



# Layman's guide to relaxation & mindfulness

50 customized practices that you can do at different times, and whenever you have anxiety, pain, suffering in life

**The mindfulness practices are based on teachings and texts by great masters of eastern wisdom**

## What is -mindfulness?

- The mindfulness or meditation practice is an effortless practice to find peace within and dissolve challenges.

## Why this practice?

- Anyone can do this practice, anytime of the day. It is second step after 4-step relaxation practices.
- You learn the principles, guided practice and experience the change every day.

## How the practice will help me?

- It helps you to experience inner peace, happiness, joy and wisdom.
- Repeat the practice if you do not experience the change.

## How do I do the practice?

- Find a quiet place, run the audio file. Learn the principles through the brief talk given in the beginning.
- Get ready for the guided practice when instruction is given and complete the practice.

## Who can do the practice?

Anyone who is seeking peace, happiness, Well-being, and complementary approach to overcome addiction / dependence from drugs, alcohol, and other social abuses.

## Requirement

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

## How you can maximize the benefits by the practice?

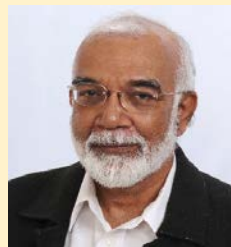
We customize the practice based on your challenges at physical, mental, emotional, social and professional levels.

- Do practice for a week – preferably in the morning and before sleep.
- Check website for customized practices uploaded every week. Find out the title that meet your challenges, download and practice for a week.
- Write to us at [info@girishjha.org](mailto:info@girishjha.org) for two Free Consultation by email regarding the practice.

## The source of the practice

- Eastern wisdom 6000 years' old tradition supported by 3000 teachers and texts. The goal of eastern wisdom is to discovery the true nature to end stress, suffering, and awaken to inner peace and happiness
- It is important to learn from the eastern wisdom, because it explores the subjective reality, unlike science that focusses on the objective reality.

## About us



## Girish Jha

38 years of teaching, training, research, mentoring people – diplomats, technocrats, engineers, doctors, students, kids, women etc.

## 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