

**ONLINE, OFFLINE AND RESIDENTIAL
NON-ARTIST — WORKSHOP**

**AN ACADEMIC PROGRAM IN
COUNSELING, CONSCIOUSNESS,
MEMORY, SYMBOLISM & SELF-
KNOWING**

SEVEN LAYERS OF SELF

An Interdisciplinary Course Structure

Duration: Five Months | 300 Hours | 60 Hours per Month

Approach: Psychological • Contemplative • Symbolic • Experiential • Counseling
Practice

Table of Contents

Program Overview

Part I — Foundational Framework

The Seven Layers of Self

Part II — Five-Month Curriculum

Month I — The Rooted and Desiring Self

Month II — The Identity and Relational Self

Month III — The Expressive and Symbolic Self

Month IV — Inner Vision, Kundali and Consciousness

Month V — Integration, Cosmic Energy and Self-Knowing

Part III — The Counseling Method

Part IV — The Positive Memory Method

Part V — Final Integrated Model

Part VI — The Self as Light

Final Hour Distribution

Recommended Resources for Reference

Program Overview

Central Proposition

The course investigates the human being through seven interconnected dimensions:

**Body → Desire → Identity → Relationship → Expression → Inner Vision
→ Consciousness**

Its larger movement is:

**Remembering → Understanding → Integration → Transformation → Creation
→ Inner Peace → Self-Knowing**

Program Summary

Duration	Five months
Total hours	300 hours
Monthly load	60 hours per month
Structure	Seven Layers of Self, across five thematic months
Approach	Psychological + contemplative + symbolic + experiential + counseling practice

Part I — Foundational Framework

The Seven Layers of Self

The program is organized around seven interconnected layers of human experience, each with its own central statement and field of inquiry.

Layer	Central Statement	Domains Explored
Root	"I exist."	Body, survival, safety, family, belonging, home, grounding, childhood
Sacral	"I desire."	Emotion, pleasure, sexuality, attraction, desire, creativity, sensuality
Solar	"I am."	Identity, ego, will, power, autonomy, self-esteem, achievement, shame and guilt
Heart	"I connect."	Love, attachment, intimacy, compassion, trust, rejection, grief, forgiveness
Throat	"I express."	Communication, voice, truth, silence, authenticity, boundaries, suppressed expression
Inner Vision	"I see."	Perception, unconscious processes, dreams, symbols, repetition, defense mechanisms, insight
Crown	"I am aware."	Consciousness, meaning, silence, meditation, transcendence, interconnectedness, self-knowing

Part II — Five-Month Curriculum

Month I — The Rooted and Desiring Self

Root + Sacral · 60 Hours

Module	Title	Hours
1	Human Existence and Embodiment	10
2	Childhood and Development	10
3	Emotion and Desire	15
4	Positive Memory and Inner Resources	15
5	Foundations of Counseling	10
	Month I — Total	60

Module 1 — Human Existence and Embodiment (10 hrs)

Body and mind • Survival • Safety • Insecurity • Belonging • Environment • Body image • Physical boundaries • Nature and embodiment

Module 2 — Childhood and Development (10 hrs)

Childhood environment • Family relationships • Attachment • Separation • Childhood memories • Emotional conditioning • Independence • Internalized expectations • Childhood strengths

Module 3 — Emotion and Desire (15 hrs)

Desire • Pleasure • Sexuality • Attraction • Shame • Jealousy • Fantasy • Emotional dependency • Creativity • Suppression and expression

Module 4 — Positive Memory and Inner Resources (15 hrs)

Positive childhood memories • Experiences of love • Safety • Freedom • Friendship • Nature • Creativity • Achievement • Courage • Joy • Wonder • Inner peace

Method:

Memory → Feeling → Body → Personal Quality → Meaning → Present Application

Module 5 — Foundations of Counseling (10 hrs)

Listening • Observation • Open questions • Reflection • Confidentiality • Boundaries • Initial interview • Counselor self-awareness

Month II — The Identity and Relational Self

Solar + Heart · 60 Hours

Module	Title	Hours
6	Identity and Self	15
7	Unconscious Processes	15
8	Love and Attachment	15

Module	Title	Hours
9	Relational Dynamics	15
	Month II — Total	60

Module 6 — Identity and Self (15 hrs)

Self-image • Ego • Self-esteem • Identity • Autonomy • Dependence • Ambition • Failure • Success • Shame • Guilt • Anger • Responsibility

Module 7 — Unconscious Processes (15 hrs)

Conscious and unconscious experience • Repression • Denial • Projection • Rationalization • Displacement • Regression • Intellectualization • Dissociation • Sublimation • Resistance • Repetition

Module 8 — Love and Attachment (15 hrs)

Attachment • Intimacy • Trust • Abandonment • Rejection • Dependency • Emotional distance • Jealousy • Compassion • Grief • Forgiveness • Boundaries

Module 9 — Relational Dynamics (15 hrs)

Transference • Expectations • Idealization • Dependency • Projection • Repetition of relationship patterns • Counselor reactions • Professional boundaries

Month III — The Expressive and Symbolic Self

Throat + Inner Vision • 60 Hours

Module	Title	Hours
10	Expression and Communication	10
11	Dreams and Symbolic Experience	10
12	Yantra	10
13	Tantra	15
14	Creativity and Self-Expression	15
	Month III — Total	60

Module 10 — Expression and Communication (10 hrs)

Speech • Silence • Truth • Authenticity • Assertiveness • Conflict • Secrets • Boundaries • Listening

| *Central question: What am I unable to say?*

Module 11 — Dreams and Symbolic Experience (10 hrs)

Dreams • Recurring dreams • Emotional symbolism • Personal associations • Fantasy • Imagination • Symbolic interpretation

Module 12 — Yantra (10 hrs)

Yantra is studied as a contemplative visual system:

Bindu • Center and periphery • Circle • Triangle • Square • Symmetry • Concentration • Visual attention • Stillness • Symbolic meaning

Practice:

Concentration → Observation → Silence → Reflection

Module 13 — Tantra (15 hrs)

Tantra is studied as a diverse Indian contemplative tradition, focusing on:

Body and consciousness • Energy and awareness • Desire • Sensuality • Sexuality • Breath • Meditation • Nature • Creativity • Ritual • Transformation • Integration

Module 14 — Creativity and Self-Expression (15 hrs)

Painting • Color • Writing • Music • Nature • Imagination • Symbolic expression • Creative flow • Transforming emotion into creative work

Month IV — Inner Vision, Kundali and Consciousness

Inner Vision + Crown • 60 Hours

Module	Title	Hours
15	Perception and Self-Observation	10
16	Kundali and Symbolic Self-Knowing	15
17	Consciousness and Contemplation	15
18	Meaning and Existence	10
19	Inner Peace	10
	Month IV — Total	60

Module 15 — Perception and Self-Observation (10 hrs)

Attention • Thought • Emotional identification • Automatic reactions • Metacognition • Observation • Awareness • Witnessing • Silence

Module 16 — Kundali and Symbolic Self-Knowing (15 hrs)

Kundali is studied as a traditional symbolic framework, not as a clinical diagnostic system.

Birth information • Individuality • Twelve areas of life • Planetary symbolism • Relationships • Family • Creativity • Work • Transformation • Meaning • Solitude • Life cycles

Method:

Symbolic Map → Lived Experience → Memory → Reflection → Self-Understanding

Module 17 — Consciousness and Contemplation (15 hrs)

Awareness • Meditation • Breath • Attention • Silence • Non-attachment • Compassion • Impermanence • Ego • Self-observation

Module 18 — Meaning and Existence (10 hrs)

Meaning • Freedom • Responsibility • Mortality • Loneliness • Uncertainty • Authenticity • Suffering • Choice • Purpose

Module 19 — Inner Peace (10 hrs)

Acceptance • Emotional regulation • Grounding • Breathing • Meditation • Forgiveness • Gratitude • Compassion • Nature • Silence • Non-attachment

Month V — Integration, Cosmic Energy and Self-Knowing

All Seven Layers · 60 Hours

Module	Title	Hours
20	Seven-Layer Case Formulation	10
21	Creation of Cosmic Energy	10
22	Positive Memory → Creation	10
23	Complete Counseling Practice	15
24	Ethics and Professional Responsibility	5
25	Final Integration	10
	Month V — Total	60

Module 20 — Seven-Layer Case Formulation (10 hrs)

Every person is explored through:

Root: What affects safety? • Sacral: What is desired? • Solar: Who does the person believe they are? • Heart: How do they love and attach? • Throat: What is expressed or suppressed? • Inner Vision: What unconscious patterns operate? • Crown: What meaning does life hold?

Module 21 — Creation of Cosmic Energy (10 hrs)

“Cosmic energy” is treated as a spiritual, symbolic and experiential concept, exploring:

Nature • Interconnectedness • Wonder • Beauty • Silence • Creativity • Compassion • Meditation • Spiritual experience • Creative transformation

| *Central question: How can inner experience become creative energy?*

Module 22 — Positive Memory → Creation (10 hrs)

The person learns to transform positive memories into present creative resources:

Memory → Emotion → Awareness → Meaning → Imagination → Creation

Exercises:

Memory writing • Painting • Color • Poetry • Music • Nature observation • Contemplative drawing • Personal symbols

Module 23 — Complete Counseling Practice (15 hrs)

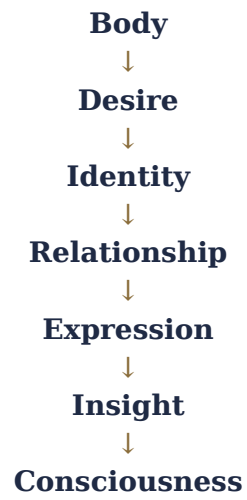
Initial meeting • History • Assessment • Case formulation • Goal setting • Therapeutic dialogue • Intervention • Review • Termination • Follow-up • Silence • Resistance • Emotional activation • Difficult conversations

Module 24 — Ethics and Professional Responsibility (5 hrs)

Confidentiality • Consent • Privacy • Boundaries • Competence • Documentation • Referral • Crisis recognition • Self-harm risk • Severe psychological disturbance • Abuse • Professional limitations

Module 25 — Final Integration (10 hrs)

Creation of an individual Seven-Layer Self Map:



Integrated with: Kundali → Yantra → Tantra → Memory → Creativity → Awareness

Part III — The Counseling Method

The counselor learns to move through five stages:

Stage	Description
1. LISTEN	Allow the person to tell their story.
2. OBSERVE	Notice emotions, repetitions, contradictions, silence and patterns.
3. UNDERSTAND	Explore developmental, relational, unconscious and existential dimensions.
4. INTEGRATE	Connect past experience with present behavior and positive personal resources.
5. CREATE	Help the person develop greater awareness, inner stability, meaning and constructive action.

Part IV — The Positive Memory Method

A central innovation of the course is that the past is not studied only through wounds.

| *The counselor asks: When did you feel most alive?*

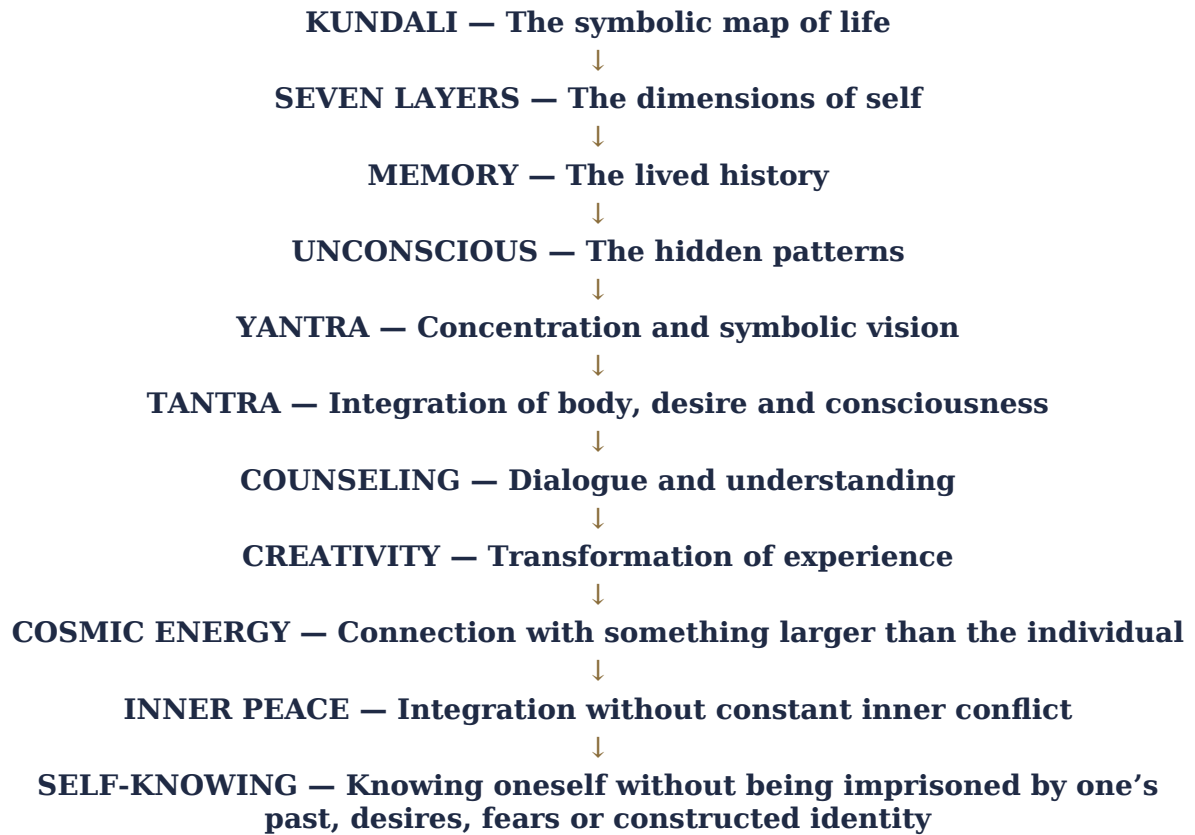
The counselor then investigates:

What happened? • Where were you? • Who was there? • What did you feel? • What did your body feel? • What quality appeared in you? • What did you learn? • Can that quality be brought into your present life?

The past becomes a source of knowledge rather than merely a source of pain.

Part V — Final Integrated Model

The entire program can ultimately be represented as one movement:



Part VI — The Self as Light

A closing chapter, held apart from the counseling and academic apparatus of the course — a contemplative reflection on the self not as a structure to be built or fixed, but as something closer to light: without a fixed center, without a permanent owner, and without edges that can finally be located.

The Metaphor of Light

Light does not accumulate. It does not carry yesterday into today. It falls, illuminates, and passes — leaving no residue of itself in what it touches. The seven layers explored through this program — body, desire, identity, relationship, expression, insight, consciousness — are not separate rooms to be furnished one after another. They are more like density: places where light is slowed, bent, or momentarily held as “a self.” To see this clearly is not to destroy the self, but to stop mistaking the shadow it casts for something solid.

Four Reflections

I. The self that is remembered is not the self that is

Memory gives the self a history and therefore a shape. But the one who remembers is already different from the one being remembered. Light illuminates the past; it is not identical with it.

II. Awareness without a center

Ordinary attention moves from a center — “I am watching this.” Choiceless awareness has no such vantage point; it is simply light falling on whatever arises, without the observer standing apart from the observed.

III. The ending of accumulation

Psychological accumulation — of hurt, of identity, of achievement — is what gives the self its apparent density and permanence. Where accumulation ends, even briefly, what remains is not emptiness but a kind of luminosity: attention with nothing left to defend.

IV. Self-knowing as light knowing itself

To know oneself, in the sense this course intends, is not to compile a final report on who one is. It is closer to light becoming aware of its own falling — aware without needing to hold on to what it reveals.

The self is not a possession to be polished or a wound to be healed alone — it is a movement of light, and the work of this course is only to see that movement clearly.

Closing Practice

Sit in stillness without seeking a result • Observe the arising of thought as light arising, not as “mine” • Notice the interval between one thought and the next • Let self-knowing remain a seeing, not a conclusion

Final Hour Distribution

Month	Theme	Hours
I	Rooted & Desiring Self	60
II	Identity & Relational Self	60
III	Expressive & Symbolic Self	60
IV	Inner Vision, Kundali & Consciousness	60
V	Integration, Cosmic Energy & Self-Knowing	60
	TOTAL — Seven Layers of Self	300

Final Educational Principle

The human being is not approached as a problem to be corrected, but as a layered consciousness to be understood. The work begins with the body and personal history, moves through desire, identity, relationship and expression, enters the unconscious and symbolic world, and gradually opens toward awareness, creativity, inner peace and self-knowing.

Recommended Resources for Reference

Supplementary material to accompany the reading, listening and viewing that runs alongside the five months of study.

Krishnamurti — Books

Freedom from the Known • The First and Last Freedom • Think on These Things • Commentaries on Living • Total Freedom • Krishnamurti's Notebook • On Living and Dying • Life Ahead

Krishnamurti — Audios

Recorded public talks and dialogues (Krishnamurti Foundation archives)

Psychology — Books

Man's Search for Meaning — Viktor Frankl • The Body Keeps the Score — Bessel van der Kolk • Man and His Symbols — Carl Jung • The Undiscovered Self — Carl Jung • Motivation and Personality — Abraham Maslow • Games People Play — Eric Berne • Attached — Amir Levine & Rachel Heller • The Road Less Traveled — M. Scott Peck

Philosophy

Books

Films

Three Colors (Trilogy) — dir. Krzysztof Kieślowski • Vicky Cristina Barcelona — dir. Woody Allen • Tamasha — dir. Imtiaz Ali • Main Vaapas Aaunga — dir. Imtiaz Ali • Ijazat — dir. Gulzar • Dil Se — dir. Mani Ratnam • Taal — dir. Subhash Ghai • Jab We Met — dir. Imtiaz Ali • Jab Harry Met Sejal — dir. Imtiaz Ali

Novel

The Sense of an Ending — Julian Barnes

Pratap Singh
www.pratapsingh.net