

: Lessons :

I. Live Life Light ~

- a. Responding creatively to change, giving and receiving the energy.
- b. Creating a balance of logic / Intuition
- c. Creating a proactive / God's response
- d. Adaptability
- e. Synergy
- f. Meaning and Purpose of Life

II. Distress to eustress

III. Illness to wellness

IV. Emotional mastery over fear, anger, depression and ego

V. Rescripting of mind



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He has given more than 6000 multi media presentations in various colleges, universities, medical associations, hospitals and social organization that include.

- ✈ L & T
- ✈ DIPR (Defense Institute of Psychological Research)
- ✈ ISRO (Indian Space Research Organization)
- ✈ Indian Railway
- ✈ Air India, Jet Air ways, Airport Authority
- ✈ IIT, Roorkee, IIM, Calicut
- ✈ PGI, Chandigarh, AIIMS
- ✈ CAT, Indore
- ✈ Osmania, Hissar, Punjab Universities
- ✈ Medical Colleges (Trivandrum, Bangalore, Pune, Jabalpur, Jamnagar, Ludhiana)
- ✈ KRIBHCO
- ✈ Lawrance School, Himachal
- ✈ Gardwal, Jat, Gorkha Brigade, Lehladhak DRDO

Live Life Light



Life should be governed by the Love for Truth and Thirst for Light.

The source of all creation is divinity, the process of creation is divinity in motion – consciousness in motion.

Objectives :

1. To Empower the self
2. To Widen the size of comfort zone
3. To make Personality "free-flowing, fully functional"
4. To make life a mission by creating Meaning and Purpose of life
5. To Rewrite script of mind.

“You are the unconditioned spirit trapped in conditions, the sun in eclipse.”
– Rumi – Sufi poet
Life is to –



Human species is in a new phase of evolution
META – BIOLOGICAL. – Dr. Jonas Salk

It is the evolution of consciousness, universe is neither energy nor information nor space nor time nor matter, but a field of pure potentiality - consciousness that is waiting to be asked questions – seeking expression from the unmanifest to the manifest. Consciousness conceives, governs, constructs and becomes universe.

As is the microcosm, so is the macrocosm.
 The biochemistry of body is the product of awareness.

Belief creates biology. **– Norman Cousins**

We can convert automatic processes into conscious ones by attention and intention. Attention energizes, and Intention transforms. Intention organizes its own fulfillment. People who are tuned to mind–body signals of discomfort, pain, fatigue, distress, sadness, anger and pleasure cope better psychologically, have a better immune profile.

– GARY.E.SCHWARTZ, Psychologist

“The operational software of your soul is karma, memory, and desire. By becoming conscious of these seeds of manifestation, you become a conscious generator of reality.”

Human beings have a built-in, biological response to perceived danger – Fight or Flight response.

Whenever we try something new, if it falls outside the limits of our comfort zone, we feel uncomfortable, succumb to fear – start producing stress hormones, chronic release of these hormones brings pathological changes in target organs of the body through Psycho–Neuro–Immunological axis (P.N.I).

We unconsciously evaluate the pleasure/pain ratio while we invest our effort in performing a task. Our genetic predisposition normally exaggerates the pain.

We can alter the evaluation process through Neuronal Rescripting. Neuronal empowerment is psychological immunization to face the unexpected changes in life.

Empowerment is the process of changing mind–set at the chemical level of brain.

Adaptability means freedom from conditioned response. By learning rescripting of mind one can change response to situation from fear-based to proactive – God’s response.

By becoming a conscious choice-maker, you begin to generate actions that are evolutionary for you and for those that are around you.

Life is 10% what actually happens to us, 90% how we react to it.
 Empowerment means –

- To give power to yourself.
- To have the ability to control your thoughts and actions in such a way that you get the precise results you want.
- To feel that you are in-charge, an instrument of change in your life.
- To remain calm and confident in the face of upheavals.

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