



# Retrain the brain, release stress, and Discover inner peace and happiness

The program is based on teachings of masters and texts of eastern wisdom, includes Kundalini, Mantra, Laya meditations.

More than 100 customized practices to suit everyone

## Why this program?

- Manage stress, suffering in life
- Achieve well-being
- Awaken to inner peace and happiness

## How program works?

We start with brief talk on the principles of eastern wisdom, followed clear understanding of steps, and guided practice followed by sharing of experiences.

## How the program is different?

Because our goal is to introduce the teachings of masters who discovered these practices, you receive the teachings free from cult, dogma, belief, religion etc.

## Who can join?

Anyone who is seeking peace, happiness, to resolve relationship challenges and professional stress. People seeking clear understanding of traditional wisdom will find it highly rewarding.

## You will learn/ practice/ experience

- Play of Shiva- Shakti is the basis of existence.
- Why should we start Kundalini-meditation with right intention?
- Why do desires create stress and pain? How to transform the mind?
- What are three main steps to retrain the brain and achieve well-being?
- Why relaxed and poised pose is essential in awakening to inner peace? How to do it?
- Does awakening the potential power retrain the brain? How it helps to achieve well-being.
- What are the obstacles on the path of Kundalini Meditation? How to remove them.
- What is awakening in meditation? What happens to mind?
- What is the relationship between Prana and mind? How they transform the brain?
- How do breath practices help to achieve well-being, peace and manage common illnesses? How do they influence the brain and mind?
- Overcome fatigue, and improve sleep
- Applying mindfulness in daily life
- How does the kundalini meditation help in achieving well-being and inner peace?

\*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.z



## Girish Jha

Mentor, Guide, Coach  
38 years' experience in  
Training, mentoring,  
Research & coaching

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

Contact for online / in person / group  
[info@girishjha.org](mailto:info@girishjha.org) 609-447-5421