



# 4 step Relaxation- Mindfulness Practices

20 customized practices that you can do at different times,  
and whenever you have anxiety, pain, suffering in life

**Eastern wisdom aims at finding relaxation and peace within. The  
practices are based on the teachings of a great master**

## What is 4 step relaxation-mindfulness?

- It is simple and easy steps to rest and relax within few minutes.

## Why this practice?

- Anyone can do this practice, anytime of the day. It takes 7-10-15 minutes.
- Educate and empower your mind to induce relaxation any time and any where with in few minutes

## How the practice will help me?

- The practice can be done anytime of the day at home or at work place. Whenever you have challenges like anxiety, stress, pain or any suffering, simply do the practice.
- Repeat the practice if you do not experience the change.

## How the practice is different?

- The practice is customized for different conditions, times during the day.
- For example, morning is normally fresh and mind can easily accept the practice, so there is morning practice.
- Like, there are evening, afternoon, and night practices. There are also practices with different titles that you can use accordingly.

## Requirement

- Self-inspired to learn and practice the guided techniques. Ready to educate from your experiences.
- Motivated to discover inner peace and happiness

Know more at [www.girishjha.org](http://www.girishjha.org)

## The source of the practice

- Eastern wisdom 6000 years' old tradition supported by 3000 teachers and texts. The goal of eastern wisdom is to discovery the true nature to end stress, suffering, and awaken to inner peace and happiness
- It is important to learn from the eastern wisdom, because it explores the subjective reality,unlikes cience that focus seson the objective reality.

## How you can maximize the benefits by the practice?

We customize the practice based on your challenges at physical, mental, emotional, social and professional levels.

- Do practice for a week –morning, afternoon, evening and night. Experience the change.
- Check website for customized practices uploaded every week. Find out the title that meet your challenges, download and practice for a week.
- Write to us at [info@girishjha.org](mailto:info@girishjha.org) for two Free Consultation by email regarding the practice.
- Ask us to customize the practice for meeting specific challenges. We will send you the details before customization.



## About us Girish Jha

38 years of teaching, training, research, mentoring people – diplomats, technocrats, engineers, doctors, students, kids, women etc.

## Who can do the practice?

Any one who is seeking peace, happiness, Well-being, and complementary approach toover come addiction / dependence from drugs, alcohol, and other social abuses.