



## Complementary approach for overcoming addiction, preventing relapse and restoring well-being

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**We Help People To:**

Become free from addiction

Achieve well-being

Discover inner peace and happiness

**The program is available online & offline**





## Well-being complementary approach: Freedom from addictions

Evolve and help everyone to evolve

Based on eastern wisdom- 6000 years old, with 3000 teachers and texts supported by hundreds of customized practices to suit individuals and groups

### 60-90 minutes sessions – weekly/ biweekly

#### What is the program?

A new and unique approach to drug de addiction, relapse prevention and restoring well-being

#### How

When we discover the subjective reality, we awaken to our true state of being which is free from habit and conditioning of our mind.

#### Programs and practices

There are thousands of practices related to body, breath, mind, emotions, intellect, and thoughts. It includes mindfulness too.

#### Why this program?

Because it is drug free, aims at freedom from habits and conditionings, safe, simple and effective.

#### We start from YOU

We start from conscious relaxation and continue until you discover inner peace and happiness that naturally drops any outer agents for pleasure.

#### Here you are for change and success

We know and explore your potential to change and change lives

Learn which attributes are most critical and powerful to create deterrence to drugs. We will design and deliver the practices based on your positive attributes.

#### Who should join and attend?

Any one who desires freedom from drugs, negative habits and has recurrent relapse. Anyone using drugs to manage pain and suffering can attend or join.

#### Program Benefits

- Discover drug-use and drug –abuse in YOU
- Learn natural ways and means
- Replace anxiety, anger, panics with conscious rest, relaxation and inner calm
- Change the pleasure principle of mind to happiness within
- Increase personal power, build self-confidence to free from drugs
- Change the brain by changing the mind by select personalized practices

#### Connect to the most powerful self within

Eastern wisdom at discovery of the real self in you. More than 3000 texts, teachers are with you to transform your life.

### You get the most and the best in 60 minute session

Every session includes –brief talk, understanding steps of practice, doing practice, sharing experiences, discussion on what helps you and what not, dropping myths, home practice and strategies to deal with symptoms.



The information and education provided in the literatures for offering our services and products are intended to help people to know, how we give our programs and practices.

Many people have left medication in the beginning where as others continued that helped them. Because we address the subjective reality behind the mind as explained in the eastern wisdom, we do not intend to take any objective decision as far as medications are concerned. When people continue our programs, they experience positive and subjective changes, they can take the decision with their medical experts. We cover prevention, adjunctive management, relapse prevention, mental and emotional well-being approach.

No matter what is the approach of the eastern wisdom is, we focus our goal to discover your true nature and work together in harmony, close coordination and happiness.

We offer a powerful program with practices that change the mind. The change in mind creates a change the brain that affects behavior.

Science says that drug abuse alters the anatomy and chemistry of brain, manifesting in recognized cognitive, behavioral and physiological characteristics. These changes continue for years even after one has stopped abusing the drug. Any drug addict is at a high risk of relapse.

However, we encourage people with drug abuse to change their mental state by small, easy practices that may help change the brain and reduce the risk of relapse.

### **Introduction to the core principles of the program**

- Learn core principles that drives you to change in times of anxiety, anger, and panic.
- Individual / group guidance
- Whether you approach us individually or in a group setting, we educate you to the core principles of the eastern wisdom.
- Because not a single size fits all. After initial self-evaluation (non-medical) we customize the programs and practices.
- we apply simple approach to discuss helpers and barriers, experience and indications, myths and facts, educating about latest well-being approaches, progress etc.
- The only difference in an individual setting is that mentor or guide is available for personalized services. Even in the group setting, the same module is applied but it is based on the common approach that benefits everyone.
- In a group setting, people who have been experiencing the positive changes and challenges, share and inspire others.
- Group members share their experiences, effectiveness of the certain practices and ways to bring about the change in times of peace and crisis.

### **Respectful dialogue with love and care**

- We view you as a human being, full of potential.
- We see the real you, the human beyond the label of an addict.

We focus on the good in every human being. We address as why a person express what is not



## Program outline

### Introduction to the core principles of the program

- Learn core principles that drives you to change in times of anxiety, anger, and panics.

### Respectful dialogue with love and care

- We care you as human-being full of potential.
- We never ever think you and allow you to think that you are drug addict or....

### Discover the power of conscious relaxation

- Explore how simple, easy 7-10 minute practice induce relaxation and replace negative expressions.

### Change mind to change the brain to empower yourself

- Learn, practice and experience the power of self-awareness practice that changes your mind within 10 minutes. **Integrate your**

### thinker, emotion and action to create a center in you to transform

- We help you with personalized practices to integrate the power of wisdom, love and action together

### Adjunctive mode works the best

We will never interfere in your medical guidance. We follow adjunctive mode to change your life.

### Multiple needs are met

- Learn how to meet challenges at personal, professional, social levels to succeed.

### Make a choice to become a change

- We explore the center in you that can make a right choice with right practice to change your life

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## Programs and Practices –a journey to your true nature

We are self- conscious living species. We can make a choice to evolve and help others to evolve, the same applies in times of challenges, illnesses, problems and suffering, and it is your choice to take prescribed medication as guided by medical professionals.

Many people find it extremely challenging to make a right choice mentioned above. The eastern wisdom aims at discovery of our true nature leading towards managing pain, achieving well-being and discovering inner peace and happiness.

It is more subjective and you can discover the subjective and positive changes from the first session. Because we offer simple, easy and customized practices. We start offering our services as an adjunctive mode and leave the choice to you.

We always leave the decision to people and their medical experts, whether or not to take medication. We neither convince nor recommend anyone in four and against any medication or prescription. However, we have seen, people undergoing positive subjective changes and reduction of anxiety, stress and suffering, make their own decision.

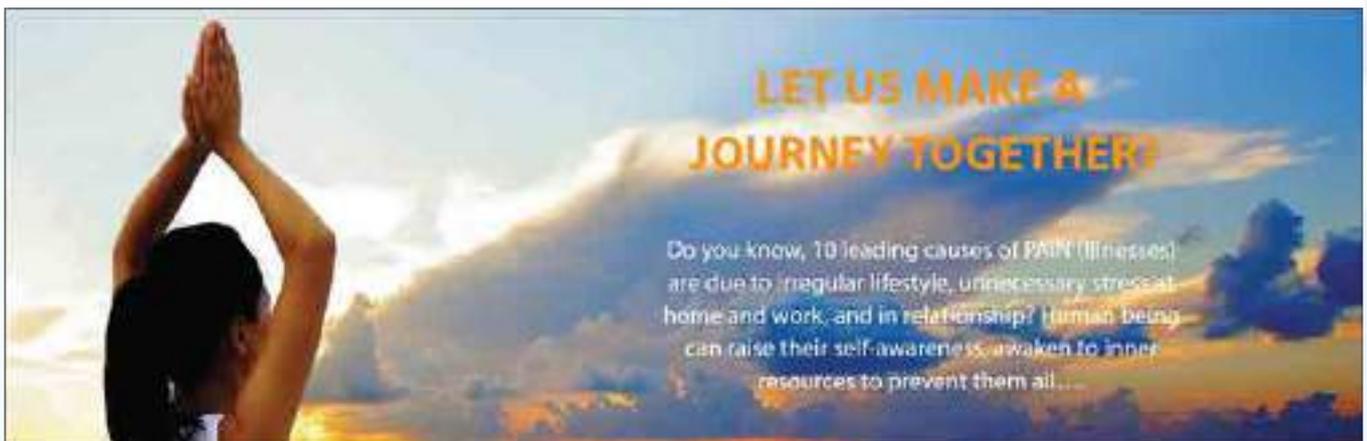
Every format of the program offered by Brighstems Inc., is independent of other programs and workshops, because we customize it to needs and requirements of individual or group. Regardless of our programs, practices our personal approach and opinions, decisions, practices and experiences, the eastern wisdom approach remind us that any use or medication is an outside issue. We welcome all, leave none, because goal of eastern wisdom to discover the highest and the greatest in you.

### Make a choice to become a change

- We help explore the center in you that can make a right choice
- The entire history of eastern wisdom is full of real life stories, how normal people followed the principles leading to awakening.
- The right knowledge, right intention and right action are the keys to change and transformation.
- We present all these tools that fits your needs and requirements.
- We guide you through 4T approach and support by sharing, discussion, question and answers
- 4T means Talk, Technique, Tips and Training.

### Continued management is a must for freedom from drug addiction

Research studies show that a minimum of three months is needed to help reduce or stop drug abuse, but it does not apply to everyone. The duration depends on the individual, his/her response, commitment, severity, and many other social factors. Stopping the use of drugs, managing symptoms, the recovery process, prevention of relapse, discovery of inner peace and happiness takes time.



- Learn simple and easy steps to change your mental state and defuse symptoms
- Learn principles from eastern wisdom that help awaken your inner potential and promote realization of power within to manage problems over time.
- Receive weekly self-evaluation and self-assessment
- Receive personalized services to fit your needs as an individual
- Learn to educate and empower yourself to effectively manage pain, anxiety, etc.
- Become empowered, giving your brain and mind downtime for peace and happiness.
- Discover 10 personalized practices to change the brain
- Learn practices that helps manage withdrawal symptoms
- Help improve well-being, manage PAIN\* (read below)
- Learn how to change the direction of mind and emotions
- Option to join the program with family members including children



desired by understanding the cause and remove them.

We learn the values of tolerance, compassion, kindness, peace and love and happiness as core principles of group discussion. We invoke principles and practices from eastern wisdom to help individual and groups.

### **Discover the power of conscious relaxation**

- Explore simple and easy 7-10 minute practices for inducing relaxation and replacing negative expressions.
- We start with conscious relaxation to remove wrong perception. We help raise self-awareness

### **Change the mind to change the brain and empower yourself**

- Learn, practice, and experience the power of self-awareness practice that changes your mind within 10 minutes.

### **Integrate your mind, emotions and action to create a center in yourself to transform**

- We help you with personalized practices to integrate the power of wisdom, love, and action together

### **Adjunctive method for best results**

- We will never interfere in your medical guidance. We follow adjunctive methods to change your life.

When anyone desires to stop taking medication or drug, it is his /her personal decision to do so. We welcome everyone weather one desires to stop or like to learn ways to prevention. Our goal remains the same to help and support people with customized programs and practices to move towards positive psychological well-being approach that aims at conscious relaxation, the emotional poise, the psychosomatic balance, the harmony inside and outside, raising wisdom to take charge of life etc.

We believe in the inherent potential of every person that when these potentials are awakened, they can right decision and right action to free from any addiction or dependence.

### **Multiple needs are met**

Learn how to meet challenges at personal, professional, social levels to succeed.

We start guiding you by simple customized practices to meet day to day challenges in life at personal, professional, social and family levels.

It builds self-confidence, increase self-esteem, drop the obsession of intake of over the counter self-medications. At the same time, people experience that small changes through practices and experiences can make big difference like sound and deep sleep, reduced anxiety, overcome fatigue, experience of inner calm, poise and relaxation.



## **Contact us**

Visit our website for more information: [www.girishjha.org](http://www.girishjha.org)

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Free self-evaluation of stress level available

Email at [info@girishjha.org](mailto:info@girishjha.org) for details

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