



EASTERN WISDOM COACHING/MENTORING INFORMATION GUIDE

We coach/ mentor/ guide in eastern wisdom aims at excellence, creativity, joy, and the end of suffering. We do it with humility and care through age-old knowledge and hundreds of customized practices. Be ready to evolve into a new person in personal, professional, social, and family lives. Whether you are looking for life coaching, performance coaching, executive/ leadership coaching, mindset coaching, kids/ youth coaching, or relationship coaching, you will discover and agree that you are the most important in coaching. If you know your true nature, which we discover in eastern wisdom, you will realize your dream. evolve to new person in personal, professional, social, and family lives.

PERFORMANCE COACHING INDIVIDUALS AND GROUPS

We help individuals or groups to awaken to the full potential of human resources by enhancing self-awareness, greater responsibility, & raising



their skills to the next level by 10 step strategy. We guide individuals or groups to awaken to full potential to perfectly align subjective being with objective reality at personal, professional, & social level to give their best at all levels. Eastern wisdom aims at realization of the highest & the greatest in human beings. At the same it allows progressive manifestation of creativity, peace, harmony, performance in personal, professional, social & family levels. We introduce the 10 step approach to individuals or the group to maximize their potential & minimize the stress, conflict, confusion in their life.

WHAT DO WE DO? HOW DO WE DO IT? AND WHAT TO EXPECT FROM US?

We human beings are seekers of permanent happiness, peace, wisdom, love, and truth. It is a journey we all cherish but not everyone awakens to their potential. Eastern wisdom shows the way to do it. When we work together respect each other and learn and practice what our great masters have guided for 6000 years we start progressing and evolving together. It is the age-old tradition of Coaching and Mentoring first discovered in eastern wisdom. We enjoy offering our services to help you realize the ultimate in your personal, professional, social and spiritual life.

ARE YOU WORTHY OF SUFFERING? OR BEING SAD AND FRUSTRATED? NO AND NEVER

Eastern wisdom challenges our wrong notion that we are worthy of suffering. Suffering, sadness, and frustration as such do exist in the impure mind and it neither exists in us nor in others. When we listen, learn, and practice what is offered by eastern wisdom, the veil over the mind is removed, and we return to our true nature and give the best to ourselves, to the family, profession, society, nation, and the world. Are you ready?



SERVICES WE OFFER IN COACHING AND MENTORING.

Eastern wisdom is over 6000 years old with 3000 teachers and more than 3000 texts. It is super positive psychology, that gives us rich knowledge and understanding:

- What are the suffering and challenges we face as a person in our personal, professional, social, and family lives?
- What are the causes of these challenges, sadness, frustration, and suffering?
- What is the method, steps, and practices to remove them?
- How to think, speak and act in life with peace, happiness, love, wisdom, and creativity?

The coaching/ mentoring in eastern wisdom is easily customized and personalized to the needs and aspirations of individuals and groups.

We have successfully coached people, groups, and organizations in different areas for over 43 years and offering our services in the following areas:

- Life Coaching.
- Performance Coaching.
- Executive Coaching.
- Spiritual Coaching.
- Mindset-Mindfulness Coaching.
- Leadership Coaching.
- Career Coaching.
- Corporate/Organizational Coaching.
- Group / Family Coaching.
- Relationship/Couple Coaching.



KNOWLEDGE IS REALIZED IN STAGES – ARE YOU ASPIRING FOR A COMPLETE CHANGE.

Like a seed does not become a tree overnight, so the knowledge is not realized at once. That is why coaching and mentoring started that offers step-by-step listening and learning, followed by contemplation and reflection and short and easy practices to bring about transformation. After Coachee and Coach mutually decides the goal, eastern wisdom starts its journey from Head to Heart to Hands to realize the best, the highest, and the greatest in Coachee/ groups.



Eastern wisdom then works according to what an individual or group wants from coaching. If a Coachee aspires for performance coaching, it is expressing thought, speech, and action in desired areas of performance. It is called performance coaching. If a Coachee aspires to be a leader, he manifests skills, attitude, and action from inside to outside in a desired area of expertise, it is called leadership coaching.

It is easy for anyone to understand, that an individual is first then there is leadership, performance, career, mindset, executive, and other areas of coaching. If there is no individual, there cannot be any type of coaching. Who is an individual, is discussed in detail in eastern wisdom that helps to remove all wrong notions and discover the true nature of an individual



UNIQUE APPROACH- FOUR STEPS WORK FOR EVERYONE.

Eastern wisdom helps to discover an Individual in every coachee who is true, authentic, kind, compassionate, loveable, wise, and creative. Then eastern wisdom focus on the specialized and desired area of coaching supported by simple and easy principles supported by short practices. The simplest way to explain the unique approach in four steps.

- I do not know, let me (Coachee) know it. (Coachee first knows that he/she does not know how to remove wrong notions, problems, and pain points. The Coach explains the principles of eastern wisdom).
- I do not understand, let me (Coachee) understand it. The Coach explains logically with examples, parables, and stories which are the most effective method in understanding any principle. The Coach encourages, and inspires the Coachee to ask the questions to remove doubts.
- I do not experience, let me (Coachee) practice and experience. The Coach gives short, effective but personalized practices to the Coachee to experience the change. The change in the mind changes the mind, when



the mind changes, the brain changes, when the brain changes, the behavior, and attitude change, then personality changes. When personality changes, personal, professional, social, and family life changes. A coachee transforms his/her life is unique in coaching in eastern wisdom.

- I do not experience the change, let me the causes and remove them. The Coach helps to find causes underlying one's subconscious levels and gives new personalized practices to change until a Coachee transforms.

Eastern wisdom starts its journey from Head to Heart to Hands to realize the best, the highest, and the greatest in Coachee/ groups.

COACHING AND MENTORING: OUR UNIQUE APPROACH.

Coaching in eastern wisdom includes guidance, mentoring, helping, select but personalized practices, and support to remove the causes of pain points and suffering. Coaching is a conscious journey from Inside (deep within an individual) to Outside (worldly life) in three steps:

To know it. For any endeavor in life, it is most important to receive the right knowledge with the right and focused approach.

To aspire to what we want from life, professional, family, or social lives. It is the second most important thing that an individual to desire what is right

and good for him/her and the family, society, and profession with the right and proper attitude in the mind. While goal setting many people do not keep the right and proper attitude in the mind but grand goal outside, fails.

To act on what we desire to realize in life. The third important factor is to act, and act on what we aspire to in life is the step that keeps the right and proper attitude in the mind to realize through right and proper action in the world.

Eastern wisdom clears the three steps above with four connections. A Coach through talks, assignments, self-evaluation, and practices clears what is the goal of life, goals in life, and well defined action steps.

Another challenge that a Coachee faces, is how to raise self-awareness, discern what is desired and what is not desired, remove emotional dependence causing anxiety, indecisiveness and think, and work with inner calm and clarity. The Coachee introduces fourfold steps to manage these issues in a Coachee effectively. The word 'Inside' here means our innermost self full of peace, happiness, wisdom, love, and creativity. we tap inner potential and remove the resistance, revolt, fear, and frus-

tration until the mind declares that we are not worthy of suffering, sadness, and pain. When a Coachee experiences peace, happiness, joy, power, and creativity inside, it is the Coachee/group that expresses the same 'Outside' in their thought, speech, and action in personal, professional, social and family lives with traits, values, behavior, and attitude.



EXECUTIVE AND LEADERSHIP COACHING:

He coached and mentored many executives and CEOs of IT companies invoking four steps of eastern wisdom that inspire, motivate, and trigger the deeper layers of intellect, to discern the real from the unreal and it helps to tread the path to peace, prosperity, and success. The four steps are supported by many simple, easy, effective principles that change the mind. The mind changes the brain, and the brain changes behavior, and attitude, in turn, which changes personality. The journey takes executives to become natural, effective leaders in their organization.

KIDS AND YOUTH COACHING:

He coached and mentored more than 5000 school kids and inspired them to become good people, a program created for them based on eastern wisdom. He also coaches kids and youth suffering from emotional, mental, and drug-related challenges in a private session with parents.

RELATIONSHIP COACHING:

Our science is wonderful but our psychology is deplorable in the modern age, causing relationship problems to include fighting, emotional trauma, suffering, and violence. Divorce, violence at home and workplace, instant anger, agitation, disbelief, and mistrust are a few of the many reasons human beings are struggling with every day. Eastern wisdom shows the path to finding inner harmony, peace, and ways to remove inner conflicts and confusion before dealing with relationship challenges outside. The right perception inside helps manage the relationship with ease, free from pain and suffering.





EMPLOYEE / GROUP/ CORPORATE COACHING:

It is all about cooperation and harmonization, performance and productivity, leading and evolving that guides the organization to greater heights, unmatched success, and unlimited growth. Eastern wisdom helps employees to start self-inquiry to find the Real-Self to remove all pain points caused by the wrong identification. Self-evaluation, and self-assessment tools in eastern wisdom, are introduced to employees and inspire them to follow what is right and good for them and the organization they work for.

LIFE COACHING AND/OR SPIRITUAL COACHING:

Behind and beyond the flow of life with body, breath, brain, and the mind, there is a center of existence, when discovered makes the entire life a celebration. The goal of life coaching is to celebrate life with peace, happiness, success, prosperity, and love. It includes normal coaching steps of goal setting, strategizing action, and simple and easy practices to remove what hinders the progress.

PERSONALIZED COACHING:

It includes managing grief, suffering, and physical, emotional, and mental challenges. According to Eastern wisdom, there are three major causes of the mind insecurity, dissatisfaction and unhappiness manifest

anxiety, fear, fight, reaction, anger, and agitation in day-to-day living. Eastern wisdom aims at addressing each of these causes by weakening them, leading the mind to higher consciousness, and helping the individual to evolve and transform.

THE AGE-OLD TRADITION OF COACHING IN EASTERN WISDOM.

Coaching in eastern wisdom is a trusted relationship understood by refining the intellect by knowledge of subjective reality, shining the mind by discernment, dispassion, relaxation, calm, faith, and one-pointedness gained by learning the principles, followed by contemplation, reflection, and personalized practices.

This trusted relationship is based on knowledge and practices revealed by more than 3000 masters and texts. The tradition means that the knowledge and practices continued where the coach and Coachee work together according to principles of eastern wisdom. Guru as a Coach knows and understands that Coach and Coachee are essentially one, but Coachee knows the Coach and Coachee are different. As both tread the path step by step, Coachee realizes that the Coach (Guru) is simply expressing the knowledge to allow the mind of a

Coachee (seeker) to realize his/her inner potential and start expressing its thought, speech, and action for desired results in personal, professional, social, and family excellence.



SELECT TOPICS WE COVER IN COACHING BUT NOT LIMITED TO TOPICS BELOW ARE HIGHLY CUSTOMIZABLE TO THE ORGANIZATION:

- Connecting at a higher level of consciousness (Coaching begins with self-discovery) Rapport building.
- Self-inquiry to remove pain points, self-discovery to know the inner potential, and self-realization to improve performance.
- Introducing to participants the goal of life aims at peace, performance, creativity, and progress. It is different than goals in life i.e., career and wealth.
- Desire fulfillment & self-fulfillment, Goal setting from inside outside. Deeper understanding of types

of personality, & aspirations to evolve.

- Regular Self-evaluation, assessment, follow-up, feedback, experiences, and indications to measure life changes.
- Introducing Four-fold practices leads participants to rise in self-awareness, enhance self-esteem, increase self-respect, and build self-confidence and respect for the organization and rule of law in the society, family, and profession.
- Learning how to progress, and self-assess the change by 5E- Engagement, Education, Empowerment, Evolution, and Enlighten.





COACHING PAR EXCELLENCE IN EASTERN WISDOM FOR YOU.

Performance, leadership, relationship, executive, and career coaching have one thing in common with an individual. An individual means indivisible deep within a unit as one reality that expresses leadership, performance, relationship, executive functioning, and results in desired field and expertise. If an individual within is not clear who he/she is as a person, nothing can be attained. Hundreds of people receive coaching, and hardly a few succeed. Only those who succeed remove the veil of wrong understandings, negativity, and mental and emotional blockages over an individual (innermost self). Eastern wisdom goes a step further and declares that every individual is potentially a Real Self which is of the nature of permanent peace, happiness, love, truth, wisdom, and creativity. That is the culmination of coaching where an individual is awakened, realized, and transformed. A spark that sits within every individual realized step by step by knowledge and practices of eastern wisdom.

COACHING METHOD IN EASTERN WISDOM.

Eastern wisdom coaching begins with helping the Coachee to transition from grey areas to ever-evolving attitudes, traits, and inner treasures of calm, poise, and endurance, that build a strong foundation to face every problem as an opportunity. As mentioned earlier, a person becomes a Coachee eastern wisdom calls him/her a seeker. Once a Coachee is a seeker, he treads the path with clarity and the right aspirations that a Coach includes through Talk, Training, Tips & Techniques, and sharing of experiences, feedback, follows up, focused on conscious evolution and gradual transformation towards the desired goal. tern wisdom.





STEPS OF COACHING IN EASTERN WISDOM.

Goal setting, goal achieving steps, applied knowledge, and practices, methods to get emotional freedom, matching the principles with what is desired by a Coachee, and redefining success and prosperity for continued peace, happiness, and love in daily living, are some of the major steps of coaching in eastern wisdom. The most important aspect of coaching in eastern wisdom is that it constantly adapts, adjusts, and personalizes the needs and expectations of a Coachee. It also includes self-evaluation tools at every step of the journey.

BEFORE COACHING.

The Coach and Coachee enter into a formal agreement and mutually decide to meet either virtually or in person. The Coachee sends a self-evaluation of life that the Coach evaluates to start the first session. The self-evaluation sheets help both to understand challenges in daily life, and other relevant issues that he/she wants to address at personal, professional, family, and social levels.

We summarize and mutually come to understand the five challenges and five results of coaching. The Coach and Coachee agree to address each challenge and for desired outcomes. The Coachee talks freely and communicates with the Coach to address all issues he/she feels to focus on. The

first session works as an open platform for a Coachee to understand that a Coach in eastern wisdom aims at helping him/her evolve consciously in all facets of life.

The Coach introduces two simple practices to assess the way both will move together in future sessions. The two practices help the Coachee to share experiences so that a Coach is clear on what types of advanced and higher practices can be given to fast track the progress and address challenges he /she noted.

The entire session is audio recorded and a copy is sent to Coachee. A Coachee listens to the audio lesson daily and does the practice if it is included. Because both Coach and Coachee want fast-track learning. A Coach suggests to a Coachee how to fast-track the entire journey.

THE JOURNEY IS EASY WHEN WE FOLLOW THE KNOWLEDGE FREE FROM DOUBT.

The journey covers different milestones and includes – self- assessment of problems, self-evaluation of life and stress/ illnesses, and strengths to determine how to proceed with the self-help programs and practices. We assure you that we give the maximum return on your investment to yourself, time and money.

THE ENTIRE JOURNEY HAS FIVE MAJOR STEPS.

The fast track is systematic, organized, and addresses body, breath, emotions, mind, intellect, and blockages that are present in them. The five E are Engagement, Education, Empowerment, Evolution, and Enlighten.

ENGAGEMENT IS FIRST WHERE MINDS MEET TO FIND THE BEST.

It is a principle in eastern wisdom where a Coach introduces a principle, discusses it at length rationally, and answers questions of What, Why, How, Where, When and any other questions raised by Coachee.

The goal of engagement is to help a Coachee to understand that there is a clear, simple, easy, and effective way to change, and end problems, pain points, and sufferings in life.

The principles of eastern wisdom have been validated by thousands of masters for over 600 years, a Coachee needs only to know it, understand it, and remove preexisting notions causing suffering.

EDUCATION IS THE SECOND STEP WHERE KNOWLEDGE MEETS THE GUIDED PRACTICES.

After the first step of Engagement, Coach introduces simple, effective practices so that knowledge is realized as personal experience. It is a first-person experience.

A coach continues to observe, and

understand how practice is helping or not helping so that next time, a coach can further personalize, the practice and may change the practices.

This step is education where four steps are reinforced again and again to a Coachee so that he progresses faster.



EMPOWERMENT IS THE THIRD STEP WHERE A COACHEE FINDS HIS/HER ABILITY TO COUNTER CHALLENGES.

When a Coachee (seeker) does practices for a week, and finds changes, shares his experiences, it helps the Coach to easily personalize the practices in the next session.

Empowerment here means that practices and principles realized by a Coachee (seeker) bring positive changes.

The change in the mind changes the brain, the changes in the brain change behavior and attitude, the be-

havior and attitude change personality, and the personality changes personal, professional, social, and family life.

The Coachee finds changes and generates faith that will bring an end to the challenges for which he is undergoing the coaching. At the same time, the Coach (seeker) finds that he is empowering with soft skills, inner calm, relaxation, poise, and natural focus.

EVOLUTION IS THE FOURTH STEP REMOVES PAIN POINTS AND SUFFERING.

The fourth stage rewards a Coachee with greater endurance, poise, calmness, and peace settled in the personality. The Coachee (Seeker) Is ready to leap to a higher consciousness within, and remain unaffected by outer situations, conditions, people, place, and time.

It is this higher consciousness that is like a spark that gives tremendous faith in oneself, courage, confidence, peace, and joy. As one grows and evolves, a Coachee finds revelations within that help him to set the journey of conscious evolution and transformation in life.

ENLIGHTEN IS THE FIFTH STEP THAT AWAKENS THE TRUE NATURE.

The enlightening has three stages- Awakening, Realization, and Transformation.

The Awakening means a spark of consciousness within, that transcends all the challenges. A realization means a Coachee realizes that he can achieve, what he wants to achieve provided it follows what is right and good, a principle of Shreyas. The transformation here means old habits, and impressions, change gradually depending on the intensity guided by the principles of discernment, dispassion, and living life consciously from moment to moment.

THE JOURNEY CONTINUES.

Self-assessment, Self-evaluation, follow-ups, feedback.

Ten self-evaluation tools are applied at different stages of coaching to find measurable changes in personal, professional, social, and family life.





The journey of eastern wisdom is a life project. A Coach who was mentored and coached by his master for 26 years and he studied more than 100 texts written over 6000 years ago.

With mutual consent, a Coachee continues the journey as he/she likes to progress in many other areas left before. A higher, intuitive, emotionally free relationship based on kindness, knowledge, and creativity is built over time.

WHAT TAKES PLACE IN A REGULAR SESSION?

Every regular session is highly focused. In every session, A Coach explains in detail the different steps of the practice and how it influences the Coachee's life.

Like with a regular visit to the gym, where you start building your physical shape, size, and desired figure, you can also build emotional and mental well-being progressively through regular sessions and discover the ways and means within you to transcend and transform PAIN and realize your essential nature made of peace, truth, wisdom, love, harmony, and creativity.

WHY A REGULAR SESSION IS IMPORTANT?

You may ask why regular sessions are important. There are many reasons for it and a few of them are:

The conditioned mind can trigger reactions, pain, and problems. Many

times, a Coachee may find that reaction triggered has no reason outside. A Coach helps Coachee to understand the trigger is caused by unknown areas of unconsciousness buried there for many years. A Coach helps to understand the inner progress, and changes that take place and prevents the Coachee from falling into myths and unconsciousness.

A common problem – what should I do when my past thoughts keep repeating themselves. We both work together to understand your unique mental nature and customize the practices.

WHAT PRACTICES DO WE OFFER?

These four groups of practices.

First - Practices to bring effective change in body, breath, brain, and mind.

Passive Steps – step in the practice or program where we raise our awareness to bring about a change.

Active Practices – are steps and practices when we find how the mind and body resist and react to change.

Semi-active or semi-passive steps They are specialized steps to influence the body, breath, brain, mind, emotions, etc. There are hundreds of practices including breathing, poses, progressive relaxation, healing, mantra, sound resonance, Yantra,

specialized relaxation, meditation/-mindfulness, mudra, and mandalas. We customize and design practice in every session for you.

WE CHOOSE PRACTICES FROM BELOW AND CUSTOMIZE THEM TO YOUR NEED.

- The 4 Step relaxation practice.
- The 6 Step relaxation-mindfulness. The Synergy practice.
- The Emotional poise practice. The Self-awareness practice. The Harmony practice.
- The Contemplative meditation practice The Psychosomatic practice.
- The Freedom practice. The Prajna Practice.
- Applied mindfulness for pain management.
- Retrain the brain and release stress through Shanti (peace) meditation.
- Mindfulness practices (10 different practices).
- 5 Kundalini practices if required. Rupa meditation practices.

WE FOLLOW THE GUIDELINES OF THE NATIONAL INSTITUTE OF HEALTH.

They include but are not restricted to 135 different types of breathing practices for body, breath, brain, and mind, 50 meditation/ mindfulness practices derived from eastern wisdom, 10 types of simple rest and relaxation practices, Yantra, sound resonance practices, brain energizing techniques, measured diet such

as medicine with single herbs, powerful tantra healing tools, naturopathy methods for cleansing and detoxification. 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.

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The desired outcome is not in the hands of anyone, except you. We help you recognize that YOU are the most important factor in bringing about a change in your life. We guide and offer you the tools, practices, and steps for brain, breath, body, mind, emotions, and life.

Methodology	
01	Pre- assessment
02	Engagement - interactive talk
03	Education - guided practice
04	Empowerment-Su- bjective assessment
05	Experience- Remo- ving obstacles
06	Evolving
07	Post - assessment
08	E-learning Smart devices

The non-pharmaceutical, integral, natural, and holistic approach of eastern wisdom is based upon positive dimensions in life. We start our journey by recognizing inner peace and happiness, instead of concentrating on your negative aspects.

We take into account your life history for reference in designing the programs. Your negativity is released quietly with conscious recognition and replaced with positive states, skills, strengths, attitude, wisdom, peace, and happiness.

IS IT SCIENTIFIC? OUR APPROACH IS SCIENTIFIC BECAUSE WE MEET THE FOLLOWING CRITERIA?

- Recognition of problems.
- Collection of data and information through observation and self-evaluation tools.
- Applying the simple, easy steps to manage problems, and improve health conditions.
- Minimize the impact of pain points and suffering.
- Testing the hypothesis (in our case customized practices) for the best results at every step of the journey.

WE HELP AND GUIDE YOU TO IMPROVE YOUR PERSONAL, PROFESSIONAL, SOCIAL, AND SPIRITUAL LIFE.

PERSONAL LIFE

You will help yourself in these areas of concern.

Anger, sleep disorders, chronic fatigue, pain, mood swing, tension, stress, depression, anxiety, grief, chronic relapse, physical pain issues, illnesses like asthma, diabetes, obesity, GIT issues, Emotional Disturbance, Trauma and PTSD, drug abuse, Sexual issues, Infertility, ADHD, lack of concentration, memory, panic, self-harming, Behavioral Issues, Narcissistic Personality, lack of coping skills and self-esteem, personal injury, the stress of financial obligations, addiction and other negative habits.



PROFESSIONAL LIFE

You will help yourself in these areas: Coping with the workload, feeling undervalued, deadlines, lack of job satisfaction, lack of control over the working day, long hours of work, frustration with the working environment, lack of support and pressure from higher officials, bullying, academic under-achievement (for students), dismissal from work humiliation, and pregnancy issues.

SOCIAL LIFE

You will help yourself in these areas: Family Conflict, Peer pressure, and Relationships, Relationship issues, family conflict, divorce, parenting, teasing/ bullying.

SPIRITUAL LIFE

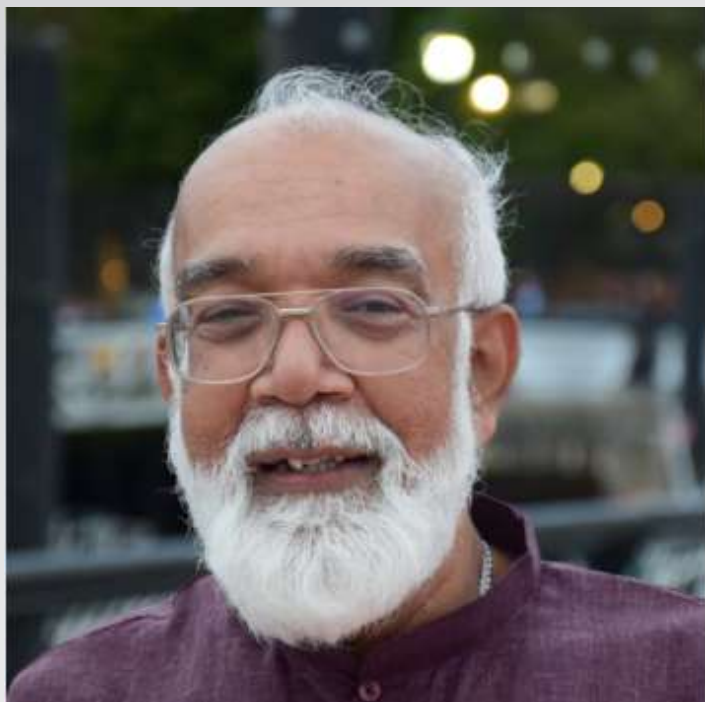
You will help yourself to discover a life free from cults, dogma, beliefs, and religion:

A pure consciousness means consciousness free from mental and emotional dependence. Pure consciousness is the Real Self that sits behind the body-mind complex. It is of the nature of delight, truth, peace, love, and wisdom.

ABOUT GIRISH

JHA, BS, MS, APA, YRT⁵⁰⁰

Coach, Speaker, Mentor & Writer



- Girish Jha has an extensive and rich experience of 43+ years in teaching, training, research, mentoring, and coaching people from all walks of life kids and youth, military and executives, couples, IT professionals, public servants, and international coaches. technocrats, managers, doctors, groups & organizations including IT companies like Google, IBM, etc.
- Girish Jha has coached/ mentored more than 900 military officers in high altitudes, 400 diplomats of different countries in Jakarta, Indonesia, 2000 students, and teachers, and hundreds of executives, managers, and IT professionals in different companies including IBM, Microsoft, etc.
- He has been offering services in the field of mind-body non-pharmaceutical, well-being, and illness management programs.
- He personalizes programs and then customizes them to individual and group needs with Talk on the principles, followed by weekly new practices delivered by email.
- He volunteered at senior Resource Center, NJ to help seniors to manage their stress and suffering, move to healthy aging and live their lives in peace and happiness.
- He coached more than 40 psychotherapists and other related experts of Greystone Park Psychiatrist Hospital in principles and practices of eastern wisdom.
- He coached more than 123 prisoners and substance abuse youth to become free from drugs under United Nations Drug Prevention Program.
- He has been regularly coaching and mentoring individually/ in the group in eastern wisdom until today.
- He holds a Bachelor's in Science, Master's in applied psychology, is a Registered Yoga Teacher (500 hrs) and is a member of the American Psychological Association.
- He was mentored by many Himalayan masters in eastern wisdom,

eastern positive psychology, and esoteric practices. Later he learned world religions, Indian philosophy, mindfulness, Kundalini, meditation, and mantra practices from his master, Swami Laxman Das Avadhootji for 26 years.

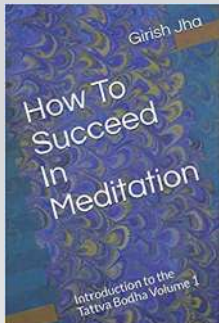
- His clients come from all walks of life (technologists, engineers, public servants, politicians, diplomats, teachers, managers, CEOs, adolescents, and even medical doctors).
- Speaker-Master Lecture Series at Princeton University.
- Workshop on mindfulness, Village health and spas, Phoenix AZ-2018.
- Project Coordinator-Applied mindfulness, Motivational Speaker at High Altitude Medical Research Center, India.
- Former Program Officer, Applied mindfulness and well-being programs from eastern wisdom at MDNIY.
- Former Teacher and speaker-applied mindfulness, yoga & eastern wisdom at ICCR, Jakarta, Indonesia.
- Former Senior Project Director-Applied mindfulness & well-being approach at United Nations Drug Prevention Program (UNDPP).



LIST OF BOOKS AUTHORED BY GIRISH JHA AVAILABLE ON AMAZON



These books are written to give seekers weekly & intensive programs on meditation and mindfulness.

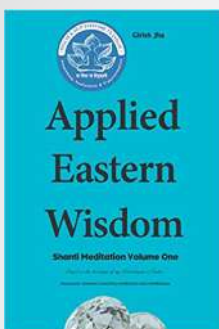


HOW TO SUCCEED IN MINDFULNESS?

The book discussed how to change behavior and attitude to change mind to succeed in mindfulness. The book is based on the teaching of great master Shankaracharya. The book is good for executives, professionals who aspires to bring transformation in their lives.

Buy now at
amazon.com >

<https://tinyurl.com/2tbc9duw>

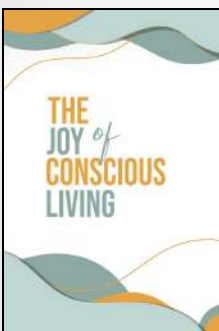


APPLIED EASTERN WISDOM – SHANTI MEDITATION.

The book discusses the principles as taught by great masters for over 6000 years. It offers more than 10 transcriptions of practices. Shanti Meditation practices combines steps from Tantra, Buddhism, and other traditions for modern man to succeed.

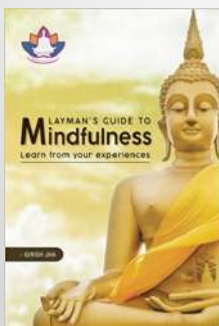
Buy now at
amazon.com >

<https://tinyurl.com/2p8kz6s4>



THE JOY OF CONSCIOUS LIVING.

The book discusses modern and traditional perspective of transformation in life, includes more than 10 practices. It gives deeper understanding of what science says and what eastern wisdom says about meditation and mindfulness.

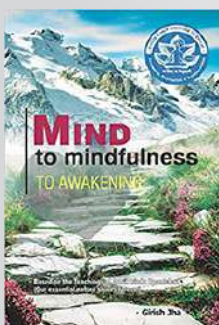


LAYMAN'S GUIDE TO MINDFULNESS.

The book explains principles in layman language to understand the principles and practices of meditation / mindfulness. It is a book that anyone and everyone should have to tread the path.

Buy now at
amazon.com >

<https://tinyurl.com/mpbf6hvn>

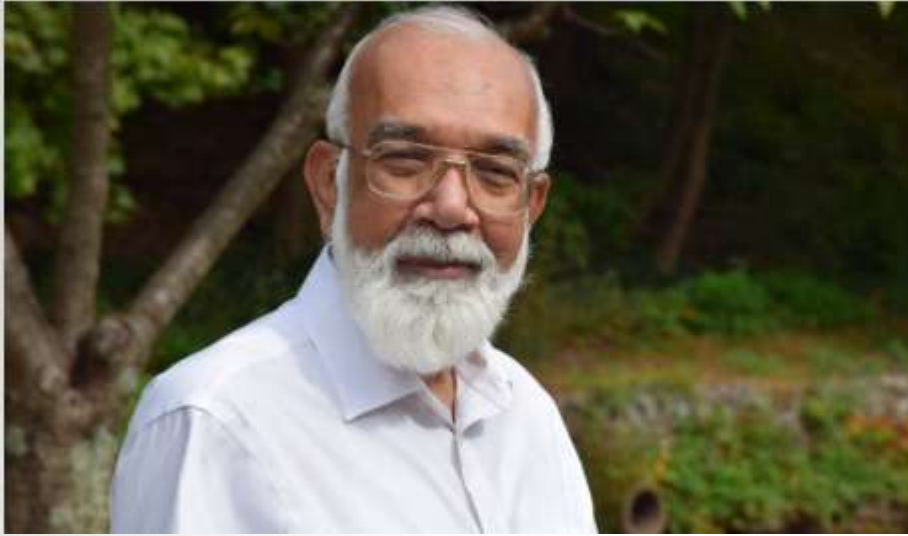


MIND TO MINDFULNESS TO AWAKENING.

The book is based on AB Upanishad that explains principles, philosophy and practices of mindfulness. If one does not follow them, one cannot succeed in mindfulness.

Buy now at
amazon.com >

<https://tinyurl.com/ujfy8wth>



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🏠 <https://girishjha.org/Live-Events>

📘 <https://www.facebook.com/Mindfulness4YOU>

🌐 <https://www.linkedin.com/company/girishjhallc>

📺 <https://www.youtube.com/channel/UCGdkdQ604USRHZwjUBQyU-AA/featured>

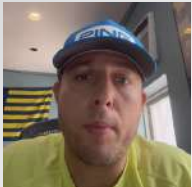
📱 <https://insighttimer.com/girishjha>

💬 <https://www.spreaker.com/user/girishjhausa>

Testimonials



Working with Girish Jha has helped me in so many ways, the knowledge and practices he provided have helped reduce my stress levels, improved my relationships both professionally & personally has encouraged me to be a better person in all aspects of my life. I'm more productive, happier & at peace with myself & others. Thank you, Girish.



Sam Rossiello
Deloitte (New York)

My friend acquainted with Girish Jha, introduced me when I had lot of challenges with my employer, HCL. I am currently working in HCL IT software company. He offered me two simple practices and then introduced principles of eastern wisdom to give a new perspective to life including professional life. Since then my mind changed and dropped fear, dissatisfaction, and insecurity about the job. It motivated me to work smart and become an asset to the company, instead of thinking negatively. I am still working for the company for the last 10 years. The program raised self-awareness, and gave deep insight into how to work with commitment-free from stress.



Vinay Kumar
HCL Technology

My name is Rakesh and I work for Genpact, which has its presence in more than 30 countries across the world. Before I met Mr. Girish Jha, I was the type -A personality and I used to live in a lot of stress and insecurities, due to high burnout. My fatigue level was very high all the time. After attending his program I learned to live in peace & happiness, my performance at work & relationship improved, I started earning the respect of my seniors, my colleagues, and my team members. The program Girish Jha has given to me, is based on Eastern Wisdom including mindfulness and other practices, to enhance self-awareness and performance. I still attend his weekly sessions on Eastern wisdom regularly to realize my inner potential.



Rakesh Saxena
Genpact

Testimonials



My husband & I both study with Girish and have known him since he arrived from India.

Meditating with him has been very good for our marriage because it allows us to be calm & loving when we speak with each other...



Priscilla Estes
Yardley, PA

I have been able to cope with & manage my diabetes to a far greater extent than I had in the past

I have never experienced the effects of pure joy & happiness as I feel when practicing Girish Jha classes. Through a regular practice of Girish's unique ...



KK
NJ, 2012

Every day a way to be more capable, more focused, more energetic, more serene.

Dear Girish Jha, Since I received your teachings in Jakarta from 1997 until 2000 I can say that my perception of life has changed. With your teachings...



Maria Zaragoza
Barcelona, Spain, 1999

Mr. Girish Jha has a deep insight into the connection between what one does and why one does. He can help one understand and establish the cause-effect relationships in the various areas on life.



Sameer Mehtani

Testimonials



I have been able to manage my deep grief and live in peace & happiness

My first interaction with Girish Jha took place in 2008, when he was giving a small and easy practice of conscious rest & relaxation. For years, depression caused too much of pain in my...



A Hoffmann
Princeton, NJ 2008

The best Nada Teacher (sound resonance practices)

Girish Jha is the best Nada Yoga & Meditation teacher I have ever had. He is very knowledgeable & very good at teaching the subjects of Nada Yoga & Meditation. He gave ...



Sharon Silverstein and the Peace Project
Owner, Living At Peace, LLC (through LinkedIn)

Training military officers in Himalayas was stress relieving & increased performance.

Girish was called at Army Cantonment at Leh in Himalayas for a training for Officers & their families & troops. I was the Army officer in General Staff...



Niresch Rathore
Brigadier (Retired)