



Layman's guide to mindfulness

Work-life balance: reduce anxiety, overcome fatigue & discover peace

12.5 (5 weeks -2.5 hrs. weekly for 5 weeks) hours program –group –personalized practices based on the eastern wisdom supported by scientific understanding

According to eastern wisdom*, stress comes from ignorance of mind not from your spouse, boss, children, parents etc. When we awaken o inner peace and happiness, stress leaves us free.

Why this program?

- The job related stress causes many interpersonal, physical, mental, and emotional challenges in life.
- Lack of performance, sickness absence, loss of man days adversely affects the overall corporate health.
- Learn from the teachings of the masters who discovered it, during 6000 years.

How program works?

The program is an experiential learning, engages participants acquire knowledge of the principles of eastern wisdom, followed by small and easy practice, sharing of experiences.

How the program is different?

You learn from the teachings of the great masters who discovered mindfulness 6000 years ago.

Every session is interactive, conscious journey and free from cult, dogma, belief and religion.

You learn to remove barriers that blocks the progress, and educate the mind that hasten the perfection.

Who can join?

Anyone who is seeking peace, happiness, Well-being, and complementary approach to overcome addiction / dependence from drugs, alcohol, and other social abuses.

You will learn/ practice/ experience

- Self-evaluation (non-medical)
- Learn from your experiences – P.A.I.N.
- Self-enquiry – where is stress (PAIN) – in relationship of PPPET
- A circle of perception-projection-thinking-attraction/ repulsion- attachment/detachment- pleasure/pain-greed/anxiety- desire (incompleteness/ others)
- Ignorance (incomplete knowledge) about who am I/Universe/ existence and how to live life?
- Practices – 4 Step relaxation Practice , Self-awareness Practice, The Synergy Practice, The Energy Ascending Practice, Shanti Meditation (higher Mindfulness) Practice
- Three principles that helps you succeed in relaxation and mindfulness
- Give your brain the idle time to relax and smile
- Simple and easy steps to mindfulness
- The recipe for success – natural withdrawal of the mind by contemplation
- How to change wandering mind to focused mind
- How to practice mindfulness at work?
- Overcome fatigue, and improve sleep
- Applying mindfulness in daily life

*The eastern wisdom is 6000 years old, supported by 3000 teachers and texts. The principles of science and eastern wisdom are different, even both aims at discovery of truth. It is important to learn from the eastern wisdom, because it explores the subjective reality, unlike science that focusses on the objective reality.

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