



# Layman's guide to Relaxation, Resilience and Mindfulness

10 hours program –online/ in person/ group – 6 personalized practices based on the eastern wisdom supported by scientific understanding

**According to eastern wisdom\*, the goal of mindfulness/meditation to bring an end to suffering including pain and awaken to our essential nature i.e. peace happiness, wisdom and love.**

## 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, 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.



## GIRISH JHA

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

You will learn/ practice/ experience

## You can attend the program

Online/inperson/group/corporate programs

Contact us [info@girishjha.org](mailto:info@girishjha.org)

[www.girishjha.org](http://www.girishjha.org)

## You will learn/ practice/ experience

- Brief history of mindfulness – journey from east to west
- Learning and understanding mindfulness from the great masters.
- How self enquiry helps manage stress and suffering?
- How to move from wrong thinker to right thinker?
- What are the qualifications to succeed in the discovery of inner peace and happiness?
- Three principles that helps you succeed in relaxation and mindfulness
- Learn from your experiences- changing perception
- Relax by simple mindfulness in 4 step anytime
- Six steps of deeper relaxation-mindfulness
- Three stages of 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.