

Meditation & Developing Intuition

I believe that there is no human being born who is without the sixth sense. Many different names have been given to this sixth sense, but in essence it is your spiritual core. Many layers of the ego cover the spiritual core, and lead us into believing that there are only a few who have this 'gift'. This is the farthest from the truth. To develop this latent sixth sense, and to use it to advantage for self, and in service to others, is not as complicated as many believe it is.

Meditation, that helps to calm the physical senses, and brings clarity and focus to the mind, is useful to people of all ages. Students, corporate personnel, top management, young adults, senior citizens, and children with learning challenges, all benefit from meditation. Initially meditation is not easy, as the mind constantly seems to wander. To train the mind, and to awaken the inner voice, meditation is most essential.

Meditation and Development of Intuition is done through workshops tailor made for the needs of the group participants. For schools, colleges and corporate houses, these workshops are tied in with Time Management, Anger Management, Work-Life Balance, Communication Skills, Dealing with 'No', Goal Setting, and so on.

To avail of the Group Workshops, and get the optimum fee structure, a minimum of 10 confirmed participants is advised. For schools, colleges, and corporate organizations the minimum number is 30. These workshops can be customized to suit the requirements of the group requesting the program. To make inquiries **CONTACT** [here](#).