



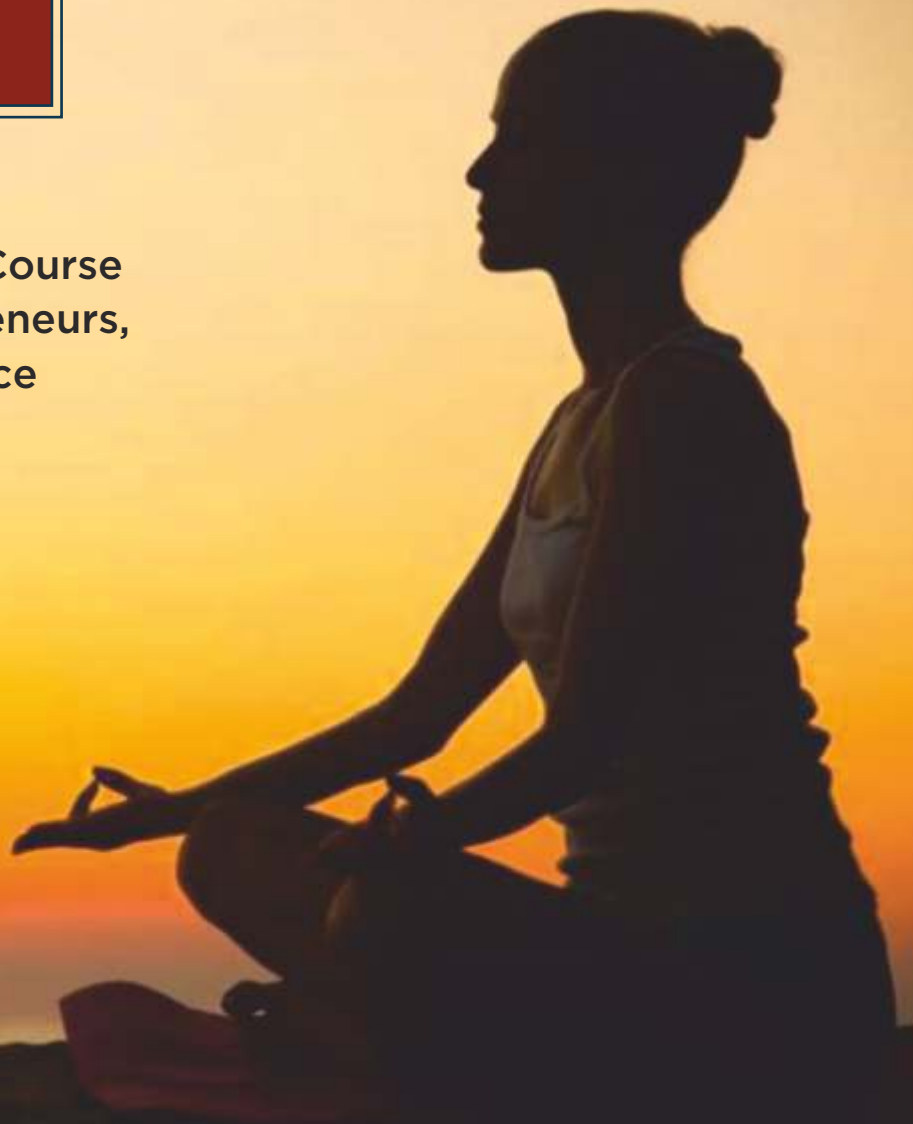
OpExWorks

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BEING SPIRITUAL

**SPIRITUAL EXPERIENCE
OF INNER PEACE
AND HAPPINESS**

**Online Learning and
Spiritual Transformation Course
for Professionals, Entrepreneurs,
and Seekers to Practice
Yoga & Meditation**





Spirituality Made Easy

Everyone striving for a good life, freedom from sufferings and fear, which can be attained by spirituality only. To become spiritual, now it is not necessary to go to Ashrams on mountains. You can "Be Spiritual" from your home also through an online course especially designed for entrepreneurs, professionals, and seekers to attain Inner Peace & Happiness along with good health, wealth, and success in life by practicing yoga and meditation.

Why to be Spiritual?

You may be a highly qualified expert of your profession, very successful person, or a common man, but unless you are clear about the following fundamental principles of life, it may not be possible to attain inner peace and happiness.

Think and ask yourself, do I know.....

- What is ultimate purpose of my life?
- What is life?
- How to attain the purpose of life?
- Am I happy from my Life?
- What is happiness?
- Where from happiness comes?
- How to attain Happiness?

Every person is in constant search for happiness, but due to false notions making futile efforts to find it in the wealth and authority. In spite of attaining plenty of wealth, big business empire, and professional success, majority of people living unhappy and stressful life. The only source of happiness is your Spirit, the cause of existence, unless you get connected with it, you cannot experience complete life.

Being Spiritual is a practical methodology to unite Body and Mind with Spirit to realize inner peace and happiness. Spirituality is science of life based on the laws of nature, an essential knowledge for everyone following any religion, culture or profession. Without spiritual knowledge, people living incomplete life.





Who should attend?

- Persons who have attained professional success, plenty of wealth and material prosperity, now looking for **inner peace and happiness**
 - People who are **living with fear** of losing job, loss in business, fear of disease, fear of not attaining targets, or any kind of fearful condition in life
 - People **facing problems** in life due to work stress, lack of time, job dissatisfaction, strained relationships or any kind of inner conflict
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- People who want to develop **leadership qualities** by developing their spiritual personality along with professional competence
 - Entrepreneurs, professionals, businessmen, industrialists or any person looking to improve **quality of life** by learning and practicing yoga and meditation.
 - **Business organizations** who want to improve employee involvement and engagement, personal productivity, and happy work culture can go for spiritual transformation of employees.

Course Objectives

Course designed to accomplish the following objectives;

- Introduce the spiritual concepts to the people
- Spiritual transformation of people to live complete life
- Synchronize spirituality with materialism to live a balanced life
- Provide meditation training to the people at their home

Source of Knowledge: Course developed by a team of spiritual practitioners under guidance of realized spiritual Gurus. Contents created from the spiritual concepts given in Upanishads, and Patanjali Yoga Sutra.



Course Outline

Course will take you through following seven-step spiritual transformation journey prescribed by Patanjali Yoga Sutra and realized Spiritual Gurus;

- Develop Spiritual Awareness
- Purify your Mind
- Gain Spiritual Knowledge



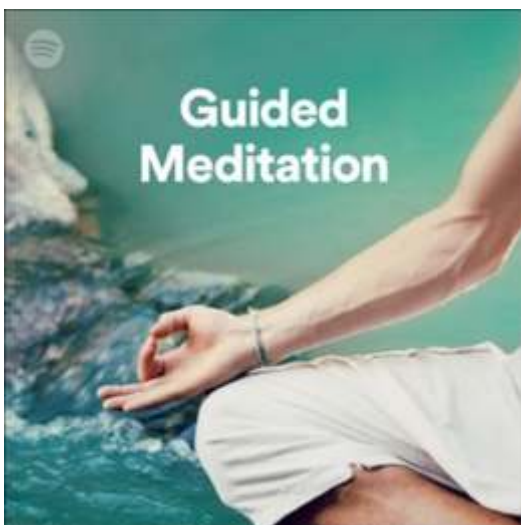
- Change your Lifestyle
- Modify your Behavior
- Learn and practice Yoga & Meditation
- Apply Spirituality in your Karma

Course Delivery: Contents will be delivered in 12 video sessions of 30-40 minutes each, along with E-books and practice exercises.

Duration of Course: 12 weeks

Spiritual education & yoga training will be provided through information technology using following online learning techniques;

- Video sessions to explain the spiritual principles
- E-books for self-study and reflection
- Practice assignments to internalize the concepts
- Guided meditation sessions
- Self-assessment of learning progress
- Webinars on relevant topics
- Clarification of doubts by experts
- Certification
- Flexible learning: participants can logon any time as per their convenience.



Unique feature of the Course

A unique **guided meditation** developed by using visualization technique to relax your body, purify mind, clear intellect, calm down the agitations of chitta to connect with spiritual point in core of your heart.

For guided meditation sit in a quiet place in a yogic posture, gently close your eyes, listen to audio instructions and follow the steps. By proper practice, within 15-30 minutes you will be able to connect with your spiritual center and experience blissful vibrations in your mind and body.

Results of "Being Spiritual"

- Clarity of purpose of life
- Inner peace and happiness
- Healthy body and stress-free mind
- Professional success
- Creation of wealth by fair means
- Balanced personality



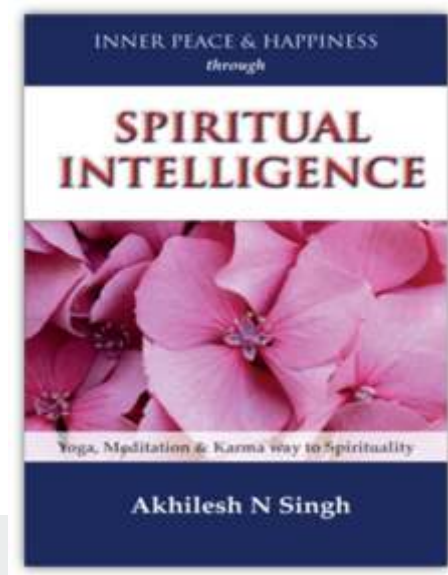


Investment for Learning

You have to invest three things for Being Spiritual;

- **Time:** Devote at least 45 - 90 minutes daily to learn, study and practice the spiritual concepts, practice yoga and meditation
- **Efforts:** To study and practice the asana and meditations
- **Money:** A nominal fee of Rs. 3500 (India) or US\$ 50 plus applicable taxes

In addition to above, sincere **commitment** for regular learning and practice to be spiritual.



Course Coordinator:

Akhilesh N Singh

- A lifelong learner and practitioner of spirituality.
- Author of the book "Inner Peace & Happiness through SPIRITUAL INTELLIGENCE" (amazon.in)
- For any clarification contact: ansingh11@gmail.com



How to Register

- Visit www.learridge.com
- Explore course details
- Create account
- Subscribe to course
- Start Learning

