



## Eastern wisdom for Pain mgmt. & Happiness

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

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

Free from cult, dogma, belief and religion; discover inner peace and happiness

### About the program?

The program helps one to discover one's true nature of inner peace, happiness, wisdom, love & truth.

### What we do- why you join

Manage pain (Anxiety, Stress, Phobias, physical pain, asthma, relationship challenges etc.),  
Achieve well-being and awaken to peace and happiness ( personal, professional, development and awakening)

### Who can join

Anyone facing challenges in personal, professional, social lives and ready to change

### How we do it

Interactive brief talk on the principles, guided practice, sharing of experiences, QA

### The source and 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.

### Requirement

- Self-inspired to learn and practice the guided techniques
- Ready to educate from your experiences.
- Motivated to discover inner peace and happiness

### Learn, Practice, Experience and Change...

- Overcome fatigue, reduce anxiety and improve sleep
- Learn to discover and live in inner peace, love and happiness.
- Empower and refuse to be miserable in life

### How we conduct the program- 5 stages of learning in joy

We introduce the principles, steps and guided customized practices in five stages that help you to educate and empower the mind, experience the change and begin the transformation in life.

### What will you get from this program?

- Learning fundamental principles of living in joy.
- Understanding the cause of stress, pain and suffering in life followed by customized practices.
- Addressing the challenges facing you or the group with guided practices for solution.

### Contact us to for a unique program for you/ group

Your Issues & our program

- Identify the challenges.
- Design & customize the program
- Engagement and learning
- Guided practices
- Experience the change.
- Digital delivery of the practices

### Our Approach

- Non-pharmaceutical, drug free, lifestyle changing tools, natural simple, easy, conscious evolution and transformation in life, awakening to peace, happiness, harmony, wisdom and truth:
- Our programs include 6 out of 10 of the most recognized non-pharmaceutical approaches. Used in various combinations based on your problems. Read more National Institute of Health information [CAM\\_Basics\\_Whats\\_In\\_A\\_Name\\_03-26-2015](#)



38 years of experience in educating, training, mentoring and empowering people i.e. military, engineers, professionals, students, drug addicts, women, prisoners, adolescents, doctors etc.

Contact us : [info@girishjha.org](mailto:info@girishjha.org) [www.girishjha.org](http://www.girishjha.org) Blog: [www.girishjha.us](http://www.girishjha.us)

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Free download - relaxation and mindfulness practice at [www.girishjha.org](http://www.girishjha.org)