



Warrior's guide to opening heart to love, awareness, peace and wisdom



Discover your true nature and live in peace and happiness

Program fundamentals

- Manage PAIN- addiction, trauma, anxiety, anger, frustration etc.
- Drop, dissolve and destroy – attachment, illusion, cravings.
- Achieve well-being (prevent, promote, progress) – live in peace, happiness, love and wisdom.
- ART awaken, realize and transform
- work on mind to live with it but do not allow it live within

Discover your true nature

- Love within
- Peace within
- Surrender to happiness
- The existence is always with us – discover within

How program works?

The program is an experiential learning, engages participants to 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.

Practices and techniques

- Mantra meditation

- Mindfulness practices
- Relaxation practices
- Synergy practice
- Self-awareness practices and more

Get ready to overcome addiction now

1. Learning from your experiences. Knowledge, desire and action or karma
2. How you qualify yourself to discover your true nature?
3. What is mind? How mind is created?
4. How impure mind leads to stress? Why desire create stress in life?
5. Three principles that helps you succeed in relaxation and mindfulness
6. How mind creates stress and discovers peace?
7. Eastern wisdom and science on stress and its management? Ignorance vs wisdom, right vs wrong perception.
8. Is there an existence higher than the mind? Can we know it?
9. Why we meditate? What is the goal of meditation?
10. Mind and journey to meditation to awakening.
11. What is real-self? How can we understand the nature of self?
12. Understanding the real-self through examples?
13. Overcome fatigue, and improve sleep
14. Applying mindfulness in daily life

Girish Jha

Mentor, Guide, Coach
/ in person / group

www.girishjha.org

Contact for online

Blog: www.girishjha.us

Email: info@girishjha.org