



## Guided meditation mindfulness program

Reduce anxiety, overcome fatigue, improve performance, manage physical pain & live in peace and happiness

### The source and the inspiration

Eastern wisdom 6000 years' old tradition supported by 3000 teachers and texts. The goal of eastern wisdom is to discover the true nature to end stress, suffering, and awaken to inner peace and happiness

### Why this program?

- Learn simple and easy steps to relax within few minutes.
- Educate and empower your mind to induce relaxation anytime and anywhere within few minutes
- Learn mindfulness 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, helpers 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.

### Girish Jha

38 + years of experience in educating, mentoring people from all walks of life. He trained and mentored diplomats, engineers, technocrats and military.

### Contact us

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### You will learn/ practice/ experience

#### Deeper Understanding

- Why guided meditation is to borrow the mind of a teacher and keeping one's mind aside during the practice helps?
- Learn how to begin the journey of any meditation-sitting nearby with aspiration to transcend stress.
- How signature steps of breathing purify the mind, recitation of sound balances the brain and moving mind within releases stress.

#### Managing problems and stress

- Overcome fatigue, and improve sleep
- How to live in meditative state at work?
- How self enquiry helps manage stress and suffering?

#### Benefits Guided meditation?

- Applying mindfulness in daily life for peace and happiness.
- Relax by simple mindfulness in 4 step anytime
- Give your brain the idle time to relax and smile

#### Simple principles of eastern wisdom

- What are the four stages of meditation? How it helps you to progress?
- Learning and understanding meditations from the teachings of great masters.
- How to move from wrong thinker to right thinker?
- What are the qualifications to succeed in the discovery of inner peace and happiness?
- Six steps of deeper relaxation-mindfulness
- Three stages of mindfulness/meditation

#### You can attend the program

Online / in person / group / corporate programs