



Mindfulness for pain management (Physical, emotional & mental)

10 hours program(beginners) –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.

About 75 million Americans endure chronic or recurrent pain. People spend more than \$50 b annually. Dr. Matthew says, 'there is huge gaps in our knowledge base.'(Which treatment is best for pain?)

Why this program?

- Learn simple, easy and customized practices aims at removing pain from the body, mind and emotions.
- Educate and empower your mind to change pain pathways created in the brain for deeper relaxation,

How program works?

We customize the program after self-evaluation and focus on the removing pain from the body, mind and emotions together.

How the program is different?

The steps of practice/s are changed based on your weekly progress. This enables you to take over pain and suffering.

Every session is interactive, conscious journey and free from cult, dogma, belief and religion.

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

Who can join?

Anyone suffering from pain- physical, mental and emotional can join to benefit from it.



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

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Blog: www.girishjha.us

You will learn/ practice/ experience

- Enquiry to pain and suffering from the principles of eastern wisdom – four H.
- Self and non-self – move from suffering to happiness.
- Going within and living with help relax within few minutes.
- Shifting the mind to right thinking about the self with four questions.
- Freedom from I vs freedom for I, instantly transcends pain.
- Learn from your experiences – invoking four stages of living
- 4/6 Step relaxation practices to minimize the impact of pain.
- Overcome fatigue, and improve sleep
- How conditioned mind (ego) destroys peace and happiness? How to restore them.
- Applying steps to reduce localized pain- neck, legs, arms, back etc. in customized practices.
- Discover inner peace to transcend the pain and suffering.
- Learning, contemplation for clarity about pain and suffering followed by practice help transcend and transform the pain.

We apply the teachings of two great masters in pain management. The teachings helps us to discover step by step to awaken to inner peace and happiness.

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.