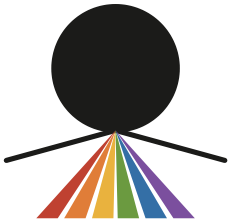


Pathika पथिक

Svarāj — a ten-day workbook for one seeker



Ten working days. One piece of your own work. One hour a day, in the language you think in. You decide what AI does inside it, what it never does, and what would show it worked. Nothing in this book is scored. You keep every page.

This book belongs to

How to use this book

Six lines. Then the five lines we both agree to, on the next page.

1. **One day, one sitting — about an hour.** Each day is two pages. The left page says what to do. The right page is where your hand goes. The hour can be split: a note in the morning, a card at lunch, the bench after dinner.
2. **Work on one real piece of your own work.** Not an exercise. The thing you would be doing anyway — a change you want to lead, a series you want to write, a question you carry.
3. **Paper first.** Every day has a fifteen-minute card done on paper with the phone in airplane mode (phone on, internet off). Do it before the screen, not after.
4. **AI only in a named role.** On two days you sit with an AI tool. It plays the asker, or the slow student. It never writes the thing, and it never says if the thing is good.
5. **Nothing is scored. Nobody counts.** There is no marks column in this book and no page anyone else fills in. The weekly marks on the close pages are for your eyes only.
6. **Photocopy it. Change it.** This book is free to copy. Keep the last page when you do.

WHO WALKS WITH YOU

Most days you work alone with this book. On Day 1 and Day 2, and on the two close days, you may sit with your guide — the person running this with you — for thirty to forty-five minutes. The guide asks and waits. The guide never writes a word for you.

WHAT YOU NEED FOR THE WHOLE BOOK

A pen. Paper. A folder on your own device for your files (the names are on page 35). Your phone or laptop, with one AI tool you already use. A timer. One witness — a partner, a friend, a colleague — who will look at what you make in week two. The hour, named and covered.

WHERE THE DAYS GO

Two weeks, five days each. Weekends are free. Missed a day? Open today's page, write *returned* in the top corner, and carry on. There is no make-up and no debt. Day 5 and Day 10 end the week with a close page. The book follows the day count, not the weekday.

Svarāj (स्वराज) means self-rule. The whole book is about one question: which parts of my work and my home stay mine — and how would I know?

The five lines

What this book promises you, in full. Repeated in short at the top of the days that use a tool.

1 No scores, ranks, badges or certificates. Not for a day, not for the book. The weekly marks on pages 19 and 31 are for one pair of eyes — yours — and are never spoken back to you by anyone.

2 Nothing about a child goes into any file, ever. Not a name, not a photo, not a story. If a child's words shape a line in your Home column, the shaping stays in the house; only your own behaviour goes on the page.

3 You press every mark. Every promise, every "kept" or "released", every decision to publish or not. The guide may ask. The guide never writes.

4 AI only in a named role — the asker, the describer, the slow student. It never makes the thing. It never judges the thing. No AI-made pictures anywhere near this work.

5 Your files stay yours, on your own device. Nothing is sent anywhere by this book. Publishing is a separate press, one file at a time, on Day 10 — and only if you choose.

WHY THESE FIVE, AND WHY NOW

These are the terms of the whole arc, said before the arc starts — so that nothing is sprung on you later. A first run of a program often postpones its terms. This one does not. If any line here is wrong for you, Day 1 has a "not this fortnight" box, and ticking it is a full result.

AND ONE MORE THING, ABOUT THE EXCHANGE

This book may be the first run of its door. If so, the fee is documentation: the record you write, shared only with your consent and with nothing that could name anyone, is what Leap of Faith Labs receives. If a price is set instead, it is written here by the guide before Day 1, not after:

Silence about the exchange is the one thing this house does not allow.

Ten days, one road

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

☉ The Compass — before Day 1	☐	_____
• Day 1 · Saṃvāda I — the gate	☐	_____
• Day 2 · Saṃvāda II — the refusal inventory	☐	_____
♦ Day 3 · Viveka Lab I — the map	☐	_____
♦ Day 4 · Viveka Lab II — evidence and the counter · Play 1	☐	_____
♦ Day 5 · Viveka Lab III — the task inventory · spec vo	☐	_____
○ Week close 1 — five promises, one story	☐	_____
▲ Day 6 · Integration I — the smallest real thing	☐	_____
▲ Day 7 · Integration II — rep one	☐	_____
▲ Day 8 · Integration III — rep two · the Spine · Play 2	☐	_____
◆ Day 9 · Sevā I — the case study, in your language	☐	_____
◆ Day 10 · Sevā II — the close · three doors	☐	_____
○ Week close 2 — and the three doors	☐	_____
☉ The Promise — signed only by me	☐	_____

THE FOUR STRETCHES OF THE ROAD

Saṃvāda (संवाद, conversation) — you say what the work is and what AI must never do in it. **Viveka Lab** (विवेक, discernment) — you map it, test it against its strongest counter, and sort its tasks. **Integration Scaffolding** — you run the smallest real thing, twice, with a witness. **Sevā** (सेवा, service) — you write it up for the next person, and you evaluate us.

Missed a day? Write *returned* beside it. No make-up, no debt. At the end of Day 10, come back here and write one word beside each day: *easy · hard · skipped · redone · the one*.

Words used here

Every short form spelled out. Every borrowed word glossed. Cross out and correct — that is a trace too.

WORD	DEVANAGARI	WHAT IT MEANS IN THIS BOOK
Pathika	पथिक	the walker. The name of every Leap of Faith Labs workbook.
Svarāj	स्वराज	self-rule. The parts of my work and my home that stay mine, named before any tool is adopted.
Samvāda	संवाद	conversation. The first two days: what the work is, what AI must never do.
Viveka	विवेक	discernment — telling things apart. Days 3 to 5.
Sevā	सेवा	service. Days 9 and 10: made for the next person, not for me.
Ārambha	आरंभ	a new start. The shape of each day's morning and evening note.
AI		artificial intelligence — here, the text tool you already use (a chatbot).
Airplane mode		phone on, internet off. The fifteen-minute paper card is always done this way.
Bench		the thirty to forty minutes of the day's real work, at a desk.
Card		the fifteen-minute paper task. One per day.
Play		thirty minutes with an AI in one named role. Days 4 and 8 only.
Witness		a real person who sees what you made. Not a judge.
Rep		one run of your small pilot. You do two, on different days.
Holdout		one situation you never tune your pilot against — so you can tell if it really works.
Spine		your own weekly review: when, which two lenses, five fields.
Trace		the thing you leave behind — a file, a card, a line. Never a score.
CC-BY-SA		the licence on this book: copy it, change it, credit the source, share alike.
DPDP		India's Digital Personal Data Protection Act, 2023. Why nobody else's data goes in your files.
Case study		under 800 words, five headings: Position · Evidence · Counter · Consensus · Dissent.

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

Where you are ☉

Fifteen minutes, on paper, before the ten days begin. Fill the right page.

Five hats, one object. You may be a parent, a would-be product manager, a researcher, a writer, someone who wants to lead change with AI. The ten days do not run five tracks. They run **one piece of your own work**, looked at through whichever hat the day needs.

You need: a pen, this book, fifteen quiet minutes. Phone in airplane mode. **Hands touch:** paper only.

WHAT TO DO

0–3 · Breathe. Write today's date on the right. Pick one word for how you are right now and circle it. Nobody reads this but you.

3–8 · Name the one object. Three fits work well: an AI change you want to lead where you work · a content series you want to run · a research question you carry. Two came to mind? Pick the one for *these* ten days. Write the other at the bottom with what would wake it later.

8–12 · Name the hour. Where in the day does one hour sit, honestly? Who covers it — a partner, a grandparent, nobody needed? Write it down. The hour is a promise too.

12–15 · Pick the language. The one you think in. Every note from here on is in it, including the two plays with an AI.

Don't pick the object that would look best on a profile. Pick the one that would actually be different two weeks from now. **Don't** pick an hour that belongs to someone else — a child's hour, a team's hour.

Evidence this page leaves: one object named · one hour named and covered · one language chosen. Nothing more.

Next: Day 1 — Saṃvaḍa I, the gate. Five questions, written by you.

Today's date, and one word for how I am

Calm · Expansive · Focused · Curious · Drained — or your own word.

The one piece of my own work for these ten days

One sentence. A verb and a who.

The other thing I wanted to pick — and what would wake it

My hour

When in the day, honestly

Covered by

Who holds the house, or the desk, for that hour

My language

The one I think in

My witness, maybe

Someone who could look at what I make in week two

The hat I am most afraid this will ask of me

One line. It is usually the one the ten days are for.

Samvāda I — the gate संवाद

Five questions about your work, written by you. Then an honest look at why you are here.

Lens — the gate. A gate is a place to stop and choose. The five questions are not an application. They are how you find out whether this fortnight is yours.

You need: the Compass filled · a pen · 45 minutes · your guide, if you have one, asking and waiting. **Hands touch:** paper, then your own notes file 01–samvada.md. **AI today:** none.

THE HOUR

0–3 · Arrival. One state word. One promise for this hour, about your own behaviour only: *"For this hour I will ___."* Write both on the right.

3–7 · What this is. Read the five lines on page 3 once more, aloud if you can. If the exchange line on page 3 is blank, ask your guide to fill it now.

7–22 · The five questions. Three minutes each, in writing, on the right. Stuck? Ask for a shape ("a verb and a who"), never a sentence.

22–27 · Three honest checks on yourself. Yes or no. A yes is a line, not a verdict — it shapes tomorrow.

27–30 · Fit memo. Go this fortnight, or not. Not-go is a full result and a kept promise.

Card · 15 min, your time, airplane mode. *Asking questions* — write the five questions by hand on a loose sheet, then a sixth you are afraid of.

Don't let anyone write your answers. **Don't** pick an hour that is a child's hour. **Don't** answer question 5 with a feeling — it needs a thing someone could check.

Evidence this day leaves: five written answers · three yes/no lines · a fit memo · one handwritten card.

UNESCO AI competency, in plain words: *knowing where I stand before I use the tool.* — Next: Day 2 — the refusal inventory.

Morning · one word · for this hour I will

1 · What is the work, in one sentence?

2 · Who is affected by it — at work, and at home?

3 · What would I let an AI do inside it?

4 · What must it never do?

5 · If this works, what will be different in two weeks that a person could see or count?

A thing, not a feeling. Could I turn out to be wrong about it?

Three honest checks — yes or no

☐ Do I want a line for a profile out of this?

☐ Do I want the machine to decide for me?

☐ Does someone want me to look busy with AI?

Fit memo — go this fortnight / not this fortnight — because

Evening · one word · my promise, in my own words · what did I notice?

kept · part-kept · released — or your own words. Did the hour exist?

Not-go is a full result and a kept promise. — WB-S-01 · CC-BY-SA 4.0

Samvāda II — the refusal inventory स्वराज

What AI will never do in your home, your work, your voice. Written before any tool. Private.

Lens — self-rule. Most people adopt a tool and discover its limits later. You write the limits first. Three columns: **Home · Work · Voice** (what goes out under your name). The inventory stays private, always. One paragraph — the trust statement — is its public face.

You need: 30 minutes · a pen · your file 02-refusal-inventory.md (private) and 02-trust-statement.md (public, v0). **Hands touch:** paper, then your own notes. **AI today:** none.

THE HALF HOUR

0-2 · Arrival. One state word. One promise for this half hour.

2-4 · Day 1 check. Did you write the five questions by hand? If not: write *returned* and move on. No debt.

4-6 · The frame. Today you write what AI will never do in your life and work. Before any tool. This page is private.

6-18 · Three columns. Four minutes each. At least three lines of "AI never ___." Vague line? Ask: *what would that look like on a Tuesday?*

18-26 · Trust statement. One short paragraph a stranger could read: what can people expect of how I use AI?

26-30 · Close. Second state word. Did this half hour match my word? What did I notice?

Homework, your time. Under each column, the mirror line: "AI may ___, with me pressing the mark." Then the card.

Card · 15 min, airplane mode. *Listening* — ask one person at home and one at work: "What would you hate a machine doing for me?" Write their answers in your words.

Don't write about your child by name or detail. If a child's answer shapes the Home column, the shaping stays in the house; only your own behaviour goes on this page. **Don't** show the inventory to anyone. It is the one file in this book that is never published.

Evidence this day leaves: nine or more "AI never" lines · three mirror lines · one trust statement · two listened answers.

Next: Day 3 — the seven-lens map.

Morning · one word · for this half hour I will

Home — AI never

Work — AI never

Voice (what goes out under my name) — AI never

AI may ____, with me pressing the mark

One mirror line per column — written at home, after the sitting.

My trust statement — what people can expect of how I use AI

One short paragraph. This is the public face. v0 — it will change.

The line that surprised me

Evening · one word · my promise, in my own words · what did I notice?

This page is private, always. Photocopy the book; never this page. — WB-S-02 · CC-BY-SA 4.0

Viveka Lab I — the map विवेक

Seven questions about one piece of work, one line each. Then a problem statement.

Lens — seven lenses, one object. Finance · Human · Knowledge · Trust · Impact · Systems · Evolution. Each is a question, not a box to score. One honest line each is enough. The lens you want to skip is the one to write first.

You need: 40 minutes · a pen · one blank sheet for the hand-drawn map · your file 03-canvas.md. **Hands touch:** paper first, then the file. **AI today:** none.

THE HOUR

0–5 · Arrival. One state word. One promise for today, sized to the state. A drained day may make this a Finance-and-Human day only; that is the day working, not failing.

5–30 · Bench — the seven lines. For each lens, one line on the right: *the problem at my scale* → *the outcome I want at everyone's scale*. Plain words. No jargon from the lens names.

30–40 · The problem statement. One paragraph, built from the Human line and the Systems line only: who carries the cost today, and where who-benefits and who-pays come apart.

Card · 15 min, airplane mode. Draw the map on one loose sheet by hand — seven boxes around the object. Circle the lens that scares you.

Don't fill a lens with a number for its own sake. **Don't** write the Impact line as a feeling — it is one noun you could be shown wrong about (fewer hand-offs, one decision recorded, one series published). **Don't** skip Evolution: what this closes, if it fails, matters as much as what it opens.

Evidence this day leaves: seven lines · one paragraph · one hand-drawn map with one circle.

Next: Day 4 — evidence and the counter, and your first play with an AI.

Morning · one word · today I will

Finance — the hours and rupees this really costs, minimal and sufficient

Human — who carries the cost, including at home

Knowledge — what I would have to learn, and from whom

Trust — who has to believe me, and why they would

Impact — one noun I could be shown wrong about

Systems — where who-benefits and who-pays come apart

Evolution — what this opens if it works · what it closes if it doesn't

The problem statement — one paragraph from the Human and Systems lines

The lens I wanted to skip

Evening · one word · my promise, in my own words · what did I notice?

A map is not a plan. It is a place to stand while you make one. — WB-S-03 · CC-BY-SA 4.0

Viveka Lab II — evidence and the counter ?

Play 1 — the AI as the asker. Then the strongest case against your own position, written inside the same file.

Lens — the counter. A position you have not argued against is a wish. Today you keep both: three pieces of evidence for it, and the best case against it, made as well as its best defender would make it. They ship in the same file. Neither is deleted.

You need: 40 minutes · your Day 3 page · one AI tool · your file `04-evidence-and-counter.md`. **Hands touch:** keyboard for the play, paper for the card. **AI today: the asker — questions only.** *Tool rules apply: nothing about anyone else goes in. No child, ever.*

THE HOUR

0–5 · Arrival. State word. Promise for today.

5–35 · Play 1 — the asker. Paste the AI one thing: your problem statement from Day 3. Give it one rule in writing: *"You only ask questions. You never write my position. You never say whether it is good."* Answer each question aloud or on the right. Keep the questions you could not answer — that is your research list.

35–45 · After the play. Three pieces of evidence for your position: two sources you can name, one conversation you had. Then write the **Counter** — the strongest case against you — in the same file, under its own heading.

Card · 15 min, airplane mode. Read one page of one source on paper. One line: what it changed.

Don't let the asker drift into answering. If it does, paste the rule again. **Don't** soften the Counter. If it does not make you uncomfortable, it is not the strongest case. **Don't** paste anyone's message, name, or data into the tool — only your own words from Day 3.

Evidence this day leaves: a list of questions you could not answer · two named sources + one conversation · one Counter under its own heading.

Next: Day 5 — the task inventory, spec v0, and the first week close.

Morning · one word · today I will

Before the play — what I will tell it it may not do

The asker's questions I could not answer

These are the research list. Three to five.

Evidence for my position — two sources I can name, one conversation I had

The Counter — the strongest case against me, made as its best defender would

It ships in the same file. It is never deleted.

What the asker found that I hadn't

What left my device today — and ☐ nothing anyone else could be known by

Evening · one word · my promise, in my own words · what did I notice?

The counter is not the enemy of the position. It is what makes the position worth holding. — WB-S-04 · CC-BY-SA 4.0

Viveka Lab III — keep · delegate · refuse विवेक

Every task inside the object, sorted. Then a one-page spec with the refusal lines in it.

Lens — discernment. Not "what can AI do" but "what stays mine." Three piles: **Keep** (mine — it matches my refusal inventory) · **Delegate-with-witness** (AI drafts; I read; I press the mark) · **Refuse** (AI never — and why). The sorting is the skill.

You need: 45 minutes · Day 2 and Day 3 pages · your files 05-task-inventory.md and 05-spec-v0.md. **Hands touch:** paper for the sort, then the file. **AI today:** none.

THE HOUR

0-5 · Arrival. State word. Promise for today.

5-25 · The task inventory. List every task inside the object — ten to twenty. Then sort each into one of the three piles on the right. Check each "Delegate" line against Day 2: does it break an "AI never"? Then it moves.

25-45 · Spec v0, one page. Six headings, one or two lines each: *problem · outcome noun · what AI does · what it never does · what evidence would show it worked · what "don't build" would look like*. "Don't build" is a full result.

Card · 15 min, airplane mode. *Speaking* — tell one person the spec in two minutes, without the page. Note where they stopped you.

Then turn the page. The week close is next — fifteen minutes, your eyes only.

Don't put a task in "Delegate" because it is boring. Boring and mine is still mine. **Don't** skip "don't build." If you cannot describe what not building would look like, you have not decided anything yet.

Evidence this day leaves: a sorted list · a one-page spec · one two-minute telling.

Next: Week close 1 — then Day 6, the smallest real thing.

Morning · one word · today I will

Keep — stays mine

Delegate-with-witness — AI drafts, I read, I press the mark

Refuse — AI never, and why

Spec vo — problem · outcome noun · what AI does · what it never does · what would show it worked
· what "don't build" looks like

One line per heading. The full page lives in your file.

Where my listener stopped me

Evening · one word · my promise, in my own words · what did I refuse this week?

Refusing is not the opposite of adopting. It is the first step of it. — WB-S-05 · CC-BY-SA 4.0

Five promises, one story ○

Fifteen minutes, for your eyes only. Then a 150-word note you may publish — or not.

Lens — the pattern. Five mornings you wrote "*today I will ____*." Read the five side by side before you do anything else. The pattern is the review. The marks come second and are never spoken back to you.

You need: your Days 1–5 pages · 15 minutes · your file `week-1-close.md` (private) and `week-1-note.md` (public, if pressed). **Hands touch:** this book. **AI today:** none.

THE CLOSE, IN ORDER

1 · Five promises first, in prose. Copy the five promises onto the right, one line each. Read them as one story. Write the pattern in one or two sentences.

2 · Marks for your eyes only. Five quick marks, 1 to 5, on notes · tasks · body · feelings · people. They stay on this page. Nobody — not the guide, not a witness — reads them back. They are never added up.

3 · One tiny upgrade. One, not a list. Something for next week's hour, not for the work.

4 · The public note — optional. 150 words in your language, nothing that could name anyone: what I ran, what I refused, what is open. Publish or don't. You press the mark.

Don't turn the marks into a trend. There are two weeks; that is not a trend, it is two Fridays. **Don't** write the public note as a success story. "What is open" is its best line.

Evidence this week leaves: five promises side by side · one pattern sentence · one upgrade · maybe one public note.

Next: Day 6 — the smallest real thing.

My five promises, side by side

DAY	WHAT I PROMISED	IN MY OWN WORDS: KEPT · PART-KEPT · RELEASED
1		
2		
3		
4		
5		

The pattern, in one or two sentences

For my eyes only — 1 to 5, never shared, never added up

NOTES	TASKS	BODY	FEELINGS	PEOPLE
-------	-------	------	----------	--------

One tiny upgrade for next week

Is the one object still the one? Is the hour still the hour?
Change either, and that is a line here — not a failure.

Public note — 150 words, in my language, nothing that could name anyone

- ☐ I will publish it
- ☐ I will keep it
- ☐ I will decide on Day 10

There are no streaks here, so nothing broke. — WB-S-X1 · CC-BY-SA 4.0

Integration I — the smallest real thing ▲

A pilot that produces evidence, not a show. One workflow, one role, one witness, one holdout.

Lens — evidence, not optics. A demo proves that something can happen once. A pilot shows what happens on a Tuesday. Pick the smallest run that could still be wrong — that is the one worth running.

You need: 40 minutes · your Day 5 sort · one index card · your files `06-pilot-card.md` and `06-ethics-check.md`. **Hands touch:** paper, then the file. **AI today:** none — you are designing the run, not running it.

THE HOUR

0–5 · Arrival. State word. Promise for today.

5–20 · The pilot, in five lines. One workflow from your **Delegate-with-witness** pile · the AI in one named role · five working days at most · one **witness** who sees the trace · one **holdout** — a situation you will never tune against, so you can tell if it really works.

20–30 · The check-set. Think of the last three times this workflow actually broke. Each one becomes a check. Add one happy path. Four checks. That is the whole test.

30–40 · The ethics check, as a list. No personal data of anyone else goes in · nothing about a child, ever · local-first if you can · the refusal inventory in force · what I will delete when done.

Card · 15 min, airplane mode. The pilot on one index card: role · rep · witness · what counts as evidence. Keep it in your pocket for the week.

Don't pick a workflow from the Keep pile to "see what happens." Keep means keep. **Don't** make the witness your guide — a witness is someone who would notice if the thing was useless.

Evidence this day leaves: one pilot card · four checks · one ethics list · one holdout, named.

Next: Day 7 — rep one.

Morning · one word · today I will

The workflow (from my Delegate pile)

The AI's one named role — and what it may not do

My witness — who sees the trace

My holdout — the situation I never tune against

The check-set — three times it broke before, and one happy path

Ethics check — tick what is true before rep one

- ☐ No personal data of anyone else goes in
 - ☐ Nothing about a child, ever
 - ☐ Local-first, or I know exactly where my words go
 - ☐ My refusal inventory is in force on this workflow
 - ☐ What I will delete when done:
-

Would "don't build" be a relief?

Evening · one word · my promise, in my own words · what did I notice?

Small enough to be wrong is the right size. — WB-S-06 · CC-BY-SA 4.0

Integration II — rep one ▲

Run it once. Write down four lines. A failed check is a line, not a verdict.

Lens — the trace. Four lines, every run: what was practised · which check passed and who saw it · which check failed · what the next run changes. No score. Across two reps, the spread between the lines is the finding.

You need: 40 minutes · your pilot card · the AI tool in its one role · your witness, in the room or on a call · your file 07–trace–rep1.md. **Hands touch:** keyboard for the run, paper for the card. *Tool rules apply: the ethics list from Day 6 is in force.*

THE HOUR

0–5 · Arrival. State word. Promise for today.

5–30 · Run rep one. The workflow as you would do it on a real day, with the AI in its named role only. Run the four checks. Let the witness watch at least one.

30–40 · The four lines. On the right: **Practised** (the workflow as it actually went) · **Witnessed** (the check that passed, and who saw it) · **Dissent** (the check that failed) · **Supersedes** (what rep two will change).

Card · 15 min, airplane mode. The case-study skeleton by hand: five headings — Position · Evidence · Counter · Consensus · Dissent. Nothing under them yet.

Don't fix the workflow mid-run to make the checks pass. Let it fail; write the line. **Don't** record what the AI said in full. Record what you did with it. **Don't** run the holdout. That is the point of a holdout.

Evidence this day leaves: four lines · one witness who can say what they saw · one blank skeleton.

Next: Day 8 — rep two, your own Spine, and the second play.

Morning · one word · today I will

Practised — the workflow as it actually went

Witnessed — the check that passed, and who saw it

Dissent — the check that failed

Supersedes — what rep two changes

What my witness said, in their words

One or two lines. Ask them; do not guess.

What left my device today — and ☐ nothing anyone else could be known by

Where I pressed the mark, and where I almost didn't

Evening · one word · my promise, in my own words · what did I notice?

One run is a story. Two runs are evidence. — WB-S-07 · CC-BY-SA 4.0

Integration III — rep two · the Spine ?

Play 2 — the AI as the slow student. Then rep two, and the weekly rhythm you will keep after the book.

Lens — explain it to someone slow. Where you cannot explain the pilot, the design is unclear. The slow student may only say "I don't understand — say it again" and "why?" Then you run rep two, and you write the rhythm that outlives these ten days.

You need: 45 minutes · the AI tool · your pilot card and Day 7 page · your files 08–trace–rep2.md and 08–spine.md. **AI today: the slow student — two phrases only.** *Tool rules apply.*

THE HOUR

0–5 · Arrival. State word. Promise for today.

5–25 · Play 2 — the slow student. Give it one rule in writing: "You have never met an AI. You may only say 'I don't understand — say it again' or 'why?'" Explain the pilot. Write down the two places it stopped you.

25–40 · Rep two. Same workflow, same four checks, a different day. Four lines again on the right. The spread between Day 7 and today is the finding.

40–45 · The Spine. Your own weekly review, written so it survives a sick-child week: **when** (one day, twenty minutes) · **which two lenses** you re-read · **the five fields** you answer each time. A skipped week is *returned*, not debt.

Card · 15 min, airplane mode. *Playing* — fifteen minutes of something with no output at all, with the child or alone.

Don't let the slow student become a critic. Two phrases only. **Don't** "fix" rep two to beat rep one. **Don't** build a dashboard for the Spine. It is a page you read, not a thing anyone sees.

Evidence this day leaves: two places the design was unclear · four more lines · one Spine on one page.

Next: Day 9 — the case study, in your language.

Morning · one word · today I will

Where the slow student stopped me — two places

Rep two — Practised · Witnessed · Dissent · Supersedes

The spread between rep one and rep two

What changed because the day changed, not because I changed it?

My Spine — when · which two lenses · the five fields

Position · Evidence · Counter · Consensus · Dissent. Twenty minutes. One day a week.

What left my device today — and ☐ nothing anyone else could be known by

Evening · one word · my promise, in my own words · what did I notice?

A rhythm you run beats a dashboard anyone reads. — WB-S-08 · CC-BY-SA 4.0

Sevā I — the case study, in your language सेवा

Under 800 words. Five headings. Made for the next person, not for you.

Lens — service. Sevā means the write-up is for the stranger who runs this after you. So it carries the failed check at the same weight as the passed one, and nothing that could name anyone.

You need: 45 minutes · your Days 3, 4, 7 and 8 pages · your file 09–case–study–v0.md · your witness for ten minutes at the end. **Hands touch:** the file, then paper. **AI today:** none. You write this one.

THE HOUR

0–5 · Arrival. State word. Promise for today.

5–35 · Case study v0, in your language. Five headings: **Position** (Day 3) · **Evidence as a set** (Days 4, 7, 8 — the traces, dissent at equal weight) · **Counter** (Day 4, unchanged) · **Consensus** (where you and the counter agree) · **Dissent** (what you keep disagreeing with — including yourself). Under 800 words.

35–45 · The de-identification pass. First names or none · no faces · nothing finer than a district · no scores · nothing about a child. Strike anything that fails. Striking is part of the writing.

Card · 15 min, airplane mode. Read it aloud, from paper, to your witness. Mark on the page where they stopped you.

Don't write the success story. The Dissent heading is the one a stranger will trust. **Don't** paste the Counter softened. It ships as written on Day 4. **Don't** describe anyone who did not agree to be in it.

Evidence this day leaves: one case study v0, under 800 words · the places a listener stopped.

Next: Day 10 — the close, one promise, three doors, and you evaluate us.

Morning · one word · today I will

Position — one sentence, from Day 3

Evidence as a set — the traces, the failed check at equal weight

Counter — from Day 4, unchanged

Consensus — where the counter and I agree

Dissent — what I keep disagreeing with, including myself

De-identification pass — tick each before anyone else reads it

- ☐ First names or none
- ☐ No faces, no photos of anyone
- ☐ Nothing finer than a district
- ☐ No scores, ranks or marks
- ☐ Nothing about a child

Where my witness stopped me

Evening · one word · my promise, in my own words · could a stranger run this?

Written for the next person. That is what makes it honest. — WB-S-09 · CC-BY-SA 4.0

Sevā II — the close स्वराज

Five fields in your own words. One promise for ninety days. Then you evaluate us.

Lens — self-rule, kept. Ten days ago you wrote what AI must never do in your work. Today you write what you will do, for ninety days, in one sentence, and sign it — only you. Then the question turns around: was this arc honest with you?

You need: 45 minutes · the whole book · your files `10-close.md`, `10-promise.md`, `10-lofl-evaluated.md` · your guide, if you have one, for the last fifteen minutes. **AI today:** none.

THE HOUR

0–5 · Arrival. State word. Promise for today.

5–25 · The close — five fields. Position · Evidence · Counter · Consensus · Dissent. One paragraph each, in your own words, on the right. This is the record of the ten days.

25–30 · Go back to page 4. Beside each day write one word: *easy · hard · skipped · redone · the one*.

30–45 · Turn the pages. Week close 2 and the three doors (pages 30–31) · the Promise (page 32) · and you evaluate Leap of Faith Labs (page 33). Five questions back, in writing. We publish your answers only if you press the mark.

Card · 15 min, airplane mode. *Loving* — one line of thanks to your witness, by hand. Give it to them.

Don't write the close as a verdict on yourself. Dissent with yourself is a field, not a confession. **Don't** sign a promise sized for the person you wish you were. Ninety days is long. Smaller holds.

Evidence this day leaves: five paragraphs · one word beside each day on page 4 · one handwritten thank-you.

Next: Week close 2, the Promise, and the five questions back.

Morning · one word · today I will

Position — what I now hold about this piece of work

Evidence — as a set, failed checks included

Counter — the case against, still standing

Consensus — where we agree

Dissent — what stays open, including with myself

The one thing these ten days taught me

One line. The whole book is a frame around this box.

My files — which go on the shelf, which stay with me (page 35 has the list)

Evening · one word · my promise, in my own words · what did I notice?

Ten honest days is a complete run, whichever door you pick next. — WB-S-10 · CC-BY-SA 4.0

Five more promises · three doors ○

The second close, your eyes only. Then three doors with no wrong one.

Lens — the doors. Continue as-is · adjust something · set it down. None is wrong. Setting it down after ten honest days is a complete run, not a failure. The door is yours; nobody is waiting on the other side with a clipboard.

You need: Days 6–10 pages · 15 minutes · your file `week-2-close.md` (private) and `week-2-note.md` (public, if pressed). **AI today:** none.

THE CLOSE, IN ORDER

1 · Five promises first, in prose. Days 6 to 10, side by side on the right. Read them as one story. Then read week one's five beside them. Two stories, not a trend.

2 · Marks for your eyes only. The same five, 1 to 5. Never shared, never added, never compared out loud.

3 · The three doors. Tick one. Write why in one line. If "adjust something," name the one thing.

4 · The second public note — optional. 150 words in your language, nothing that could name anyone. The best line is still "what is open."

5 · The shelf — optional, file by file. Trust statement · two weekly notes · the case study · your evaluation of us. Each one is a separate press on page 35. The refusal inventory and the eyes-only marks are never on the list.

Don't read the two weeks' marks as improvement or decline. Two Fridays are two Fridays. **Don't** let anyone choose the door for you — not the guide, not the witness, not this book.

Evidence this week leaves: five promises · one door, ticked · maybe one note · maybe some files on the shelf.

Next: the Promise — signed only by me.

My five promises, side by side

DAY	WHAT I PROMISED	IN MY OWN WORDS: KEPT · PART-KEPT · RELEASED
6		
7		
8		
9		
10		

Two weeks, read as two stories — what each one says

For my eyes only — 1 to 5, never shared, never added up

NOTES	TASKS	BODY	FEELINGS	PEOPLE
Three doors — no wrong one ☐ Continue as-is ☐ Adjust something — the one thing: ☐ Set it down — a complete run				

Public note 2 — 150 words, in my language, nothing that could name anyone

- ☐ I will publish it
- ☐ I will keep it

Setting it down after ten honest days is a complete run. — WB-S-X2 · CC-BY-SA 4.0

Signed — only by me ☉

One promise about your own behaviour, for the next ninety days. Smaller holds.

I promise, about my own next step — for ninety days

Own behaviour only. *"I will run the workflow with my refusal lines in force and re-read my Spine on Sundays"* — or smaller.

The part of me that isn't sure says

My follow-up moment — when, and with whom

A date on a calendar and one person. Not the guide.

What I will do if I break it

Write *returned* and carry on. Say it in your own words here, so the words are yours when you need them.

SIGNED — ONLY BY ME

DATE

If you change direction later, that is a new promise beside this one — never a failure to hide. Nobody counts. — WB-S-P · CC-BY-SA 4.0

Five questions back सेवा

The seeker evaluates Leap of Faith Labs — never the other way round. Published only if you press the mark.

1 · Was the arc honest with me?

2 · What did it cost me — hours, rupees, patience, the household?

3 · What did it refuse that it should have allowed?

4 · What did it allow that it should have refused?

5 · Would I hand it to a friend — and which friend?

One line to the next seeker

☐ You may publish this page on the commons, credited the way I write here:

☐ Keep it between us

These answers change the next version of this book more than anything the makers think. — WB-S-E · CC-BY-SA 4.0

What you made

A list of things, never a score. Tick what exists. Nothing here is required.

-
- ☐ A Saṃvāda — five answers about my own work, in my own words
 - ☐ A refusal inventory — Home · Work · Voice — private, always
 - ☐ A trust statement — one paragraph anyone could read
 - ☐ A seven-lens map and a problem statement
 - ☐ A research list — the questions the asker found
 - ☐ Evidence for my position, and the Counter beside it
 - ☐ A task inventory — keep · delegate-with-witness · refuse
 - ☐ A one-page spec with the refusal lines in it, and what "don't build" looks like
 - ☐ A pilot card, a check-set, a holdout, an ethics list
 - ☐ Two four-line traces from two real runs
 - ☐ A Spine — my own weekly review
 - ☐ A case study under 800 words, for the next person
 - ☐ Two weekly closes — mine alone
 - ☐ One signed promise, for ninety days
 - ☐ Five questions back, to the people who made this

ONE LINE FOR MY OWN FILE

The sentence that goes in your own record of this fortnight — a portfolio, a journal, a review. Edit it until it is true and yours.

WHAT THIS FORTNIGHT IS NOT

It is not a certificate, a course completion or a credential. If anyone asks what you did, the honest answer is on page 35: a folder of your own files, some of which you chose to put on the shelf. That answer is enough.

Walking beside the next seeker is open to you. One hour of your time, as their witness or as the person who reads their case study aloud with them. Say so on page 36.

The folder · the shelf

Plain files, on your own device, any editor. Nothing is sent anywhere by this book. Publishing is one press per file.

FILE	EXISTS ✓	PRIVATE · ALWAYS	ON THE SHELF — IF I PRESS	PRESSED, DATE
00-daily · ten notes				
01-samvada.md				
02-refusal-inventory.md		• never published	—	—
02-trust-statement.md				
03-canvas.md				
04-evidence-and-counter.md				
05-task-inventory.md · 05-spec-v0.md				
06-pilot-card.md · 06-ethics-check.md				
07-trace-rep1.md · 08-trace-rep2.md				
08-spine.md				
09-case-study-v0.md				
10-close.md · 10-promise.md				
10-lofl-evaluated.md				
week-1-close.md · week-2-close.md		• eyes-only marks	—	—
week-1-note.md · week-2-note.md				

WHAT "ON THE SHELF" MEANS

The commons at Leap of Faith Labs — a public place for case studies and notes, under the same licence as this book (CC-BY-SA: copy, change, credit, share alike). Credited the way you choose, including not at all. You may take a yes back; the file comes down.

WHAT NEVER GOES ON THE SHELF

The refusal inventory. The eyes-only marks. Anything that could name another person. Anything about a child.

Kinds and rows only. Nobody counts how many boxes are ticked.

Witness · guide · consent

Adults only, in their own hand. A yes here can be taken back at any time.

MY WITNESS

First name or role, in their own hand. What they saw, in one line — their words.

MY GUIDE, IF I HAD ONE

First name or role. One line from them, if they wish — never a verdict.

CONSENT — WHAT MAY BE SHOWN, AND WHERE

WHAT	WHERE	YES — SIGNED	DATE
My trust statement	the commons		
My case study	the commons		
My weekly notes	the commons		
My five questions back	the commons		
A line from my witness	beside my case study		

THE RULE UNDER THIS TABLE

Nothing leaves your own device without a signed yes on this page. A yes can be taken back by striking the line and writing the date. Nothing about a child, by name or detail, is ever on this page or any other.

Would you walk beside the next seeker — as their witness, for one hour? ☐ Yes, ask me · ☐ Not now

Make your own day ○

The same slots, empty. The first seeker to fill this page changes the next version of the book.

Lens —

You need:

THE HOUR

0–5 · Arrival.

5— · Bench.

Card · 15 min, airplane mode.

Don't

Evidence this day leaves:

Next:

Morning · one word · today I will

The one thing

What left my device today — and ☐ nothing anyone else could be known by

Evening · one word · my promise, in my own words · what did I notice?

Your day. Send it to explore@lofl.world if you want it in the next version, credited your way. — WB-S-11 · CC-BY-SA 4.0

Sources, in the open

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

- **Svarāj — the two-week arc for one seeker, Plan v0** (Leap of Faith Labs, 2026-09-30, updated 2026-10-03). The ten days, the five hats, the two plays, the guardrails. A Position, not a mandate — its own words.
- **Session run-sheets, Days 1 and 2** (2026-10-01, 2026-10-02). Day 1 as a 45-minute sitting; Day 2 as a 30-minute cut with the mirror lines as homework. Those cuts are the ones printed here.
- **Ārambha (New Start)** — the daily note: one state word, one promise, witnessed in the practitioner's own words; the weekly close; the three doors on day seven. CC-BY-SA 4.0.
- **Mārga (मार्ग)** — Leap of Faith Labs' three-sheet career conversation (Compass · Practice · Promise). The right-hand page of every day in this book is Mārga's idiom: counted lines, one framed box, signed only by me.
- **Pathika · The Staffroom Loop** — the first book in this series, a ten-hour workbook for one teacher (v0.1, 2026-10-04). The page grammar, the words page, "Make your own", this page.
- **The AI for ALL program family** — Nāgarika · Sahakāra · Vivekī · Hastakāra · Svarāj — and its shared arc: Saṃvāda → Viveka Lab → Integration Scaffolding → Sevā.
- **The Digital Personal Data Protection Act, 2023** (India) — why nobody else's data goes in your files.

NOT YET WALKED

Days 1 and 2 were run live with one seeker before this book existed; the book was not in the room. Days 3 to 10 follow the plan and have not been walked by anyone. The first seeker to walk them will change them. Their dated lines, their one word beside each day on page 4, and their Day 11 are the input to version 0.2. Corrections, your Day 11, the next version: explore@lofl.world.

WHO MADE IT

Leap of Faith Labs, Pune. Written with an AI tool as the describer and the slow student — never as the author of a single line a seeker 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.
2. **You may change it** — cross out a day, write your own, change the language. Your changes are the point.
3. **Say where it came from** — "Pathika · Svarāj, 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.

The one page you may not copy for anyone else is page 11 — the refusal inventory — because it is not yours to copy. Everything else is.

