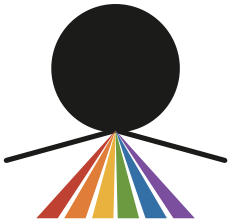


Pathika पथिक

Mārga — one conversation, three sheets



One conversation, about ninety minutes, on paper. Where you are, in your own words. Four directions, and the one that is thin. One small practice this week. One promise, signed only by you.

Nothing in this book scores you. Nothing in it is a verdict. You keep every page.

This book belongs to

How to use this book

Six lines. Then what this book will never do.

1. **One sitting, about ninety minutes.** With a guide if you have one, alone if you don't. Paper and pen. No app, no account, nothing uploaded.
2. **Three sheets, in order.** The Compass (where you are) → the Practice (one small act this week) → the Promise (one step, in your own words). Each one is a spread: the left page says what to do, the right page is where your hand goes.
3. **Your words, not a title.** The first thing you write is a sentence about where you are. That sentence — not a test result — is where everything starts.
4. **Words, never a number.** The thin direction is named in words. There is no score anywhere in this book, and no page anyone else fills in.
5. **Small enough for this week.** If the practice can't be done in fifteen minutes with what's already at home, it isn't small enough yet.
6. **Photocopy it. Change it.** This book is free to copy. Keep the last page when you do.

WHAT THIS BOOK REFUSES, BY DESIGN

- **No scores or rankings of you, ever.** No aptitude verdict, no "your true calling is...", no match percentage.
- **No promises about other people's behaviour.** The Promise is about your own next step only.
- **Nothing kept or published that could identify you.** The guide holds no copy unless you hand one over, and then only what you chose to share.
- **Nothing erased.** If you change direction later, that is a new sheet beside the old one — visible as growth, never hidden as failure.

WHY A CONVERSATION AND NOT A TOOL

Almost every career tool works by scoring people so a stranger can sort them. If the machine prices you low, the advice you get is "become worth more to the machine." Mārga (मार्ग, Sanskrit for *path*) refuses the score. It helps you see your own working life clearly, name the gap in words, practise something small, and make one promise you can keep — with something you can show, not a claim anyone has to take on faith.

The four directions used on the Compass — ♦ Understanding · ▲ Craft · ● Belonging · ◆ Sustainability — are explained on the next page. Each one is readable by its glyph alone, so the book survives a black-and-white copier.

One conversation, four moves

Tick a sheet when its page is full. Write the date. Only you fill this in.

◎ Your sentence — where you are, in your own words	☐	_____
◆ The Compass — four directions, and the thin one	☐	_____
▲ The Practice — fifteen minutes, this week, with what's at home	☐	_____
◎ The Promise — signed only by me	☐	_____
○ The follow-up moment — showing what the practice left behind	☐	_____

THE FOUR DIRECTIONS

◆ **Understanding** — do you know *why* your field works the way it does, or only how to survive it? • ▲ **Craft** — a skill of the hands that travels with you, whoever the employer is • • **Belonging** — the people, language and norms of your working world: do you have a place in them? • ♦ **Sustainability** — does this way of working feed you and your surroundings, or drain them?

WORDS USED HERE

WORD	DEVANAGARI	WHAT IT MEANS IN THIS BOOK
Pathika	पथिक	the walker. The name of every Leap of Faith Labs workbook.
Mārga	मार्ग	path. One guided conversation that never scores you.
The thin direction		of the four, the one that most needs tending right now — named in words, never a number.
Practice		one small act for the thin direction, doable this week in about fifteen minutes with things already at home.
What it leaves behind		a filled page, a photo, a line in a notebook — the thing you can show. This is the evidence.
Follow-up moment		who you will show, when, and what — chosen by you. Nobody else checks.
CC-BY-SA		the licence on this book: copy it, change it, credit the source, share alike.

The Devanagari column is a first draft by the makers, not by a language teacher. Correct it in your own hand.

The Compass ◆

Where you are, in your own words — then four directions, and the one that's thin.

Lens — the compass read. A compass does not tell you where to go. It tells you where you are, in four directions at once. One of them will be thinner than the others. That is the whole finding of this sheet, and it is written in words.

You need: a pen · the right-hand page · about forty-five minutes, with a guide asking and waiting, or alone. **Hands touch:** paper only. **AI today:** none.

THE SITTING

0–15 · Your sentence. Where are you, and what work are you trying to move toward? Three lines, in your own words — not a job title, not a test result. If a guide is with you, they ask and wait; they never write a word for you.

15–40 · The four directions. A line or two in each box on the right. Honest beats impressive. The questions under each heading are the whole prompt; there are no right answers, only true ones.

40–45 · The thin direction. Read the four boxes back. Which direction most needs tending right now — and how can you tell? Write it in the framed box. Words, never a number.

Don't rank the four directions, or give them marks out of anything. **Don't** pick the thin direction that would sound best; pick the one whose box was hardest to fill. **Don't** let a guide name it for you — they may ask "which one was hardest?", nothing more.

Evidence this sheet leaves: one sentence in your words · four honest boxes · one thin direction, named.

Next: Sheet 2 — the Practice. Fifteen minutes, this week, for that one direction.

Your sentence.

Where are you, and what work are you trying to move toward? Your words, not a title.

The four directions.

A line or two in each. Honest beats impressive.

◆ Understanding

Do you know *why* your field works the way it does — or only how to survive it?

▲ Craft

What skill of your hands travels with you, whoever the employer is?

● Belonging

The people, language, and norms of your working world — do you have a place in them?

◆ Sustainability

Does this way of working feed you and your surroundings, or drain them?

The thin direction, in words.

Which direction most needs tending right now, and how you can tell. Words, never a number.

The Practice ▲

Fifteen minutes, this week, with what's already at home.

Lens — small enough to happen. A practice is not a plan. It is one act, this week, that leaves something behind you can show. The thing left behind is the evidence — not your word, not anyone's opinion.

You need: the Compass filled · a pen · about twenty-five minutes now, and fifteen minutes later this week. **Hands touch:** paper now; whatever the practice touches later — a notebook, a kitchen, a phone camera. **AI today:** none.

THE SITTING

0–3 · Copy the thin direction from the Compass onto the first line. One phrase.

3–15 · Name the practice. One small act for that direction. Doable this week, in about fifteen minutes, with things already in the house. Say it out loud; if it takes more than one breath to say, it is too big.

15–20 · Name what it leaves behind. A filled page, a photo, a line in a notebook. If the practice would leave nothing you could show, change the practice, not the evidence.

20–25 · Name when, exactly. A day and a time. "Sometime" is how practices dissolve.

Later this week · Do it. Fifteen minutes. Keep the thing it left behind; it goes to the follow-up moment on Sheet 3.

Don't choose a practice that needs money, permission, or a person who hasn't said yes. **Don't** pick one that would impress the guide. **Don't** write "read about it" — reading leaves nothing behind unless a line gets written.

Evidence this sheet leaves: one practice, one artefact named, one day and time — and, later, the artefact itself.

Next: Sheet 3 — the Promise. One step, in your own words, signed only by you.

The thin direction I'm tending.

The practice.

One small act for that direction. Doable this week, in about fifteen minutes, with things already in the house.

What it will leave behind.

A filled page, a photo, a line in a notebook — the thing you can show. This is the evidence.

When, exactly.

A day and a time. "Sometime" is how practices dissolve.

What it actually left behind — written after the fifteen minutes

One line, in your hand, on the day. Nothing is a full answer too: "I didn't" is a line, not a failure.

If it can't be done in fifteen minutes with what's at home, it isn't smaller enough yet — shrink it until it is. — WB-M-01 · CC-BY-SA 4.0

The Promise ☉

One small step, in your own words — about your own behaviour, no one else's.

Lens — a promise that has heard its own doubt. You write one step about your own next move, you write the doubt beside it as-is, and you sign — only you. Then you choose one person and one moment to show them what the practice left behind. Nobody else checks.

You need: Sheets 1 and 2 filled · a pen · about twenty minutes. **Hands touch:** paper. **AI today:** none.

THE SITTING

0–8 · The promise. One small step, about your own behaviour. Not "my manager will...", not "the market will...". *I will ____*. Three lines at most. Smaller holds.

8–12 · The doubt. Write down the part of you that isn't sure, exactly as it speaks. Don't answer it. A promise that has heard its own doubt is stronger, not weaker.

12–17 · The follow-up moment. Who you'll show, when, and what — the thing the practice left behind. One real person, one real date. Not the guide, unless you choose them.

17–20 · Sign and date. Only you. Then close the book. The next page is for the guide; the page after that says where this came from.

Don't promise an outcome ("I will get the job"). Promise an act ("I will send the two emails by Friday"). **Don't** let anyone sign it with you, or for you. **Don't** hide a changed mind — a new direction is a new sheet beside this one, dated.

Evidence this sheet leaves: one promise, one doubt, one follow-up moment, one signature — and, at the follow-up, the artefact shown.

If you change direction later, that's a new sheet beside this one — never a failure to hide.

I promise, about my own next step:

The part of me that isn't sure says:

Write the doubt down as-is. A promise that has heard its own doubt is stronger, not weaker.

My follow-up moment.

Who I'll show, when, and what I'll show them — the thing the practice left behind.

SIGNED — ONLY BY ME

DATE

After the follow-up moment — one line, dated

Did it happen? What did the person you chose say, in their words? "It didn't" is a complete line.

No one signs this for you, and no one checks it but the person you chose. If you change direction later, that's a new sheet beside this one — never a failure to hide. — WB-M-P · CC-BY-SA 4.0

Running the conversation

Ninety minutes, four moves. You ask and wait. You never write a word on their sheets.

MINUTES	MOVE	WHAT YOU DO
0–5	Arrive	One word for how they are. Say what this is in three sentences: <i>a conversation, three sheets, no score; you keep everything; nothing leaves this table without your say.</i>
5–20	Your sentence	Ask it once. Wait. If they reach for a job title, ask: "and in your own words?" Three lines is enough.
20–45	The Compass	Read each direction's question aloud, once. Wait. Stuck? Offer a shape — "a verb and a who" — never a sentence. Then: "which box was hardest to fill?" That is the thin direction; they name it, you don't.
45–65	The Practice	"One act, this week, fifteen minutes, with what's at home." Shrink it until it fits in one breath. Make them name the artefact and the day.
65–85	The Promise	Own behaviour only. The doubt written as-is. The follow-up person is theirs to pick — offer yourself last, if at all. They sign. You watch.
85–90	Close	Second word. "Did this hour match your word?" Hand over the book. It is theirs.

WHAT YOU HOLD AFTERWARDS

Nothing, unless they hand it to you. A role word in your own log — "one person, a career question, the thin direction was Craft" — and whether the follow-up moment happened. No name. No photo of a page. If it didn't help, you write that with the same care as if it did.

WHAT THIS IS NOT

Not mentoring with extra steps: your opinions about their career stay in your head. Not an assessment: there is no column for your view of them. Not a sales call: the next conversation, if any, is theirs to ask for.

Three honest lines in your own log after the sitting: what happened, what didn't (the honest reason, not the polished one), and whether this is still the one thing.

Sources, in the open

Nothing here is invented. It is assembled, and it says from what.

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- **Mārga — the three sheets, v0.1** (Leap of Faith Labs, 2026-08-29). The Compass, the Practice and the Promise, poured onto the right-hand pages of this book word for word. That file stays beside this book, untouched.
 - **Mārga — spec v0.1** (built in public, same date). The four moves, the four directions, the refusals, the argument the makers had with themselves — including the strongest case against: that one guided conversation is hard to tell from ordinary good mentoring, and that a public log quietly wants applause. Both stay on the table.
 - **Pathika** — the Leap of Faith Labs workbook series. The page grammar: a left page that says what to do, a right page where the hand goes; words, never numbers; signed only by the walker. Mārga's sheets were the idiom every Pathika book borrowed; this book returns them to the series as its own.
 - **The four directions** — ♦ Understanding · ▲ Craft · ● Belonging · ◆ Sustainability — the Leap of Faith Labs suits, readable by glyph alone.

NOT YET WALKED

The three sheets were designed for one guided conversation with one person. This book has not been walked by anyone. The first person to fill it changes it: their dated lines beside what was untrue are the input to the next version. Corrections and the next version: explore@lofl.world.

WHO MADE IT

Leap of Faith Labs, Pune. The sheets are M's. The book's left-hand pages were written with an AI tool as the describer — never as the author of a line a walker fills. No AI-made pictures anywhere in this book.

Sheet ids and hashes for every page are in `ledger.json` beside the source file. Sets and rows only — no totals.

Copy this book

Four plain lines. Then the house mark, and where to write.

1. **You may copy this book** — photocopy it, print it, hand it on. It prints fine in black and white. Pages 5, 7 and 9 alone are the three loose sheets, if that is all you need.
2. **You may change it** — rewrite a question, add a direction, change the language. Your changes are the point.
3. **Say where it came from** — "Pathika · Mārga, Leap of Faith Labs, CC-BY-SA 4.0," and what you changed.
4. **Share it the same way** — whatever you make from it stays free to copy, under the same licence.

