

|| Jai Shree Gurudev ||
LIFE CARE PEACE MISSION'S
Glorious Life
(Based on PATANJALI'S Yoga Sutra)



What does *Life* mean to you?
Success, Fame, Position, Wealth...
Are you *Happy, Healthy, Satisfied...?*
If the answer is *Yes*, then you are very very *Fortunate....*
But if the answer is a question ??????

Obtaining Life as Human Being is very important. Amongst the many significant opportunities in Life, the most important one is a 'Entry' permission to the Shivr...

Each human being is often anxious about his own self, apprehensive about his image & well being and is unable to find right answers to his satisfaction.

This Shivr helps in searching for the hidden traits in each one of us and bring about an awakening in your **Mind**. Pranayam, Asanas and Balanced Diet will make your **Body** more healthy. On completion of the **Glorious Life Shivr**, you are surely to get the

“Master Key for Successful and Blissful Life”

What is this Shivr all about? What will be taught in the Shivr ?

This 7/8-day Shivr will hold interactive, highly informative and demonstrative workshop and lecture sessions on the following main topics

1. Your Personality: This Shivr explores and explains the reasons how and why we tend to get angry, upset, stressed ...by many every day events and how to overcome such emotions.

2. Control over Stress : In today's chaotic world, we live a stress-filled life which leads to problems like headaches, back-pain, stomach disorders, etc. Breathing exercises and change in viewpoint can help overcome stress

3. Positive Thinking : “We become what we think of ourself” this is a fact of life. Negative thinking is the biggest hurdle for Personality development. Dhyana yoga process would easily lead you to positive thinking and make your life much better.

4. Time Management : When we cannot manage our tasks within the given time frame, many difficulties arise. Efficient Time Management techniques help in

avoiding many problems.

5. Pranayam : With help of Pranayam and other Yogas, we can increase the energy levels in our body and this helps to ward off many common diseases. Get rid of medicines for Blood Pressure, Asthma, Diabetes, Heart problems, Backaches, Stomach disorders.....

6. Self Confidence : Self confidence is the essence of our personality. This Shivr has increased their Self confidence, many past participants have declared.

7. Human Relationships : We Indians believe in Family system and our family relationships are major contributors to our happiness, peace and contentment. Better relationships will make our life more Glorious.

8. Balanced Diet : Balanced Diet is the base of Healthy Life. Small changes in our food habits will make big improvement in our body energy utilization and also help us lead a disease free, healthy life.

9. Conversation skills & Leadership ability : To win over someone with your soft words this is an art and it is called conversation skill. Certain unique qualities makes you a Leader learn about these qualities.

10. Behavior : Anger, Irritating behavior, Fright, Strain, Worry, Concern, Harshness, Sadness, Laziness, Negative attitude, Shyness, Sleepy feeling, Wrong habits, Mental illness, etc etc - all can be controlled and overcome. Shivr shows you the perfect path.....

11. Don't say 'Yes' when you want to say 'No': Many desires and actions are curbed with thoughts of "What will others think?" Many times you say 'yes', when you want to say 'no' and take on unwanted troubles.

12. Efficient Orator : Many people have the 'stage-fright', their legs shake when asked to speak in front of an audience. The Shivr's workshop would teach you how to become an efficient orator.

13. Your Health : If you are always feeling unwell and have complaints of headaches, blood pressure, heart problem, diabetes, less sleep, etc. then you are mentally unwell. The Shivr discussions will explore the physiological reasons and relationships with all such illness and would help you get rid of them permanently whereby cutting your high medical expenses!

Main benefits of the Shivr : Get rid of heart problems, diabetes, blood pressure, asthma, stress, joints pain, migraine, paralysis, acidity, depression, sleep disorders, etc etc....all physical and mental illness through this Shivr.

Well, after the 9-day Shivr, you will definitely be a Changed Person who is

**More Positive, More Self-Confident, More Energetic, More Motivated ...
Better Orator, Better Leader**

A Glorious person who is Healthier in Body and Mind!!

This Shivr is an invitation to the courageous, seekers of truth and other people on the path of self-discovery, who want to

Live a Glorious Life

You are already late! Do not delay any further, get yourself enrolled for the Shivr.

