



SMRITI AYURVEDA MEDITATION THERAPY (SAMT) STANDARD OPERATING PROCEDURE (SOP)

**A Comprehensive Clinical and
Administrative Framework for Smriti -
Based Psychotherapeutic Practice**

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Therapeutic Innovations (SMRITI)
Kalamassery, Kerala, India**

SMRITI AYURVEDA MEDITATION THERAPY (SAMT)

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PREFACE

Smriti Ayurveda Meditation Therapy (SAMT) stands at the intersection of classical Ayurvedic wisdom and contemporary therapeutic science. At Smriti Institute, our mission is to bring structure, clarity, and scientific integrity to traditional meditative practices so they may be applied safely and effectively in modern clinical settings.

This Standard Operating Procedure (SOP) has been developed after extensive clinical observation, practitioner contributions, and conceptual refinement. It presents a comprehensive framework guiding practitioners through all stages of the therapeutic process—from establishing rapport and conducting Ayurveda Counselling Therapy (ACT), through Swapna-state meditation, Sushupti, and Turiya facilitation, to the reintegration process and follow-up. The SOP emphasizes safety, ethical responsibility, and clinical precision to ensure that every practitioner follows a uniform, evidence-informed methodology.

By implementing this SOP, we uphold our institutional commitment to making Smriti-based therapeutic meditation accessible, reliable, and professionally grounded. We expect all practitioners trained under the Smriti Institute to adhere to these guidelines to maintain the highest standards of therapeutic excellence.

Through this document, we aim to create a safe, scientifically structured, and emotionally supportive environment where clients can explore their inner experiences, transform long-standing patterns, and progress toward deeper harmony, resilience, and self-realization.

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SMRITI AYURVEDA MEDITATION THERAPY STANDARD OPERATING PROCEDURE (SOP)

Introduction

Smriti Ayurveda Meditation Therapy (SAMT) is one of the primary Ayurvedic therapeutic tools that addresses psychic and psychosomatic disorders. This is described in Ayurveda classical texts as Satvavajaya chikitsa. The introduction of training programs has led to a significant increase in doctors practicing SAMT; these practitioners rely on the Smriti Meditation text book for clinical guidance. Later, many subtle modifications were made in this practice. Therefore, it is quite necessary to introduce this Standard Operating Procedure (SOP) to convey new developments in smriti meditation practice and maintain uniformity in guidance among the practitioners.

1. Core Principles

1.1. Purpose

This document outlines the responsibilities and expectations of a physician in providing consultation services to clients suffering from psychic and psychosomatic diseases. The Standard Operating Procedure (SOP) for SAMT is designed to provide clear and comprehensive guidance on delivering effective and consistent support to individuals who may be eligible for SAMT. It details the procedures for assessing the needs of clients, accessing appropriate support services, communicating effectively with clients, ensuring confidentiality, and maintaining safety and well-being. By implementing this SOP, the physician can ensure that their clients receive timely and appropriate support, addressing their mental health needs compassionately and effectively.

1.2. Scope

The scope of an SOP in SAMT would typically include the specific procedures and protocols for providing support to alleviate abnormalities in psychic and psychosomatic levels using the SAMT technique. This may include guidelines on how to identify and assess the needs of clients, how to deliver the SAMT technique effectively, and how to tailor the approach to meet the unique needs of individual clients. The SOP may also cover procedures for monitoring and tracking client progress, as well as guidelines for addressing any issues or concerns that may arise during the course of therapy. In addition, the SOP may cover administrative procedures such as record keeping, client intake, and scheduling. It may also provide guidance on ethical

considerations such as maintaining client confidentiality and providing culturally sensitive care. The SAMT SOP will guide physicians in providing effective and appropriate care for patients' physical and mental well-being, emphasizing professional standards and ethical conduct.

2. Prerequisites

2.1. Therapy Environment and Physical Setup

A conducive therapeutic environment is essential for the success of Smriti Ayurveda Meditation Therapy (SAMT). The space should promote calmness, privacy, and uninterrupted focus for both the client and the physician.

2.1.1. Location Selection:

The therapy studio should be located in a quiet, serene area, away from traffic or other sources of noise. A naturally peaceful environment enhances relaxation and receptivity.

2.1.2. Soundproofing:

The studio must be adequately soundproofed using insulation or acoustic panels to minimize external disturbances. A quiet space ensures that clients can remain undisturbed during the meditation process.

2.1.3. Seating Arrangement:

A comfortable semi-sleeper couch or recliner should be provided in a supine position. The couch must be ergonomically designed to support the client's body, maintaining comfort throughout the session. Soft cushions and light blankets can be added to promote physical ease and relaxation.

2.1.4. Privacy and Visibility:

The therapy space should ensure the client's privacy without creating a sense of isolation. This can be achieved by using translucent partitions or glass panels that maintain visibility while preserving confidentiality and safety.

2.1.5. Lighting:

Soft, diffused, or dimmable lighting should be used to create a peaceful ambience. Natural light filtered through curtains is preferable. Harsh or flickering lights must be avoided, as they can distract or overstimulate the client.

2.1.6. Temperature Control:

The room should be well-ventilated with a controlled, comfortable temperature. Air conditioning, fans, or climate control systems can be used as needed to maintain a pleasant and fresh atmosphere.

2.1.7. Gender Sensitivity:

If the client expresses discomfort working with a physician of the opposite gender, their preference should be respected. Options for both male and female doctors should be available. This ensures comfort, dignity, and emotional safety during therapy.

2.1.8. Time Management:

Sufficient time should be allotted for each session, including preparation, meditation, and reintegration. The process should never be rushed. An unhurried approach promotes deeper relaxation and a more effective therapeutic outcome.

2.2. Documentation Before Therapy:

Proper documentation prior to therapy ensures transparency, ethical compliance, and professional accountability. It also helps in establishing clear communication and informed consent between the client and the physician.

2.2.1. Patient Information Sheet (PIS):

The PIS serves as an introductory document outlining the clinic's policies, procedures, and contact details. It includes the name and address of the clinic, hours of operation, and means of communication. It also informs the client about their rights—confidentiality, informed consent, and access to records—and their responsibilities during therapy. It further details appointment scheduling, payment policies, complaint mechanisms, and guidelines for follow-up care or referrals. The PIS must be written in clear, simple language to ensure client understanding.

2.2.2. Consent Form:

Before beginning SAMT, each client must sign a consent form acknowledging that they have been informed of the therapy's nature, expected benefits, potential risks, and their right to discontinue at any time. The consent form ensures voluntary participation and legal-ethical compliance.

2.2.3. Case Record Form:

A case record form should be created for each client. It includes demographic information, medical and psychological history, and

details of the presenting problem. It will serve as the foundation for progress tracking and session documentation. These documents collectively safeguard the client's rights and ensure structured, transparent management of the therapy process.

2.3. Ethical and Professional Readiness:

The success of SAMT depends greatly on the ethical and emotional readiness of the physician. The physician must maintain a calm, balanced state of mind and demonstrate compassion, patience, and confidentiality at all times. All client-related information must be handled with utmost discretion. Regular personal meditation practice is recommended for all physicians conducting SAMT sessions. It helps maintain satva, enhances empathy, and ensures that the physician remains a centered and trustworthy guide for the client.

3. Administrative Procedures in Smriti Ayurveda Meditation Therapy (SAMT)

3.1. Client Intake Procedure

The client intake process marks the formal initiation of therapy and establishes a foundation of trust and clarity between the doctor and the client.

3.1.1. Initial Enquiry and Appointment:

Clients may reach out through phone, WhatsApp, email, or direct walk-in. The administrative staff should promptly provide essential information about SAMT—its scope, process, session duration, and preparatory requirements.

3.1.2. Preliminary Screening:

Before confirming appointments, a short screening—either telephonic or online—should be conducted to understand the client's concerns, readiness for meditation, and general suitability for SAMT.

3.1.3. Registration and Case File Creation:

On the first visit, the client completes a Registration Form that includes demographic details, medical and psychological history, and the nature of the presenting issue. A unique case record number is assigned, and a case file is created containing:

- The signed Consent Form and Patient Information Sheet (PIS)
- The Case Record Form with assessment data
- Session Summary Sheets for each therapy session
- Notes on communication, follow-ups, and feedback

3.1.4. Assignment of Doctor:

A suitable physician is assigned based on the nature of the client's issue, gender preference, and availability, ensuring therapeutic compatibility and comfort.

3.2. Record Keeping

Accurate and confidential record keeping is vital to maintain continuity, quality, and ethical integrity in SAMT.

3.2.1. Case Record Maintenance:

Every session should be documented in detail, including the client's psychological, emotional, and physical experiences during ACT and SMT phases. The physician should record significant events, client responses, and therapeutic observations.

3.2.2. Progress Documentation:

Progress notes must include both objective and subjective outcomes—such as emotional relief, cognitive clarity, behavioral changes, insight formation, and improvements in physical symptoms. Each progress entry should be directly linked to the specific therapeutic interventions used.

3.2.3. Confidentiality and Data Protection:

All records must be strictly confidential. Physical files are to be stored in locked cabinets with restricted access. Digital files should be password-protected, encrypted where possible, and backed up regularly to prevent data loss.

3.2.4. Outcome Evaluation Reports:

Upon completion of a therapy cycle, a summary report should be prepared highlighting the client's progress, insights gained, residual issues, and recommendations for future sessions or follow-up care.

3.2.5. Archival Policy:

Records should be preserved for at least five years following the conclusion of therapy and disposed of securely thereafter, maintaining confidentiality throughout the process.

3.3. Scheduling and Time Management

Effective scheduling ensures that each SAMT session unfolds smoothly and efficiently.

3.3.1. Session Duration:

Each SAMT session typically lasts 90-120 minutes, providing sufficient time for pre-session preparation, guided meditation, reflective dialogue, and post-session documentation.

3.3.2. Number of Sessions:

Generally, three to five sessions are sufficient to bring about notable emotional and physical improvements. However, the total number may vary based on the nature, depth, and chronicity of the problem.

3.3.3. Session Spacing and Flexibility:

There are no strict rules regarding follow-up intervals. The schedule should be individualized based on the seriousness and acuteness of the condition.

- Typically: The second session should be conducted within 2-3 days of the first.
- Subsequent sessions are spaced over approximately one month, totaling about five sessions.
- The doctor decides the final schedule after evaluating progress and readiness.

3.3.4. Long-Term Benefits:

There is no upper limit for repeating SMT sessions. Each additional session contributes to enhanced self-awareness, emotional stability, and overall personality development.

3.3.5. Appointment Confirmation and Punctuality:

Clients should receive reminders 24 hours prior to their appointment via call or message. Both the physician and client should maintain punctuality, and a 15-minute buffer is recommended between sessions for documentation and energetic resetting.

3.3.6. Emergency or Walk-In Sessions:

If a client experiences acute emotional distress, an emergency session may be arranged at the doctor's discretion, provided it does not interfere with prior appointments.

3.4. Communication and Follow-Up Coordination:

Smooth communication between the clinical and administrative sides ensures consistency and continuity of care. The administrative staff should coordinate scheduling, reminders, and follow-ups, keeping both the client and physician informed. Feedback, complaints, or special requests must be documented and confidentially conveyed to the concerned physician for resolution. A structured follow-up tracking system should be maintained to ensure continuity of care, especially for clients receiving long-term or periodic therapy.

4. Qualifications and Competencies Required of the Guiding Doctor in Smriti Meditation Therapy (SMT)

Smriti Meditation Therapy requires a guiding doctor who can support the client through subtle layers of consciousness with clarity, stability, and deep sensitivity. The following competencies, qualities, and states of preparedness are essential for any doctor facilitating SMT. While these qualities can be cultivated over time, they form the foundational framework for safe, effective, and transformative therapeutic practice.

4.1. Experience in Meditation

The guiding doctor must have sustained personal experience in meditation. Direct practice enables the doctor to:

- Understand the nature of inner experiences that arise during SMT.
- Recognize the subtleties of visuals, sensations, emotions, and shifts in consciousness that the client reports.
- Maintain inner steadiness, allowing accurate interpretation of the client's meditative processes.

Without firsthand meditative experience, it is difficult to confidently and safely guide a client into deeper states of swapna, sushupti, turiya. Regular meditation also refines intuitive clarity and therapeutic presence.

4.2. Empathy and Emotional Attunement

- A strong therapeutic rapport is central to SMT. Empathy ensures that:
- The client feels emotionally safe, understood, and supported.
- Communication flows naturally, reducing resistance and enhancing receptivity.
- The guiding doctor can mirror, validate, and respond to emotional experiences with sensitivity.

Genuine empathy allows the client to relax and stay open to inner exploration.

4.3. Inner Harmony and Emotional Stability

The emotional state of the guiding doctor significantly influences the client's meditative experience. Therefore, the doctor must:

- Maintain emotional balance and avoid transmitting stress, agitation, or negativity to the client.
- Possess the ability to remain grounded even when the client experiences intense emotions or challenging inner experiences.
- Preserve satva through regular meditation and self-regulation

practices, ensuring clarity and inner harmony.

This stability acts as a secure anchor throughout the therapeutic journey.

4.4. Respect for the Individual Self

In SMT, each individual is regarded as inherently capable of inner healing and self-realization. The guiding doctor must therefore:

- Respect the client's autonomy, individuality, and inner wisdom.
- Avoid giving advice or imposing interpretations.
- Facilitate a process in which the client's own insights, understanding, and solutions naturally surface during meditation.

When the mind moves beyond emotional layers and touches deeper consciousness, spontaneous revelations arise—these are more meaningful than externally suggested solutions.

4.5. Listening Skills

Listening in SMT requires attentiveness to both the explicit and subtle layers of communication. The guiding doctor should:

- Listen with full concentration, patience, and non-judgment.
- Observe how casual comments, tone changes, gestures, or spontaneous expressions may provide clues about deeper issues.
- Maintain continuous awareness throughout ACT and SMT phases to recognize clinically significant patterns.

Deep listening allows the doctor to understand the client's narrative in its entirety.

4.6. Power of Observation

During meditation, verbal and non-verbal communication together form the basis of assessment. The guiding doctor must accurately observe:

- Muscle tension or relaxation
- Body posture and movements
- Breathing patterns and rhythm
- Eye and lip movements
- Facial micro-expressions
- Changes in the complexion or skin tone

These observations help the doctor assess the depth of the meditative state, identify emotional shifts, and recognize transitions between Jagrit, Swapna stages, sushupti, and turiya.

4.7. Knowledge of Ayurveda Psychotherapy

A strong foundation in Ayurveda psychotherapy helps the guiding

doctor to:

- Understand the functioning of manas through classical Ayurvedic principles.
- Assess emotions, their combinations, and their impact on mental and psychosomatic processes.
- Interpret experiences emerging in swapna through the lens of Satvavajaya chikitsa, gunas, and mental constitution.

This knowledge enriches the therapeutic process and strengthens clinical judgment.

4.8. Knowledge of Health and Diseases

General clinical awareness is essential for safe and responsible SMT practice. The guiding doctor must:

- Understand the physical context of symptoms described during ACT or emerging during SMT.
- Recognize when physical symptoms might indicate medical conditions requiring medical management or referral.
- Appreciate that the highest form of health is achieved when consciousness rests in its natural, balanced seat (Swastha).

This ensures clarity about when SMT is appropriate, when supplementary interventions are needed, and when multidisciplinary care is beneficial.

5. Smriti Ayurveda Meditation Therapy - Procedure SOP

5.1. Establishing Rapport

Establishing rapport is the foundation of Smriti Ayurveda Meditation Therapy (SAMT). It ensures emotional safety, promotes open communication, and prepares the client for deeper exploration of subconscious processes.

5.1.1. Warm Welcome

The guiding doctor greets the client warmly, using their name, while maintaining a professional, compassionate, and grounded demeanor to set a tone of trust and openness.

5.1.2. Active Listening and Empathy

Through active listening, eye contact, empathetic nods, and non-judgmental presence, the doctor encourages open sharing. This facilitates emotional safety and promotes the client's willingness to express deeper layers of their problem.

5.1.3. Trust and Confidentiality

The doctor assures complete confidentiality and briefly explains the

therapeutic process. This fosters trust and enhances the client's comfort in engaging with deeper personal material.

5.1.4. Use of Open-Ended Questions

Reflective statements and open-ended questions are used to encourage elaboration, promote clarity, and allow the client to express the nuances of their experience.

5.1.5. Ongoing Rapport Maintenance

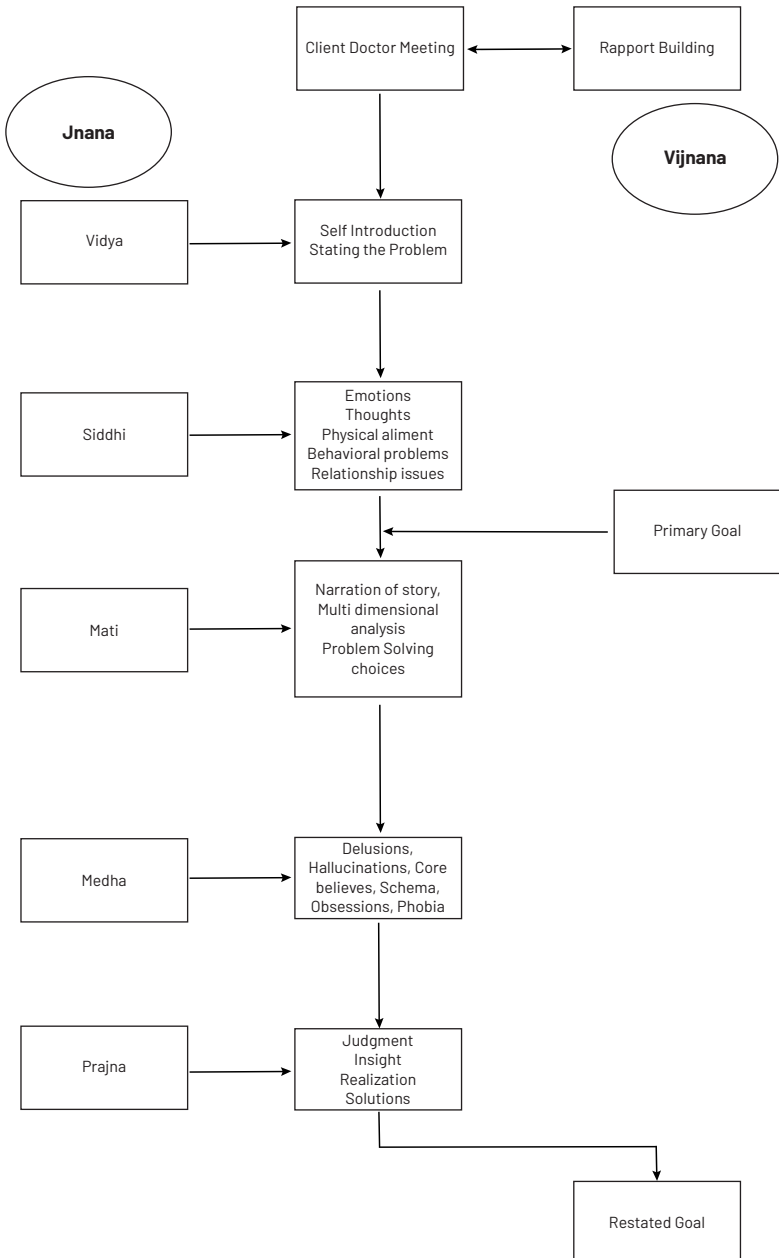
Rapport is not a one-time step; it is maintained throughout the therapy process. Consistent warmth, authenticity, and empathic engagement support long-term therapeutic success.

5.2. Ayurveda Counselling Therapy (ACT)

Ayurveda Counselling Therapy (ACT) is founded on the principles of Jnana and Vijnana, forming the intellectual and experiential with philosophical basis of Satvavajaya therapy. ACT allows for the structured, logical expansion of the client's problem, leading to comprehensive awareness and clarity. This facilitates accurate goal setting and prepares the client for the deeper meditative stages of SAMT.

5.2.1. ACT Flow: Overview

ACT- Flow Chart



As outlined in the flowchart, the therapeutic process begins with the initial client-doctor meeting, where the client introduces themselves and presents the primary concerns. Vidya - the first interaction involves gathering accurate information from the client regarding identity, previous diagnoses, and relevant assessments. This is followed by an open-ended dialogue designed to explore disruptions in Siddhi-encompassing emotional, cognitive, physical, behavioral, and interpersonal functioning. Before beginning the detailed exploration of Siddhi impairments, the doctor facilitates a brief primary goal-setting process (Vijnana), helping the client express what changes they believe would improve their health, happiness, and overall well-being.

The conversation then progresses to a stage of logical analysis (Mati), wherein the clinician encourages the client to narrate the developmental history of the problem through a chronological recounting of significant life events. At this level, the clinician employs reflective and probing questions to access deeper layers of the issue. This structured approach facilitates cognitive engagement in the client-enabling processes such as analysis, integration, pattern recognition, association, internal debate, and the evaluation of multiple perspectives, ultimately supporting the emergence of appropriate solutions from the range of options explored.

At the subsequent level-Medha-the process advances into the deeper strata of consciousness, where unconscious impressions and rigid inner constructs are examined. The clinician supports the client in uncovering core beliefs, blind faiths, fixed schemas, obsessions, delusions, hallucinations, and underlying attitudes that shape their view about the self, others, and the world around. This exploration facilitates the refinement and realignment of these deeply held, often unexamined beliefs, enabling relief from persistent emotional, cognitive, and behavioral disturbances.

Upon recognizing the inaccurate knowledge, maladaptive behaviors, and misguided beliefs that have influenced the logical processing of the problem, the client experiences enhanced cognitive clarity, often accompanied by the emergence of new insight or revelation. This stage, referred to as Prajna, facilitates the individual's progression toward higher Satvic states of mind.

5.2.2. ACT Questionnaire

The Ayurveda Counselling Therapy (ACT) Questionnaire is a structured clinical tool designed to guide the client and doctor through a systematic exploration of the presenting problem using the classical framework of Vidya, Siddhi, Mati, Medha, and Prajna. More than a mere

information-gathering format, it functions as a powerful therapeutic instrument that enables deep awareness, cognitive clarity, emotional integration, and insight formation.

The ACT process unfolds in two complementary levels:

Part 1 - ACT Screening Questionnaire

- This preliminary set of questions helps identify where the primary disturbance lies-whether at the level of Vidya (accurate knowledge), Siddhi (functional impairment), Mati (logical processing), Medha(deep beliefs), or Prajna(insight).
- Through open-ended exploration, the doctor gains a clear picture of the client's concerns, patterns of suffering, and the initial direction for intervention.

Part 2 - ACT In-Depth Questionnaire

- Once the screening process reveals the level at which the core problem is rooted, the in-depth questionnaire focuses on that specific domain-carefully deepening the exploration.
- This targeted enquiry brings unconscious patterns into awareness, clarifies rigid beliefs, and strengthens logical reasoning, enabling the client to move toward higher cognitive organization and emotional balance.

Therapeutic Capability of the ACT Framework

Each ACT component carries a distinct therapeutic value:

- Vidya corrects misinformation, fragmented narratives, and unclear self-perceptions.
- Siddhi expands awareness of physical, emotional, cognitive, behavioral, and relational impacts.
- Mati guides logical elaboration, helping the client organize experiences and understand patterns.
- Medha uncovers deeper belief systems, blind spots, and hidden emotional templates.
- Prajna facilitates the emergence of insight, clarity, and a new understanding of the problem.

By progressing through these stages, the ACT Questionnaire becomes a transformative process, not just an assessment method.

How the ACT Questionnaire Leads to Therapeutic Outcomes

- The screening questionnaire identifies where the disturbance is located within the layers of mind.
- This diagnostic clarity allows the doctor to select the precise level

(Vidya, Siddhi, Mati, Medha, or Prajna) that requires deeper exploration.

- The in-depth questionnaire then works through that specific level, enabling the client to:
 - narrate their story more coherently,
 - recognize patterns and contradictions,
 - process emotions and beliefs,
 - uncover root causes, and
 - generate insight naturally.

This stepwise progression steadily moves the client toward a Sattvic (balanced, clear) state of mind, which is essential before entering the SMT process.

Integration with Secondary Goal Setting

Once clarity is achieved through Vidya - Siddhi - Mati - Medha - Prajna, the client naturally reaches a state where goal setting becomes more accurate and meaningful. The secondary Vijnana stage refines these goals, ensuring that the barriers to progress are clearly identified and the therapeutic direction is aligned with the highest possible outcome.

5.2.3. Part 1- ACT Screening Questionnaire

a. Vidya

- Please introduce yourself.
- Provide details of any previous diagnoses, tests, or assessments relevant to your current concern.

b. Siddhi

- In what ways has your present problem affected your physical and mental health?
- How have these difficulties impacted your daily activities and behaviors?
- How has your current problem influenced your relationships at home and within society?

c. Primary Goal Setting (Vijnana)

- What specific changes do you believe would help you achieve greater happiness and improved health?

d. Mati

- Please describe, in detail, the problems you are experiencing, starting from when they first began.
- Can you recall and describe a particular situation or incident when these problems were evident?

- How do you anticipate these problems may affect you in the future?

e. Medha

- Explain your current understanding, perspective, and underlying beliefs regarding your issue.

f. Prajna

- What new realizations or insights have you gained about the issues during our discussion?

5.2.4. Part 2 – ACT – In-depth Questionnaire

a. Vidya

- Verify the confusing information provided by the client to check whether it is truthful, factual, and requires no further additions (if needed, cross-check the correctness of the information given by the client with bystander).
- Client's orientation and memory if seem to be impaired, cross-check the awareness about time (year/season/date/day/month) and place (location of workplace, stay, and public utilities).
- Cognitive Correction through medical advice/referral to experts.

b. Siddhi

- Physical symptoms- Kinesthetic awareness – Can you describe in detail the nature and characteristics of the discomfort you are experiencing in your body?
- Thoughts – Thought awareness – What thoughts usually arise when you experience this physical discomfort?
- Emotions – Emotional awareness expansion – In what ways do your emotions influence your thoughts and bodily sensations?
- Behaviors – Behavioral observation – When your thoughts and emotions affect your body, how does this influence your actions or behaviors?
- *Clinician Guidance:*
 - Facilitate awareness by linking physical symptoms, thoughts, emotions, and behaviors.
 - Observe whether the client can recognize these interconnections spontaneously or needs gentle prompts.
 - Encourage expression in the client's own words before offering interpretations.
- *Collaborative Footnote:* Doctor and client together explore the connections between body, mind, and behavior to deepen

awareness of how symptoms are interlinked.

c. Mati

- Narration / Story - Based on the summary of your life experiences as I have understood them (guide has to summarize the history of the problem to the client with empathy reflections), do you feel that anything important is missing or overlooked?
- How would you prioritize the issues we have discussed so far?
- Problem Analysis - What possible options or alternatives do you see available for addressing your current problems?
- Capacity to Identify the Root Cause - Now that we have examined the details together, what do you think might be the root cause or origin of this problem?
- Predictive Knowledge - What positive changes do you anticipate in your life once this problem is effectively addressed?
- Clinician Guidance:
 - Encourage narration of the client's story, checking for chronological clarity and completeness.
 - Guide the client in prioritizing problems without imposing external judgment.
 - Use open-ended prompts to build a broader perspective while respecting the client's insights.
 - Collaborative Footnote: Doctor and client collaborate in analyzing problems, identifying
 - possible root causes, and envisioning potential change.

d. Medha

- Can you describe any strong beliefs or assumptions you hold about yourself, others, or the world that may be influenced by your subconscious mind?
- After reflecting on your experiences in detail, do you notice any abnormal or deeply hidden thoughts, emotions, or feelings in your mind?
- Do you feel that people around you ever notice abnormalities in your thoughts, emotions, actions, behaviors, or beliefs?
- Clinician Guidance:
 - Explore blind beliefs, schemas, and subconscious influences shaping the client's perspective.
 - Pay attention to recurring patterns in the client's narrative (e.g., themes of rejection, mistrust, or failure).
 - Note subtle, blind spots that the client may not be aware of, and

gently bring them into awareness.

- *Collaborative Footnote:* Both doctor and client should work together to recognize hidden patterns or blind areas that may otherwise remain unnoticed—for example, repetitive behaviors such as frequent hand washing.

e. *Prajna*

- Looking back at everything we discussed, what new understanding or realization have you gained about your problem?
- In what ways do you feel more clarity or confidence about handling your issue now?
- How might these insights guide you toward healthier choices and a more balanced life?
- *Clinician Guidance:*
 - Support the client in articulating insight and clarity rather than supplying interpretations.
 - Reinforce new realizations with positive reflection, linking them back to earlier discussions (Vidya - Siddhi - Mati - Medha).
 - Encourage the client to translate insights into concrete steps for personal growth.
- *Collaborative Footnote:* Doctor and client jointly recognize new insights as a sign of progress and use this awareness to shape healthier perspectives and choices.

5.3. Secondary Goal Setting (Vijnana)

After gaining awareness of the problem through the tools of Vidya, Siddhi, Mati, Medha, and Prajna, the client will now be able to refine their goals with greater clarity. The purpose of this stage is to sharpen the goals in such a way that the obstacles blocking the path to the final objective can be removed. At this point, the client is encouraged to restate their goal with anticipated changes, reflecting both the insights gained and the challenges identified.

- *Client Questions:* Based on the awareness you have gained through our discussions, what changes would you like to see within yourself that could help you feel happier, more comfortable, and healthier?
- *Clinician Guidance:*
- Help the client sharpen and clarify goals in achievable and realistic terms.
- Encourage the client to identify specific barriers that may hinder progress.

- Guide the client to reformulate goals in a way that aligns with both immediate needs and long-term aspirations.
- Collaborative Footnote: Doctor and client together refine the stated goals, ensuring they address potential hurdles and support a clear path toward the final objective.

5.4. Dhairya (Deep Relaxation)

5.4.1. Introduction

After gaining detailed awareness of problems at the jagrat or wakeful level, the next step in the journey toward the final goal is to move into deeper layers of consciousness – swapna, sushupti, turiya. To make this transition possible, the client must first be guided into deep relaxation. Dhairya techniques create a state of calmness in both body and mind, reducing distractions and opening the path to inner exploration.

5.4.2. Procedure

1. Seating and Preparation

- Ask the client to sit comfortably on a semi-sleeper couch with eyes gently closed.
- Encourage them to let go of unnecessary body movements.

2. Awareness of Surroundings

- Begin by noticing the sounds inside and outside the room.
- Then, gently guide attention to the temperature, smell, and air movement around.

3. Body Awareness

- Ask the client to expand awareness to their body posture.
- Notice the touch of the seat, clothes, and the heaviness of the body pressing down.

4. Progressive Relaxation (Body Scan)

- Slowly guide awareness from feet, ankles, calves, knees, thighs, hips and pelvis.
- Pause to notice any discomfort, pain, or spasm, but without resistance.
- Move awareness up through the back muscles, spine, abdomen, and chest.
- As chest awareness deepens, observe the natural rhythm of breathing.
- Invite attention to the heartbeat, feeling its steady rhythm.
- Shift awareness to the shoulders, arms, and fingertips, allowing

them to release all tension.

5. Deepening Mental Calmness

- Once the body is fully relaxed from toes to neck, the mind naturally quiets down.
- The client may observe thoughts appearing and disappearing.
- With patience, a state of "no-thought" awareness may begin to evolve.

6. Bringing Back the Goal

- At this depth of relaxation, the doctor may gently remind the client to bring their personal goal back into awareness.
- This goal will now be held with deeper clarity before moving into induction techniques.

Note for Doctor

- Initially, the doctor actively guides the client through each step.
- Later, the process should shift towards reflection of the client's own experiences, allowing self-discovery and subconscious alignment.

5.4.3. Dhairya (Deep Relaxation)– Script for Doctor

- *"Please sit comfortably on the recliner and gently close your eyes."*
- *Awareness of Surroundings*
- *"Now... just notice the sounds around you... without judging them, simply notice."*
- *Notice the feel of the air on your skin... the temperature... and any smell in the room."*
- *Allow to be aware of all these experiences ... while you remain calm and aware."*
- *Awareness of the Body*
- *"Bring your attention now to your body."*
- *Notice how your body is resting on the chair... the touch of the seat... the clothes on your skin."*
- *Feel the gentle heaviness of your body pressing down."*
- *Progressive Relaxation*
- *"Now, slowly bring your attention to your feet... simply notice them."*
- *Observe how the feet relaxes... the ankles... the calf muscles... and knees."*
- *Feel the changes in thighs, hips, and pelvis."*
- *Since both the legs are deeply relaxed you may observe any discomfort, spasm, pain, if any, that may disturb the relaxation"*

process.

- *Move your attention to your back... your spine... Observe how loosened and released they are.*
- *Notice your abdomen rising and falling... your chest gently expanding as you breathe.*
- *Feel the breath calming you....*
- *Now, bring your awareness to your heart... simply feel the rhythm of your heartbeat.*
- *Shift to your shoulders... allow them to let go of all tension...*
- *and let the relaxation flow down into your arms... all the way to your fingertips."*
- *Calming the Mind*
- *"As your whole body relaxes... from toes to head...*
- *your mind becomes more peaceful, more quiet.*
- *Notice the thoughts as they come and go....*
- *Simply observe them... until the space between thoughts becomes wider... and calmer.."*
- *Bringing in the Goal*
- *"Now, in this calm state... gently bring to your mind the goal and see once you achieve the goal how life will be."*

At this point of time the client will be ready to transcend further into the subtle layers of swapna, the doctor should use appropriate induction technique to lead the client to the deeper layers of swapna.

5.5. Smriti Meditation Therapy (SMT)

Smriti Meditation Therapy (SMT) is the most significant tool in problem-solving. After completing Dhairya (deep relaxation), the client's consciousness naturally settles into a more subtle layer. At this point, it is important to preserve this subtle state and gradually deepen it. This helps the client explore and clear hidden hurdles and emotional blocks, and continue the journey towards the deeper states of sushupti and turiya. To lead the client further into the deeper state of swapna, the doctor may use appropriate induction methods. Once this state is attained, it becomes crucial to sustain it for therapeutic work. In this subtle space, the client naturally experiences refined sensory impressions, which can connect with deep-rooted memories. By applying the eight retrieval methods of smriti, the client's unresolved memories and emotional blocks can be brought to the surface, explored, and gradually cleared away.

5.5.1. Induction Methods

After the completion of Dhairya, the client's consciousness rests in a subtle and receptive state. At this stage, induction methods are employed to gently guide the client into the swapna state.

1. Natural - The doctor may guide the client to simply notice what is present in that moment, allowing the natural flow of experience itself to serve as an induction pathway.

2. Images - Visualization is the most predominant sensory modality. Requesting the client to imagine a specific picture or object (e.g., a flower or a mountain) often becomes the most effective induction technique.

3. Kinesthetic - By expanding awareness on bodily symptoms such as pain, heaviness, pressure, spasm, or numbness, deeper psychological roots underlying the symptoms may be uncovered, utilizing these sensations as an induction tool.

4. Emotional - Tracing the trajectory of an emotional state can serve as a direct and effective tool for induction into deeper subconscious layers.

5. Recall - Recall functions as a versatile induction method in two contexts:

- Recollecting the lived experience of a previous meditation session.
- Revisiting the memory of a dream and engaging with it therapeutically.

5.5.2. Induction Skills

The following principles and practical guidelines enhance the quality and depth of induction:

1. Preliminary Trials with Eyes Open: Conduct short trials during the ACT phase to gently prepare the client for deeper induction once the eyes are closed.

2. Providing Prior Orientation: Briefly explain the stages of the swapna state before commencing induction to reduce uncertainty and create receptivity.

3. Voice Modulation: Modulate tone, pace, and rhythm to signal the transition into a subtler, inward-focused state.

4. Flexibility with Induction Methods: Encourage clients to follow naturally emerging images, sensations, or experiences, rather than rigidly adhering to the initial suggestion.

5. Language Selection: Employ words that encourage internalization

and depth (e.g., deep, inside, underground) and experiential terms (e.g., experience, feels, realization). Avoid logical or analytical words (e.g., analyze, think, discuss).

6. Managing External Distractions: Subtly acknowledge distractions and guide the client to expand awareness of them. By doing that the client transcends to the next subtle awareness.

7. Preventing Sleep During Induction: Address fatigue or subconscious suppression by:

- a. Increasing the frequency of interactions to sustain engagement.
- b. Allowing a short nap, with a prior suggestion that the client will awaken refreshed.
- c. Interrupting the session, engaging in brief conversation, and then resuming induction.

8. Non-Cooperation Due to unwillingness: It is advisable not to proceed further with the induction process if a client remains non-cooperative due to lack of willingness.

5.5.3. 'Ashta Smriti' Guidance

Once the client is induced into Swapna, the guidance of the eight techniques mentioned in Caraka Samhita—collectively called Ashta Smriti—can be applied to facilitate smooth traversal into the realms of deep memory.

1. Perception of Cause (Nimitta): When the guide directs the client to perceive visual, emotional, kinesthetic experiences from multiple dimensions, eventually that may reveal the root cause. (e.g., asking "Why does the child appear so sad?").

2. Perception of Form (Rupagrahana): Link symbolic imagery (e.g., "climbing a mountain with heavy rocks") to a real-life parallel (e.g., a financial or relationship crisis).

3. Similarity (Sadrsya): Identify whether a disturbing image (e.g., a threatening figure) resembles anyone from their life to reveal hidden associations.

4. Contrast (Viparyaya): Utilize the abrupt emotional contrast between a pleasant memory and a painful one to bring unconscious conflicts into awareness.

5. Enhancement of Satva (Satvanubandha): Encourage non-judgmental observation after negative impressions are released, allowing new impressions and memories to emerge spontaneously.

6. Repetition (Abhyasa): Guide the client to access the Swapna state more readily through repeated practice, facilitating quicker entry into deeper meditative levels.

7. Collective Knowledge (Jñānayatogā): Guide the meditator to revisit past memories with fresh insight (Prajñā), thus enabling reinterpretation and integration.

8. Repeated Hearing (Punahśrutat): Gently and repeatedly direct the client's awareness back to an avoided painful memory to facilitate its confrontation and processing.

5.5.4. Tips for Doctors Guiding Clients into Deeper Swapna

1. Provide Reflection of Experience: Encourage clients to express all emerging feelings, thoughts, and actions. Frame reflection statements to resonate deeply and strengthen awareness.

2. Work with Dissociated Ego States: Encourage the client to let different parts of the self (e.g., younger/older versions) talk to each other and share their views.

3. Facilitate Witnessing of the Self: Guide the client to simply watch their thoughts, images, and emotions as an observer, creating gentle distance for understanding and processing.

4. Engage with the Internal World: Encourage the client to step into the scene and live it, feeling their emotions and sensations as if they are happening right now for a more real and meaningful process.

5. Normalize and Embrace Discomfort: Encourage the client to stay with unpleasant feelings (e.g., heaviness in the chest). Allowing and exploring them leads to relief and insight.

6. Expand Body Perception: Guide the client to stay with experiences where the body feels uneven or split (e.g., one side young/one side old) to deepen their understanding of self.

7. Observe the Inner Silence: Support the client as they naturally enter the Sushupti state, allowing ample time for the thought-free, silent space which is deeply restorative.

8. Foster Trust and Safety: If the client pauses due to intense emotional turbulence, gently reassure them that the process is safe and meaningful to restore trust and facilitate re-engagement.

5.5.5. Levels of Swapna Consciousness

- The stages of Swapna can be classified into four progressive levels, compared to a space launch:
- Jagrit - The Launch Pad: The initial, wakeful state where the individual is fully conscious; therapy begins here.
- Swapna Stage I: Lighter state; awareness shifts, client experiences daydream-like imagery, early memories, or bodily sensations.

- Swapna Stage II: Consciousness deepens, allowing clear images; Jagrit mind still interferes, attempting to analyze or control the process.
- Swapna Stage III: Experiences become more spontaneous and vivid (sudden images, voices, strong emotions) with frequent distractions.
- Swapna Orbit: The most profound level, where the client enters an uninterrupted flow of images, emotions, and sensations; the therapeutic orbit of Swapna consciousness.

5.5.6. A Successful Smriti Meditation: From Waking to Transcendence

- A successful Smriti meditation session involves smooth progression through stages, culminating in inner peace and transcendence.

Stages of a Successful Session

- Smooth Induction: Guiding the client from wakefulness into relaxation, preparing the mind and body.
- Collective Experience: Client experiences a continuous stream of subtle images, sensations, and emotions.
- Overcoming Barriers: Doctor supports the client in navigating visual or bodily blocks, accessing the subconscious.
- Entering Sushupti: The client moves into the silent, thought-free awareness state.
- Transcending to Turiya: The ultimate goal; the fourth and highest state of consciousness.

The State of Sushupti

- Characteristics: The client transcends sensory perceptions and ordinary mental activities. Thought processes diminish, creating a space for deep rest and silence.
- Therapeutic Value: Silence allows unresolved emotions and mental patterns to dissolve, preparing the ground for higher consciousness.
- Experience: May be described as "blank yet blissful," a restorative pause.

The State of Turiya - The Outcome of Meditation

- The pinnacle of the meditative process, the state of pure consciousness.
- Key Features of Turiya:
 - Enlightenment & Insight: Deeper understanding of self and concerns.

- Immense Happiness: A spontaneous experience of inner joy and pure energy.
- Clarity of Solutions: Clients gain direct clarity or novel perspectives on their problems.

5.5.7. Returning to Jagrit - Concluding the Session

- Emerging from Meditation
- The doctor gently guides the client back to Jagrit (normal wakeful state) using gradual prompts such as:
- Asking the client to deepen their breathing.
- Encouraging awareness of physical sensations in the body.
- The client is encouraged to share what they saw, felt, or understood.
- On the basis of this realization, ask the client to look back to the goal.
- The doctor facilitates connecting the insights to practical steps in daily life.
- Slowly inviting them to open their eyes.
- A short dialogue ensures that realizations are anchored as part of their healing journey.

5.5.8. Factors Affecting the Outcome

1. Client-Related Factors: An uncooperative client, difficulty in focusing, or excessive logical thinking and talking can obstruct progress. An overactive mind often prevents entering deeper meditative states.

2. Doctor-Related Factors: Insufficient guidance or "improperly processed ACT steps" can significantly reduce the depth and quality of meditation.

3. External Factors: Environmental disturbances, noise, or distractions can disrupt the process. A calm and quiet setting is crucial.

5.5.9. Handling Premature or Incomplete Sessions

If a session concludes without reaching Sushupti or Turiya:

- Find a Positive Note: The doctor highlights even minor beneficial experiences-such as a moment of relaxation or an image that appeared.
- Avoiding Disappointment: By acknowledging progress, the client is reassured that the session was meaningful.
- Rare Negative Situations: If no positive impressions can be

identified, the doctor calmly ends the session, engages the client in brief conversation, and suggests a follow-up session soon.

5.5.10. Follow-Up After a SMT Session

The continuation of therapy depends on the client's condition, depth achieved, and the doctor's assessment.

1. Number of Sessions: In most cases, 3 to 5 sessions are usually sufficient to bring noticeable changes.
2. Flexibility in Scheduling: No strict rule for follow-up dates. Frequency depends on the seriousness and acuteness of the client's problem. The doctor decides the schedule after considering the client's progress and readiness.
3. Suggested Pattern: The second session is ideally conducted within 2 to 3 days of the first. Subsequent sessions may be spaced across a month, usually around five sessions in total during that period.
4. Long-Term Benefits: There is no upper limit to repeating SMT sessions. Each session contributes to enhancing self-awareness, emotional balance, and overall personality growth.

6. Conclusion

The Standard Operating Procedure (SOP) for Smriti Ayurveda Meditation Therapy (SAMT) provides a comprehensive, structured, and ethically grounded framework that integrates the principles of Ayurveda psychotherapy with the transformative potential of meditative exploration. Beginning with Ayurveda Counselling Therapy (ACT), the SOP ensures a thorough understanding of the client's concerns by systematically examining Vidya, Siddhi, Mati, Medha, and Prajna. This layered assessment not only clarifies the nature of the problem but also initiates a cognitive and emotional therapeutic process even before entering the meditation phase. The subsequent stages of Smriti Meditation—ranging from Swapna induction to the deeper states of Sushupti and Turiya—are supported by precise therapeutic guidelines that protect client safety, optimize depth of experience, and facilitate meaningful psychological resolution. Step-by-step instructions for guiding altered states, managing barriers, interpreting internal experiences, and safely bringing the client back to Jagrit ensure consistency and clinical stability throughout the process. Administrative guidelines—including intake procedures, documentation protocols, scheduling norms, teleconsultation safety measures, and ethical standards—further strengthen the therapeutic system by establishing accountability, continuity of care, and operational clarity. Overall, this SOP ensures that SAMT is practiced

with professional rigor, therapeutic sensitivity, and spiritual integrity. By combining structured assessment, meditative depth, and skillful guidance, it equips the clinician to help clients attain self-awareness, emotional balance, insight formation, and the transformative clarity of Turiya—leading to holistic healing and long-term well-being.

Appendix 1: Patient Information Sheet (PIS) (For Smriti Ayurveda Meditation Therapy - SAMT)

Patient Information Sheet (PIS)

Smriti Ayurveda Meditation Therapy (SAMT)

Smriti Institute

Address: SMRITI, 13/532/C1, HMT Colony PO, Kalamassery

Contact: +91-..... | Email:

Helpline (24/7 Assistance): +919447682980

Working Hours:

This PIS helps you understand the nature of SAMT, your rights, responsibilities, and all institutional procedures. Please read carefully before beginning therapy.

1. About Smriti Institute and SAMT

Smriti Institute provides structured therapeutic care using Smriti Ayurveda Meditation Therapy (SAMT), blending Ayurvedic psychotherapy with guided meditative states such as Swapna, Sushupti, and Turiya to address emotional, psychological, and psychosomatic conditions. A confidential, safe, and professionally supervised environment is ensured for every client.

2. Your Rights as a Client

You have the right to:

- Transparent information and informed consent
- Confidentiality regarding your personal data
- Gender preference for your SAMT practitioner
- Refuse or discontinue therapy at any time
- Access your records
- Express concerns or request clarifications
- A respectful, non-judgmental therapeutic environment

3. Your Responsibilities

To support the therapeutic process:

- Provide accurate history
- Arrive on time and follow preparation instructions

- Communicate clearly about any discomfort
- Inform in advance for rescheduling
- Follow safety instructions given for in-person or online sessions

4. Appointment Procedures

- Appointments can be made via call, WhatsApp, email, or walk-in.
- Reminders will be sent 24 hours prior to the session.
- Sessions last 90-120 minutes, including preparation and integration.

5. Fees and Payments

- All fee details will be informed during registration. Payments may be made via cash, digital modes, or online transfer.

6. Confidentiality and Record Management

- All details are kept confidential.
- Records are maintained securely (locked storage or encrypted digital files).
- Files are retained for five years post-therapy and destroyed responsibly.

7. Communication & Feedback

Clients may contact the institute or their doctor for clarifications and feedback.

For any urgent emotional assistance, the helpline number +91 94476 82980 is available during the therapy period.

8. Referrals and Additional Care

Where necessary, clients may be referred for Ayurvedic treatment, psychotherapy, psychiatric evaluation, or advanced SMT cycles.

9. Online SAMT Session Safety Protocol

**For clients attending online SAMT sessions, additional safety guidelines apply:
Presence of an Assisting Person**

- An assisting person must be available nearby during every online session.

- This individual should be able to reach your room immediately if needed.
- Their name, relationship, and phone number must be shared with your doctor before the session begins.

Purpose

This ensures safety in case:

- you experience emotional overwhelm,
- you face sudden physical discomfort,
- internet disruptions occur during a deeper meditative stage,
- any unexpected event interrupts the session.

Acknowledgment

I confirm that I have read and understood the Patient Information Sheet.

Client Name:

Signature:

Date:

**Appendix 2: Consent Form for Smriti Ayurveda
Meditation Therapy (SAMT)
(Updated with Online Session Safety Requirements)**

Consent Form

Smriti Ayurveda Meditation Therapy (SAMT)

Smriti Institute

Address: SMRITI, 13/532/C1, HMT Colony PO, Kalamassery**

Client Case Record Number:

1. Purpose of the Therapy

I understand that SAMT is a structured therapeutic process designed to help resolve emotional conflicts, psychosomatic symptoms, deep-rooted stress, and other psychological concerns through guided meditative experiences.

2. Procedure

I understand that:

- SAMT includes preparatory ACT procedures, guided relaxation, induction into Swapna, and possible transitions into Sushupti and Turiya.
- Sessions are typically 90-120 minutes long.
- A full therapeutic cycle usually involves 3-5 sessions, though this may vary.
- Emotional, sensory, or physical responses may arise during therapy.

3. Benefits

Potential benefits include emotional clarity, reduction of symptoms, improved relationships, deeper insight, reduced stress, and personal transformation.

4. Possible Discomforts

I understand that temporary emotional intensity or physical discomforts may arise as part of therapeutic release.

5. Confidentiality

My personal and clinical information will be kept confidential and securely stored.

6. Voluntary Participation

I may discontinue therapy at any time without affecting future services.

7. Fees and Payment

I understand the fee structure and agree to the payment policies of Smriti Institute.

8. Special Consent for Online SAMT Sessions

(Only applicable if attending online sessions)

If attending SAMT online, I acknowledge that:

- An assisting person must be present nearby during every session.
- Their name, phone number, and relationship will be shared with the doctor in advance.
- They may be contacted by the doctor if any unexpected difficulty

- arises during the session.
- I must keep my phone fully charged and accessible throughout the session.
- I may contact the SAMT Helpline: +91 94476 82980 at any point during my therapy period.

I understand that these measures are essential for my safety during deeper meditative stages.

9. Declaration of Consent

I hereby voluntarily consent to undergo Smriti Ayurveda Meditation Therapy(SAMT)at Smriti Institute.

I confirm that:

- I have read the Patient Information Sheet, including the Online Session Safety Protocol.
- My questions have been answered satisfactorily.
- I understand the therapeutic process, benefits, and risks.

Client Details

Name:

Age / Gender:

Address:

Phone / Email:

Assisting Person(for online sessions):

Name:

Mobile:

Relationship:

Signatures:.....

Client Signature:

Date:

Doctor/Practitioner Signature:.....

Date:

Witness(if needed):

Date:

Smriti Ayurveda Meditation Therapy (SAMT)

Combined Preliminary Screening & Registration Form

Smriti Institute

Address: SMRITI, 13/532/C1, HMT Colony PO, Kalamassery

Helpline: +919447682980

SECTION 1: BASIC & DEMOGRAPHIC DETAILS

1. Full Name: _____

2. Age: Gender: ☐ Male ☐ Female ☐ Other

3. Date of Birth:

4. Marital Status:

☐ Single ☐ Married ☐ Separated ☐ Divorced ☐ Widowed

5. Educational Qualification

☐ School level ☐ Graduate ☐ Postgraduate

☐ Professional / Technical ☐ Other

6. Occupation / Profession:

7. Phone: 8. Email :

9. Residential Address:

.....

10. Emergency Contact Person:

Relationship: Phone:

SECTION 2: REFERRAL & BACKGROUND

11. How did you come to know about Smriti Institute / SAMT?

☐ Doctor referral ☐ Friend / Family ☐ Social media

☐ Website Other:

12. Have you previously taken counseling, psychotherapy, or meditation training? ☐ Yes ☐ No

If yes, please mention briefly:

.....

SECTION 3: PRESENTING PROBLEM (SCREENING)

13. Please describe the main issue that brought you here:
.....
.....

14. Duration of the problem:
☐ Less than 1month ☐ 1-6 months ☐ 6 months-2 years
☐ More than 2 years

15. How intense is the difficulty at present?
☐ Mild ☐ Moderate ☐ Severe ☐ Very severe

16. Areas affected (tick whichever applies):
☐ Physical health ☐ Emotional balance
☐ Thoughts / Mental clarity ☐ Behaviour / Habits
☐ Work or studies ☐ Relationships
☐ Sleep Other:

17. Physical symptoms (if any):
.....

18. Emotional experiences related to this issue:
.....

SECTION 4: MEDICAL & PSYCHOLOGICAL HISTORY

19. Current medical conditions (if any):
.....

20. Medications currently used (if any):
.....

21. Any past psychiatric diagnosis or treatment?
☐ Yes ☐ No
If yes, brief details:

22. Any history of tobacco, alcohol, or other substance use?
☐ No ☐ Yes (details):

23. Any major stress or life events in the past year?

- ☐ Loss / bereavement
- ☐ Relationship difficulties
- ☐ Work-related stress
- ☐ Financial strain
- ☐ Health issues
- Other:

SECTION 5: ONLINE SESSION SAFETY CONTACT
(Only for online clients)

24. Name of assisting person available during the session:
.....

25. Relationship:26. Phone:

SECTION 6: GOAL SETTING

27. What changes do you hope to achieve through SAMT?
.....
.....

28. How do you wish to feel or function after this problem improves?
.....
.....

Initial Screening Outcome:

- ☐ Suitable for SAMT
- ☐ Needs medical management / referral
- ☐ Not suitable at present

SECTION 7: CONSENT & DECLARATION

29. I declare that the information provided above is true to the best of my knowledge.

30. I understand that SAMT is a therapeutic meditation-based approach and I am participating voluntarily.

31. I agree to follow safety guidelines, including providing an assisting person for online sessions when required.

32. I understand that I may contact the helpline +91 9447682980 anytime for support during the therapy period.

Signature of Client:Date:

FOR OFFICE USE ONLY

Case Record Number:Assigned Doctor: