



GIRISHJHA
www.girishjha.org
Evolve & help others to evolve
Well-being, Overcome P.A.I.N.
Awaken to peace and happiness

Shanti-meditation (higher mindfulness)-beg.

10 hrs. Program- online / in person / group

6 personalized practices to address challenges i.e. Anxiety, fatigue, physical pain and to live in relaxation, peace, and happiness.

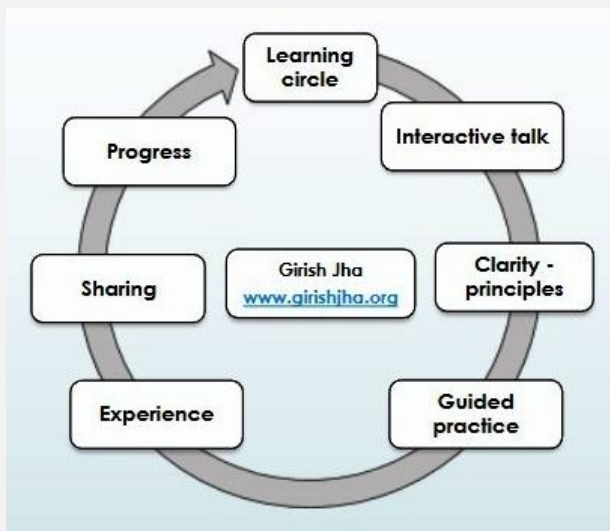
Why this program?

- Simple, easy and effective method to relax, overcome fatigue & pain.
- Personalized practices helps remove obstacles and enrich experience.
- 5 step is expanded to relaxation and higher mindfulness.

Who can join?

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

How we do it



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

How program works?

You will learn/ practice/ experience

Managing day to day challenges

- Overcome fatigue, anxiety and improve sleep
- Relax within few minutes at home or at work
- Educate mind to live in peace and happiness

Benefits - Shanti Meditation

- Raise immunity, enhanced self-awareness, focus and memory.
- Practice in any position of the body i.e. sitting or lying
- Empower your mind for higher performance

Success in three steps - learning, educating and experience

- Four questions that begins the journey.
- Four stages / levels of happiness. Meditation is the highest.
- Being / becoming big by knowing our true nature is the key.
- Four aids of meditation/ mindfulness to succeed in any endeavor.
- Learning and understanding mindfulness from the great masters.

Uniqueness about Shanti Meditation-beg

- 5 steps customized to empower yourself
- Digital delivery of practices for practice anytime.
- In -person practices personalized to address challenges at personal, professional and social levels.

Join and attend the program

Online / in person / group / corporate programs

Contact us

info@girishjha.org www.girishjha.org

Download free – [What is eastern wisdom?](#)

[How we personalize program/practices for you?](#)

Girish Jha

You learn principles in an interactive talk, contemplate for clarity, practice and share the experiences.

How the program is different?

Free from cult, dogma, belief and religion.

You learn to remove barriers that blocks the progress, helpers that hasten the perfection.

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

