper than samskaras - the pull toward certain behaviors
- Drive automatic reactions and cravings
- **Example:** Tendency to seek comfort in food when stressed

### MEMORIES (स्मृतियां) - All Past Experiences

- Conscious memories we can recall
- Subconscious memories we've "forgotten" but still affect us
- **Example:** Forgotten childhood incident still causing phobia

### BELIEFS (विश्वास) - Core Assumptions

- About self: "I am [worthy/unworthy/capable/incapable]"
- About others: "People are [trustworthy/dangerous/kind/cruel]"
- About life: "Life is [fair/unfair/hard/abundant]"
- **Example:** Belief "I don't deserve success" sabotages career

# IDENTIFYING YOUR OWN CHITTA PATTERNS

## अपने चित्त पैटर्न की पहचान करना

Self-reflection exercise - be honest with yourself:

### REPEATING PATTERNS IN MY LIFE:

**What situations keep repeating in my life?**

**What emotions do I experience most frequently?**

**What do I keep attracting or creating?**

### LIMITING BELIEFS I MAY HOLD:

#### About myself (I am...):

- Not good enough
- Not worthy of love
- Not smart enough
- Too [\_\_\_\_]
- Not [\_\_\_\_] enough

#### About others/relationships:

- Not trustworthy
- Going to leave me
- Better than me
- Out to get me

#### About life/success:

- Hard/a struggle
- Unfair
- Dangerous
- Limited (not enough)

### EARLIEST MEMORY related to a current issue:

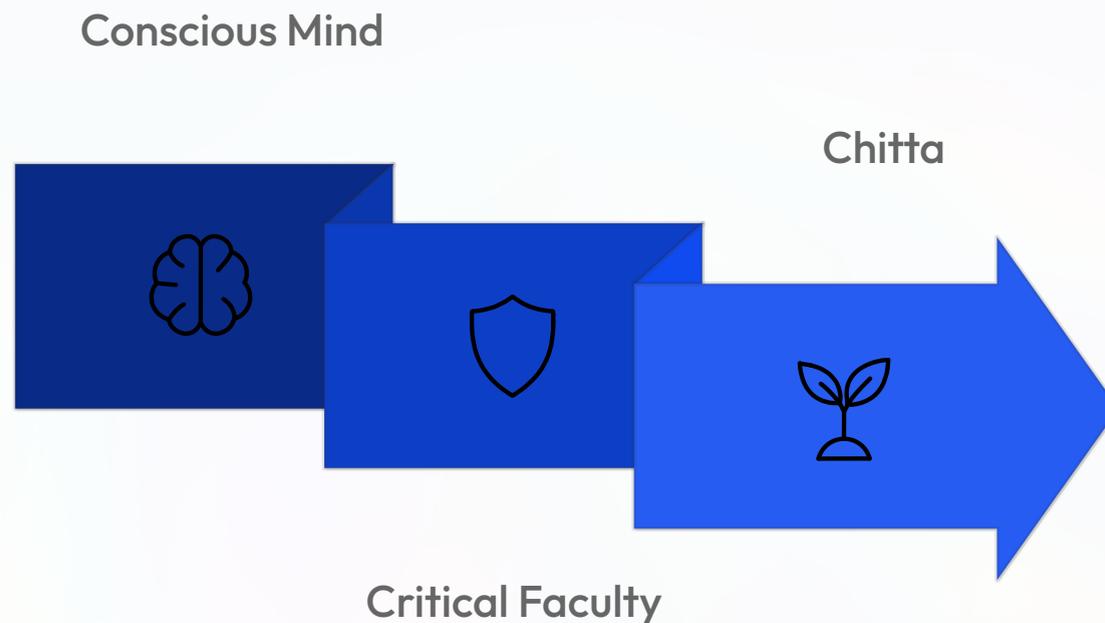
**Current issue I'm dealing with:** \_\_\_\_\_

**What's the earliest memory connected to this?**

What belief might have formed from that experience?

# HOW HYPNOTHERAPY ACCESSES CHITTA

सम्मोहन चिकित्सा चित्त तक कैसे पहुंचती है



What happens when we access Chitta in hypnosis?

## Plant New Seeds

We can plant new \_\_\_\_\_ (suggestions)

## Access Old Patterns

We can access old \_\_\_\_\_ and release them

## Change Beliefs

We can change limiting \_\_\_\_\_

## Create Positive Patterns

We can create new positive \_\_\_\_\_

# UNDERSTANDING EGO RESISTANCE

## अहंकार प्रतिरोध को समझना

Ahamkara (ego) can RESIST hypnosis and change. Why?

The ego's job is to maintain the sense of "I" - and this includes maintaining EXISTING beliefs, even if they're harmful!

### SIGNS OF EGO RESISTANCE IN CLIENTS:

#### Physical signs:

- Arms/legs crossed
- Body tension despite relaxation suggestions
- Eyes opening during induction
- Fidgeting, unable to settle
- Shallow breathing

#### Mental/verbal signs:

- "I don't think this is working"
- "I'm not feeling anything"
- "I'm analyzing everything you say"
- "My mind won't stop thinking"
- Asking many questions during session

### Why does the ego resist?

1. **F**\_\_\_\_\_ of losing control
2. **F**\_\_\_\_\_ of what might be discovered
3. Protecting current \_\_\_\_\_ (even if painful)
4. Lack of \_\_\_\_\_ in the therapist
5. Secondary \_\_\_\_\_ from the problem

# TECHNIQUES FOR HANDLING EGO RESISTANCE

## अहंकार प्रतिरोध को संभालने की तकनीकें



### ACKNOWLEDGE AND REASSURE

The ego needs to feel SAFE. Don't fight resistance - acknowledge it.



### UTILIZE THE RESISTANCE

Make the resistance part of the process (Ericksonian approach).



### EGO STRENGTHENING BEFORE WORK

Sometimes the ego resists because it feels threatened. Strengthen it first.

## TECHNIQUE 1: ACKNOWLEDGE AND REASSURE

### Script phrases:

"That's right, your conscious mind can continue to analyze, while your subconscious receives these suggestions..."

"You don't have to believe anything, you don't have to do anything, just allow yourself to relax..."

"Your mind is doing exactly what it's supposed to do..."

### Write your own acknowledgment phrases:

## TECHNIQUE 2: UTILIZE THE RESISTANCE

### Script phrases:

"And the more your mind tries to analyze, the deeper your body relaxes..."

"You can hold onto that thought while the rest of you drifts deeper..."

"That critical part of your mind is welcome to watch and observe while the changes happen..."

### Write your own utilization phrases:

## TECHNIQUE 3: EGO STRENGTHENING BEFORE WORK

This builds:

- Confidence
- Safety
- Trust in the process
- Willingness to explore

### When to use ego strengthening:

- Client with low self-esteem
- Client who feels "broken" or "damaged"
- Client who has experienced trauma
- Client who is very anxious or fearful
- Before doing any regression work

# EGO STRENGTHENING SCRIPT TEMPLATE

## अहंकार सुदृढीकरण स्क्रिप्ट टेम्पलेट

Complete this ego strengthening script:

### OPENING:

"As you rest here, deeply relaxed, I want you to know something very important about yourself...

You have within you \_\_\_\_\_  
\_\_\_\_\_ "

### BUILDING STRENGTH:

"Think back to a time when you showed courage... perhaps a time when you faced something difficult and got through it...

As you remember that moment, \_\_\_\_\_  
\_\_\_\_\_ "

### AFFIRMING WORTH:

"You are worthy of \_\_\_\_\_

You deserve \_\_\_\_\_

You have the ability to \_\_\_\_\_ "

### PLANTING SEEDS:

"Each day, you are becoming more and more \_\_\_\_\_

Your confidence grows with each \_\_\_\_\_ "

### CLOSING:

"And these truths settle deep into your subconscious mind, becoming part of who you are...

\_\_\_\_\_ "

# ASSESSING AHAMKARA IN CLIENTS

## ग्राहकों में अहंकार का आकलन

For each client description, identify Ahamkara state and approach:

### CLIENT A:

"I'm the best at what I do. I don't really need help, but my wife made me come. I doubt you can tell me anything I don't already know."

**Ahamkara state:**  Inflated  Deflated  Balanced

**Approach needed:** \_\_\_\_\_

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### CLIENT B:

"I'm such a mess. Nothing ever works for me. I've tried everything and I'm just broken. I don't know why I'm even here - I'll probably fail at this too."

**Ahamkara state:**  Inflated  Deflated  Balanced

**Approach needed:** \_\_\_\_\_

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### CLIENT C:

"I've been struggling with anxiety for a while. I've tried some things that helped a bit. I'm hopeful hypnotherapy might help, and I'm willing to do the work."

**Ahamkara state:**  Inflated  Deflated  Balanced

**Approach needed:** \_\_\_\_\_

# SELF-HYPNOSIS - THE PRACTICE

## आत्म-सम्मोहन - अभ्यास



### WHY SELF-HYPNOSIS?

#### आत्म-सम्मोहन क्यों?

#### FOR YOU AS A PRACTITIONER:

- Deepen your own experience of trance
- Practice your scripts on yourself
- Personal healing and growth
- Understand what clients experience
- Model what you teach

#### FOR YOUR CLIENTS:

- Continue work between sessions
- Reinforce suggestions daily
- Build independence
- Empower them to help themselves
- Faster and lasting results

### THE 5 STEPS OF SELF-HYPNOSIS:

01

#### PREPARATION (तैयारी)

Quiet, comfortable space • No interruptions • Clear intention • Decide on duration

02

#### INDUCTION (प्रेरण)

Close eyes • Deep breathing • Progressive relaxation OR Countdown OR Sensory awareness

03

#### DEEPENING (गहराई)

Use deepening techniques • Staircase, elevator, or counting • Allow Manas to quiet

04

#### SUGGESTION WORK (सुझाव कार्य)

Deliver pre-written suggestions • Visualize desired outcome • Feel emotions of success

05

#### EMERGENCE (उभरना)

Count up (1 to 5) • "Feeling refreshed and alert..." • Open eyes • Take a moment

# SELF-HYPNOSIS SCRIPT - YOUR FIRST PRACTICE

## आत्म-सम्मोहन स्क्रिप्ट - आपका पहला अभ्यास

Use this script for your first self-hypnosis practice today:

### MY INTENTION FOR THIS SESSION:

### PREPARATION:

- I am in a quiet, comfortable space
- Phone is off or silenced
- I will not be interrupted for \_\_\_\_\_ minutes
- I am seated/lying comfortably

### INDUCTION (say internally):

"I close my eyes now and take three deep breaths...

With each exhale, I let go of tension...

I begin to relax my body, starting with my feet... My feet relax... my legs relax... my hips relax... My stomach relaxes... my chest relaxes... my back relaxes... My shoulders relax... my arms relax... my hands relax... My neck relaxes... my face relaxes... my scalp relaxes...

My whole body is now deeply relaxed..."

### DEEPENING (say internally):

"I imagine standing at the top of a beautiful staircase... There are 10 steps leading down to a peaceful place...

With each step, I go deeper...

10... deeper... 9... more relaxed... 8... letting go... 7... sinking down... 6... peaceful... 5... halfway there, so relaxed... 4... even deeper... 3... calm and peaceful... 2... almost there... 1... completely relaxed, deeply in trance..."

### SUGGESTIONS (write your own based on your intention):

"  
-----  
-----"

### EMERGENCE (say internally):

"In a moment, I will count from 1 to 5... With each number, I become more alert and awake... Bringing back all positive feelings and suggestions...

1... beginning to awaken... 2... feeling refreshed... 3... more and more alert... 4... almost fully awake... 5... eyes open, wide awake, feeling wonderful!"

# SELF-HYPNOSIS PRACTICE LOG

## आत्म-सम्मोहन अभ्यास लॉग

Complete after your self-hypnosis practice:

**Date:** \_\_\_\_\_ **Time:** \_\_\_\_\_ **Duration:** \_\_\_\_\_

### INTENTION/FOCUS:

### EXPERIENCE DURING INDUCTION:

**How quickly did you relax?**

Very quickly  Moderately  Slowly  Struggled

**What did you notice in your body?**

### EXPERIENCE DURING DEEPENING:

**Estimated depth reached:**

Light  Medium  Deep

**What visualization worked best?**

### EXPERIENCE DURING SUGGESTIONS:

**How clearly could you deliver suggestions to yourself?**

Very clearly  Moderately  With difficulty

**What feelings arose?**

### EMERGENCE:

**How did you feel upon emerging?**

Refreshed  Relaxed  Groggy  Same as before

**OVERALL RATING:** \_\_\_\_\_/10

WHAT I'LL DO DIFFERENTLY NEXT TIME:

# HOMEWORK & PRACTICE ASSIGNMENTS

## गृहकार्य और अभ्यास असाइनमेंट

Complete before Day 7:

### 1 Daily Self-Hypnosis

Practice self-hypnosis every day this week (15-20 minutes)

Day 1: Date \_\_\_\_\_ Duration \_\_\_\_\_ Experience \_\_\_\_\_

Day 2: Date \_\_\_\_\_ Duration \_\_\_\_\_ Experience \_\_\_\_\_

Day 3: Date \_\_\_\_\_ Duration \_\_\_\_\_ Experience \_\_\_\_\_

### 2 Write Ego Strengthening Script

Create a complete 10-minute ego strengthening script

Key themes included: \_\_\_\_\_

### 3 Identify Your Own Chitta Patterns

Journal about 3 limiting beliefs you hold and their possible origins

Belief 1: \_\_\_\_\_ Origin: \_\_\_\_\_

Belief 2: \_\_\_\_\_ Origin: \_\_\_\_\_

Belief 3: \_\_\_\_\_ Origin: \_\_\_\_\_

### 4 Practice Recording

Record a short (5 minute) self-hypnosis audio

What I noticed: \_\_\_\_\_

### 5 Review All Week 1 Materials

Review coursebooks and workbooks from Days 1-6

Day 1  Day 2  Day 3  Day 4  Day 5  Day 6

## PREPARE FOR DAY 7 Q&A

दिन 7 प्रश्नोत्तर के लिए तैयारी करें

Questions I want to ask in tomorrow's session:

Topics I need clarification on:

 **CONGRATULATIONS ON  
COMPLETING WEEK 1  
PRACTICALS!** 

🙏 नमस्ते 🙏

"Today you learned to work with the deepest parts - Chitta where patterns hide, and Ahamkara that guards them. You also gained the gift of self-hypnosis - a tool for life." - Manudada

**TOMORROW - DAY 7: WEEK 1 Q&A AND INTEGRATION**

कल - दिन 7: सप्ताह 1 प्रश्नोत्तर और एकीकरण