DAY 8 - STUDENT WORKBOOK
दिन 8 - छात्र कार्यपुस्तिका

MIND CONTROL & VRITTI MANAGEMENT
मन नियंत्रण और वृत्ति प्रबंधन

Exercises, Self-Assessments & Practice Activities

अभ्यास, स्व-मूल्यांकन और अभ्यास गतिविधियां

_____

Student Name / छात्र का नाम: _____

Date / दिनांक: _____

SECTION 1: PRE-SESSION SELF-ASSESSMENT
सत्र-पूर्व स्व-मूल्यांकन

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

1.1 YOUR CURRENT RELATIONSHIP WITH YOUR MIND
आपके मन के साथ आपका वर्तमान संबंध

How would you describe your mind most of the time?
अधिकांश समय आप अपने मन का वर्णन कैसे करेंगे?

- ☐ Calm and focused / शांत और केंद्रित
- ☐ Sometimes calm, sometimes restless / कभी शांत, कभी बेचैन
- ☐ Usually busy with thoughts / आमतौर पर विचारों से व्यस्त
- ☐ Often overwhelmed / अक्सर अभिभूत
- ☐ Racing and hard to control / दौड़ता और नियंत्रित करना कठिन

How easily can you focus on one thing? (1-10)
आप कितनी आसानी से एक चीज़ पर ध्यान केंद्रित कर सकते हैं? (1-10)

1 = Very difficult 10 = Very easy
1 = बहुत कठिन 10 = बहुत आसान

Rating / रेटिंग: _____/10

1.2 YOUR EXPERIENCE WITH MEDITATION
ध्यान के साथ आपका अनुभव

Have you practiced meditation before?
क्या आपने पहले ध्यान का अभ्यास किया है?

- ☐ Never / कभी नहीं
- ☐ A few times / कुछ बार
- ☐ Occasionally / कभी-कभी
- ☐ Regularly / नियमित रूप से
- ☐ Daily practice / दैनिक अभ्यास

If yes, what type(s)? / यदि हां, तो किस प्रकार का?

_____

What challenges have you faced with meditation?
ध्यान में आपको क्या चुनौतियां आई हैं?

_____

_____

1.3 YOUR DOMINANT MENTAL PATTERNS
आपके प्रमुख मानसिक पैटर्न

Check all that apply to you:
जो आप पर लागू होते हैं उन सभी पर टिक करें:

- ☐ I often worry about things that haven't happened yet
  मैं अक्सर उन चीज़ों के बारे में चिंता करता हूं जो अभी हुई नहीं हैं
- ☐ I believe things about myself that may not be true
  मैं अपने बारे में ऐसी चीज़ें मानता हूं जो सच नहीं हो सकतीं
- ☐ I often think about past events
  मैं अक्सर पिछली घटनाओं के बारे में सोचता हूं
- ☐ I have trouble sleeping or don't feel rested
  मुझे सोने में परेशानी होती है या आराम महसूस नहीं होता
- ☐ I analyze everything and stay in my head
  मैं हर चीज़ का विश्लेषण करता हूं और अपने दिमाग में रहता हूं

SECTION 2: STORY REFLECTION
कहानी प्रतिबिंब

After hearing "The Lake and the Moon" story, answer these questions:
"झील और चंद्रमा" कहानी सुनने के बाद, इन प्रश्नों का उत्तर दें:

2.1 PERSONAL CONNECTION

How is YOUR mind like the lake in the story?
आपका मन कहानी में झील की तरह कैसे है?

_____

_____

_____

What are the "winds" that disturb your lake? (What triggers your mental disturbance?)
वे "हवाएं" क्या हैं जो आपकी झील को अशांत करती हैं?

_____

_____

_____

When have you experienced moments of stillness where you could "see the moon clearly"?
आपने कब स्थिरता के क्षण अनुभव किए हैं जहां आप "चंद्रमा को स्पष्ट देख सकते थे"?

_____

_____

_____

2.2 METAPHOR MAPPING

Match the story elements to their meanings:
कहानी के तत्वों को उनके अर्थों से मिलाएं:

THE LAKE = _____

THE WAVES = _____

THE WIND = _____

THE MOON = _____

STILLNESS = _____

THE OBSERVER = _____

SECTION 3: THE FIVE VRITTIS - SELF-ANALYSIS
पांच वृत्तियां - स्व-विश्लेषण

3.1 IDENTIFYING YOUR VRITTIS
अपनी वृत्तियों की पहचान

For each Vritti, give a PERSONAL example from your own life:
प्रत्येक वृत्ति के लिए, अपने जीवन से एक व्यक्तिगत उदाहरण दें:

PRAMANA (प्रमाण) - Right Knowledge
A time you knew something to be true through direct experience:

_____

_____

VIPARYAYA (विपर्यय) - Wrong Knowledge/False Belief
A belief you held about yourself that was NOT true:

_____

_____

VIKALPA (विकल्प) - Imagination/Fantasy
Something you worried about that never actually happened:

_____

_____

NIDRA (निद्रा) - Sleep
Describe your typical sleep patterns and quality:

_____

_____

SMRITI (स्मृति) - Memory
A past memory that still affects you today:

_____

_____

3.2 VRITTI FREQUENCY ASSESSMENT
वृत्ति आवृत्ति मूल्यांकन

Rate how often each Vritti troubles you (1-5):
प्रत्येक वृत्ति आपको कितनी बार परेशान करती है (1-5):

1 = Rarely 3 = Sometimes 5 = Very Often
1 = शायद ही कभी 3 = कभी-कभी 5 = बहुत बार

VRITTI	RATING	NOTES
PRAMANA (Over-analyzing)	/5	
VIPARYAYA (False beliefs)	/5	
VIKALPA (Worry/anxiety)	/5	
NIDRA (Sleep issues)	/5	
SMRITI (Stuck in past)	/5	

Which Vritti is MOST dominant for you? _____

How does this Vritti affect your daily life?

_____

_____

3.3 KLISHTA vs. AKLISHTA ANALYSIS
क्लिष्ट बनाम अक्लिष्ट विश्लेषण

Think of a recent mental experience. Was it Klishta (afflicted/painful) or Aklishta (non-afflicted/liberating)?

The experience / अनुभव:

_____

- ☐ KLISHTA (क्लिष्ट) - Afflicted
- ☐ AKLISHTA (अक्लिष्ट) - Non-afflicted

What made it Klishta or Aklishta?

_____

Which of the five Kleshas (if any) were involved?

- ☐ Avidya (Ignorance) / अविद्या (अज्ञान)
- ☐ Asmita (Ego) / अस्मिता (अहंकार)
- ☐ Raga (Attachment) / राग (आसक्ति)
- ☐ Dvesha (Aversion) / द्वेष (घृणा)
- ☐ Abhinivesha (Fear) / अभिनिवेश (भय)

SECTION 4: DHARANA & DHYANA PRACTICE
धारणा और ध्यान अभ्यास

4.1 CONCENTRATION SELF-TEST
एकाग्रता स्व-परीक्षण

Try this right now: Look at your thumb for 60 seconds. Try to keep your attention ONLY on your thumb.
अभी यह करें: 60 सेकंड के लिए अपने अंगूठे को देखें।

How many times did your mind wander in 60 seconds?

Number of times: _____

What did your mind wander TO? (List the thoughts)

_____

_____

_____

> 🗒 **This is normal!** Dharana is about noticing AND returning.
> यह सामान्य है! धारणा नोटिस करने और वापस आने के बारे में है।

4.2 WHERE ARE YOU ON THE PROGRESSION?
प्रगति पर आप कहां हैं?

Mark where you currently are most of the time:
जहां आप वर्तमान में अधिकांश समय हैं वहां चिह्नित करें:

- ☐ **STAGE 1: SCATTERED MIND (विक्षिप्त मन)**
  Mind jumps from thought to thought, no focus
- ☐ **STAGE 2: GATHERING (एकाग्र)**
  Beginning to focus, lots of wandering and returning
- ☐ **STAGE 3: DHARANA (धारणा)**
  Sustained concentration with effort, fewer wanderings
- ☐ **STAGE 4: DHYANA (ध्यान)**
  Effortless flow, very few interruptions
- ☐ **STAGE 5: SAMADHI (समाधि)**
  Complete absorption (rare in ordinary practice)

Where would you LIKE to be in 8 weeks? _____

4.3 CHOOSING YOUR DHARANA OBJECT
अपनी धारणा वस्तु का चयन

What would you like to use as your focus object for meditation practice?

EXTERNAL OPTIONS:

- ☐ Candle flame (Trataka)
- ☐ Image or picture
- ☐ Natural object (flower, stone)
- ☐ Other: _____

INTERNAL OPTIONS:

- ☐ Breath
- ☐ Mantra (specify: _____)
- ☐ Chakra point (specify: _____)
- ☐ Inner light or color

CONCEPTUAL:

- ☐ Quality (peace, love, compassion)
- ☐ Other: _____

My primary Dharana object will be: _____

Why I chose this:

_____

_____

SECTION 5: MEDITATION PRACTICE LOG
ध्यान अभ्यास लॉग

Use this section to track your meditation practice this week:

इस अनुभाग का उपयोग इस सप्ताह अपने ध्यान अभ्यास को ट्रैक करने के लिए करें:

PRACTICE SESSION 1

Date: _____ Time: _____ Duration: _____ min

Focus Object Used:

_____

PRE-PRACTICE:

Mental state (1-10): ____/10

Stress level (1-10): ____/10

DURING PRACTICE:

Times mind wandered: _____

Depth reached: ☐ Scattered ☐ Gathering ☐ Dharana ☐ Dhyana

Challenges faced:

_____
_____

POST-PRACTICE:

Mental state (1-10): ____/10

Stress level (1-10): ____/10

One word to describe the experience:

_____

PRACTICE SESSION 2

Date: _____ Time: _____ Duration: _____ min

Focus Object Used:

_____

PRE-PRACTICE:

Mental state (1-10): ____/10

Stress level (1-10): ____/10

DURING PRACTICE:

Times mind wandered: _____

Depth reached: ☐ Scattered ☐ Gathering ☐ Dharana ☐ Dhyana

Challenges faced:

_____
_____

POST-PRACTICE:

Mental state (1-10): ____/10

Stress level (1-10): ____/10

One word to describe the experience:

_____

PRACTICE SESSION 3

Date: _____ Time: _____ Duration: _____ min

Focus Object Used:

_____

PRE-PRACTICE:

Mental state (1-10): ____/10

Stress level (1-10): ____/10

DURING PRACTICE:

Times mind wandered: _____

Depth reached: ☐ Scattered ☐ Gathering ☐ Dharana ☐ Dhyana

Challenges faced:

_____
_____

POST-PRACTICE:

Mental state (1-10): ____/10

Stress level (1-10): ____/10

One word to describe the experience:

_____

SECTION 6: CLIENT APPLICATION EXERCISES
ग्राहक अनुप्रयोग अभ्यास
6.1 VRITTI IDENTIFICATION PRACTICE
वृत्ति पहचान अभ्यास

For each client description, identify the dominant Vritti and suggest an approach:
प्रत्येक ग्राहक विवरण के लिए, प्रमुख वृत्ति की पहचान करें और एक दृष्टिकोण सुझाएं:

CLIENT A:
"I keep thinking about what happened 10 years ago. I can't move on. Those memories haunt me every day."

Dominant Vritti:
_____
_____

Suggested Approach:
_____
_____
_____
_____
_____
_____

CLIENT B:
"I believe I'm unworthy of love. No one could ever truly care about someone like me."

Dominant Vritti:
_____
_____

Suggested Approach:
_____
_____
_____
_____
_____

CLIENT C:
"I can't stop worrying. What if I lose my job? What if my children get sick? What if there's an accident?"

Dominant Vritti:
_____
_____

Suggested Approach:
_____
_____
_____
_____
_____
_____

CLIENT D:
"I haven't had a good night's sleep in months. I'm exhausted but my mind won't shut off at night."

Dominant Vritti:
_____
_____

Suggested Approach:
_____
_____
_____
_____
_____
_____

CLIENT E:
"I need to understand exactly why I feel this way before I can do anything about it. Can you explain the science behind it?"

Dominant Vritti:
_____
_____

Suggested Approach:
_____
_____
_____
_____
_____
_____

6.2 INTAKE QUESTIONS PRACTICE
इनटेक प्रश्न अभ्यास

Write 2 additional questions you could ask to identify each Vritti:
प्रत्येक वृत्ति की पहचान के लिए आप 2 अतिरिक्त प्रश्न लिखें:

FOR VIPARYAYA (False Beliefs):

1. _____

2. _____

FOR VIKALPA (Anxious Imagination):

1. _____

2. _____

FOR SMRITI (Stuck in Past):

1. _____

2. _____

FOR NIDRA (Sleep Issues):

1. _____

2. _____

6.3 MEDITATION PROTOCOL DESIGN
ध्यान प्रोटोकॉल डिजाइन

Design a simple 10-minute meditation protocol for a VIKALPA-dominant client (someone who worries excessively about the future):

Duration: 10 minutes
Client Issue: Anxiety about the future, "what if" thinking

STEP 1 (POSTURE): _____
_____

STEP 2 (BREATH WORK): _____
_____

STEP 3 (DHARANA FOCUS): _____
_____

STEP 4 (SANKALPA/INTENTION): _____
_____

STEP 5 (CLOSING): _____
_____

SECTION 7: KEY CONCEPTS REVIEW
मुख्य अवधारणाओं की समीक्षा

7.1 FILL IN THE BLANKS
रिक्त स्थान भरें

1. MANONIGRAHA means _____ of the _____.

2. The Yoga Sutra definition is: "Yogash _____ Vritti _____"

3. The FIVE VRITTIS are:
    a. _____ (Right Knowledge)
    b. _____ (Wrong Knowledge)
    c. _____ (Imagination)
    d. _____ (Sleep)
    e. _____ (Memory)

4. _____ is concentration with EFFORT. _____ is concentration that becomes EFFORTLESS.

5. Vrittis can be classified as _____ (afflicted) or _____ (non-afflicted).

6. The five KLESHAS that cause affliction are:
    a. _____ (Ignorance)
    b. _____ (Ego)
    c. _____ (Attachment)
    d. _____ (Aversion)
    e. _____ (Fear of death)

7.2 TRUE OR FALSE
सही या गलत

Mark T (True) or F (False):

_____ 1. Manonigraha means suppressing all thoughts forcefully.

_____ 2. Viparyaya refers to false beliefs and misconceptions.

_____ 3. Vikalpa is only negative - imagination is always harmful.

_____ 4. Even right knowledge (Pramana) is still a Vritti.

_____ 5. Dhyana comes before Dharana in the Yoga ladder.

_____ 6. Meditation and hypnotherapy both work to reduce Vrittis.

_____ 7. Sankalpa is similar to setting an intention or suggestion.

_____ 8. Physical stillness is not important for meditation.

7.3 MATCH THE PAIRS
जोड़े मिलाएं

Draw lines to match:

PRAMANA   Worrying about the future

VIPARYAYA   Direct perception, inference

VIKALPA   Traumatic memories

NIDRA   False belief "I'm not good enough"

SMRITI   Poor sleep quality

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 MEDITATION COMMITMENT
ध्यान प्रतिबद्धता

I commit to practicing meditation:

- ▢ Daily / प्रतिदिन
- ▢ 5 times per week / सप्ताह में 5 बार
- ▢ 3 times per week / सप्ताह में 3 बार
- ▢ Other: _____

Duration per session: _____ minutes

Best time for me to practice: _____

Where I will practice: _____

8.3 APPLICATION GOAL
अनुप्रयोग लक्ष्य

One way I will apply today's learning with a client:

_____

_____

_____

One way I will apply today's learning to myself:

_____

_____

_____

8.4 QUESTIONS I STILL HAVE
मेरे पास अभी भी प्रश्न हैं

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
Manonigraha philosophy	/5
The Five Vrittis	/5
Klishta vs Aklishta	/5
Dharana (Concentration)	/5
Dhyana (Meditation)	/5
Meditation Foundations	/5
Meditation & Hypnotherapy link	/5
Client Vritti identification	/5

TOTAL: _____/40

How confident are you to EXPLAIN Manonigraha to someone else? (1-10)

Rating / रेटिंग: _____/10

SECTION 10: HOMEWORK ASSIGNMENTS
गृहकार्य असाइनमेंट

Complete before Day 9:
दिन 9 से पहले पूरा करें:

1 ASSIGNMENT 1: Practice meditation at least twice

Use the Meditation Practice Log (Section 5)
Duration: 10-15 minutes each

2 ASSIGNMENT 2: Complete Section 3 (Vritti Self-Analysis)

Be honest and detailed

3 ASSIGNMENT 3: Complete Section 6 (Client Application)

Practice identifying Vrittis in others

4 ASSIGNMENT 4: Read the full Day 8 Coursebook

Highlight key concepts

5 ASSIGNMENT 5: Observe your own Vrittis for one day

Note which Vritti is most active at different times

📝 BONUS ASSIGNMENT (Optional):

☐ Teach one concept from today to someone else
(The best way to learn is to teach!)

"Yogash Chitta Vritti Nirodhah"
योगश्चित्तवृत्तिनिरोधः

The waves will settle. The moon is always there.
लहरें शांत होंगी। चंद्रमा हमेशा वहां है।

END OF DAY 8 WORKBOOK