

DAY 36 - WORKBOOK - THEORY SELF- INQUIRY & KARMA PHILOSOPHY



InnerZen Wellness Student Practice & Assessment Materials

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HOW TO USE THIS WORKBOOK

Today's workbook is different from previous weeks. This is not just assessment - it's active practice. The exercises ARE the learning.

Approach with:

- Honesty (no one sees this but you)
- Curiosity (not judgment)
- Openness (suspend certainty)
- Patience (insights unfold over time)

Set aside at least 60 minutes for completion. Find a quiet space where you won't be interrupted. Have your journal nearby for extended reflections.

PART 1: SELF-INQUIRY - WHO AM I?

EXERCISE 1: THE "I AM" INVESTIGATION

Complete each sentence quickly, without overthinking. Write the first 10-15 things that come to mind:

I am _____

I am _____

I am _____

I am _____

I am _____

I am _____

I am _____

I am _____

I am _____

I am _____

I am _____

I am _____

I am _____

I am _____

I am _____

Now review your list. Mark each answer with a category:

R = Role (mother, practitioner, student, etc.)

T = Trait/Characteristic (kind, anxious, creative, etc.)

B = Belief (spiritual, skeptical, damaged, etc.)

E = External marker (my job, my body, my achievements, etc.)

Count how many of each category: R:___ T:___ B:___ E:___

REFLECTION QUESTIONS

1. What category dominated your list?
 2. If you removed all these labels, what would remain?
 3. Which "I am" statement feels most true? Most false?
Most true: _____
Most false: _____
 4. Are any of these permanent and unchanging, or do they all fluctuate?
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EXERCISE 2: THE WITNESS PRACTICE

This is a 10-minute contemplative practice. Set a timer.

Find a comfortable seated position. Close your eyes or soften your gaze.

For the next 10 minutes, simply observe your inner experience WITHOUT getting involved with it. Watch thoughts like clouds passing. Notice emotions like weather patterns. Feel sensations as waves of energy.

And periodically ask yourself: **"Who is watching all of this?"**

[Do the practice now, then return to these questions]

AFTER PRACTICE REFLECTION

1. What did you notice most? (Check all that apply)

- Lots of thoughts
- Mental chatter/noise
- Emotions arising and passing
- Body sensations
- Moments of stillness/silence
- A sense of observer/awareness
- Difficulty staying present
- Peaceful quality
- Other: _____

2. Were you able to observe thoughts without being lost in them?

- Yes, clearly
- Sometimes
- Rarely
- No, thoughts swept me away

3. Did you get a sense of "witness" - something watching experience?

4. What was challenging about this practice?

5. What was surprising?

EXERCISE 3: QUESTIONING YOUR IDENTITY



Choose one "I am" statement from Exercise 1 that feels particularly strong or limiting. Write it here:

I am _____

Now investigate it through Byron Katie's "Four Questions":

QUESTION 1: Is it true?

Yes No Not sure

QUESTION 2: Can you absolutely know it's true?

Yes No Not sure

QUESTION 3: How do you react, what happens, when you believe that thought?

How do you treat yourself? _____

How do you treat others? _____

What do you DO? _____

QUESTION 4: Who would you be without this thought?

How would your life be different? _____

TURNAROUND

Turn the statement to its opposite and find 3 examples of how the opposite is as true or truer than the original statement.

Original: I am _____

Opposite: I am _____

Example 1 where opposite is true: _____

Example 2 where opposite is true: _____

Example 3 where opposite is true: _____

INSIGHT: What did this investigation reveal?

PART 2: KARMA PATTERN RECOGNITION

EXERCISE 4: IDENTIFYING YOUR KARMA PATTERNS

A karmic pattern is something that repeats in your life - a theme, situation, dynamic, or outcome that keeps showing up despite your efforts to change it.

PATTERN 1: _____

Describe the pattern in detail (when it happens, what happens, how it feels):

How long has this pattern been present in your life?

What do you typically DO when this pattern activates?

What is the usual OUTCOME?

What might you be LEARNING from this pattern?

If you were to take FULL RESPONSIBILITY for this pattern (not blame, but ownership), what actions/thoughts/beliefs of yours might be sustaining it?

What would a different response look like?

PATTERN 2

PATTERN 2: _____

[Repeat the same questions for a second pattern]

Describe the pattern in detail:

How long has this pattern been present?

What do you typically DO when activated?

Usual OUTCOME:

What might you be LEARNING?

Your contribution to sustaining it:

Different response possibility:

PATTERN CONNECTION:

Do your identified patterns have anything in common? Themes?

What core belief or wound might underlie multiple patterns?

PART 3: KARMA TYPE ASSESSMENT

EXERCISE 5: UNDERSTANDING YOUR KARMA

Based on today's teaching, categorize aspects of your current life:

PRARABDHA KARMA

(Karma ripening NOW - your life blueprint)

These are circumstances you were born into or that feel "destined":

KRIYAMANA KARMA

(Karma you're CREATING right now)

These are the actions, thoughts, and choices you're making daily:

AGAMI KARMA

(Future karma based on current choices)

If I continue my current patterns, where will I be in:

How do you relate to these unchangeable aspects of your life?

Acceptance Resistance Gratitude Resentment Confusion

KRIYAMANA KARMA - CREATING YOUR FUTURE

Current habits/patterns I'm creating:

Current thoughts I'm repeatedly thinking:

How I typically respond to difficulty:

REFLECTION: Are my current actions creating the future I want?

Yes, aligned Somewhat No, misaligned Unsure

If misaligned, what needs to change?

AGAMI KARMA

(Future karma based on current choices)

If I continue my current patterns, where will I be in:

1 year: _____

5 years: _____

10 years: _____

Is this the future I truly want? Yes No Partially

If not, what different choices can I make TODAY?

PART 4: SVADHYAYA PRACTICE SETUP

EXERCISE 6: DESIGNING YOUR PERSONAL SVADHYAYA PRACTICE



Based on the Four Dimensions of Svadhyaya, design a realistic daily practice.

DIMENSION 1: OBSERVING CONTENT (What arises)

I commit to:

- Morning journaling - ____ minutes daily
- Evening reflection - ____ minutes daily
- Pattern tracking in journal
- Other: _____

Specific practice: _____

DIMENSION 2: OBSERVING PROCESS (How mind works)

I commit to:

- Daily meditation - ____ minutes
- Mindfulness moments throughout day
- Witnessing thoughts without involvement
- Other: _____

Specific practice: _____

DIMENSIONS 3 & 4: DEEPER INQUIRY

DIMENSION 3: INVESTIGATING IDENTITY (Who I think I am)

I commit to:

- Weekly deep self-inquiry session
- Daily self-inquiry question
- Byron Katie's "The Work" on limiting beliefs
- Other: _____

Specific practice: _____

DIMENSION 4: REALIZING ESSENCE (What I am)

I commit to:

- Contemplative meditation on "Who am I?"
- Silent retreat time weekly
- Study of spiritual texts
- Other: _____

Specific practice: _____

PRACTICAL COMMITMENT:

My MINIMUM daily Svadhyaya practice (be realistic, not aspirational):

Morning: _____

Evening: _____

Weekly: _____

OVERCOMING OBSTACLES & DHARMA EXPLORATION

What might prevent me from doing this practice?

Obstacle 1: _____

How I'll overcome it: _____

Obstacle 2: _____

How I'll overcome it: _____

Accountability: Who can support this commitment?

Start date: _____

Review/adjust date (1 week from start): _____

PART 5: DHARMA EXPLORATION

EXERCISE 7: DISCOVERING YOUR LIFE PURPOSE

Dharma is your unique purpose - what you're here to do, be, and offer.

QUESTION 1: What are you naturally good at? (Skills, talents, abilities)

QUESTION 2: What do you love doing? (Even if not "productive")

QUESTION 3: What does the world need that you can provide?

QUESTION 4: What can you be paid for or supported in? (Practical sustainability)

INTEGRATION & COMPLETION

IKIGAI INTERSECTION:

Where do these four answers overlap? That intersection points toward Dharma.

DEEPER INQUIRY:

If you had unlimited resources and time, what would you do?

What breaks your heart about the world? (Often points to purpose)

What did you love to do as a child before anyone told you what you "should" do?

If you could be remembered for one contribution, what would it be?

CURRENT ALIGNMENT:

On a scale of 1-10, how aligned is your current life with your Dharma?

1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10

(Not at all aligned) (Fully aligned)

What's preventing fuller alignment?

One concrete step toward greater alignment:

COMPLETION ACKNOWLEDGMENT

By completing this workbook, you've taken significant steps on the path of Svadhyaya. This is not "homework" to be done and forgotten - it's the beginning of a lifelong practice.

Return to these exercises regularly. Notice how your answers change over time. That change itself is evidence of growth.

I, _____, commit to the practice of Svadhyaya - knowing myself more deeply so I can serve others more fully.

Date: _____ Signature: _____

Continue your Svadhyaya practice daily. The answers you seek are within you.

Om Tat Sat.