

IVEDAS: The Leading Edge



I could Have done it by now but I didnt
The Transformation
Soul Search
Holistic Healing
Complete Being



ReLax

IVEDAS

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Who We Are and What We Do?

Ivedas is an Esoteric Idea. We are an oasis providing counseling and holistic health services in various fields, to nourish the mind, body, and spirit. We help and assist clients in restoring a sense of balance, vitality and well being in their lives. Our services are conducted in an atmosphere of caring and respect towards all. Ivedas, led by Manisha Bansal, serves as a genuine resource for all beings to realize their true potential.

We provides classes with licensed or certified professional practicing the following disciplines:

1. Guided Meditation & Relaxation
2. Effective Visualizations
3. Spirit at Work
4. Divine Healing
5. Creative Communication
6. Affirmation Therapy
7. Intuition: Widening Horizons
8. Singing and Drumming the Blues Away
9. Laughter the best Medicine
10. Aura Scanning and Therapy
11. Be Rich: Live in Abundance
12. Earth Healing
13. Reiki & Karuna Reiki
14. EFT
15. Personal Counseling
16. Spiritual Celebrations
17. Weekend Spiritual Retreats in Motia Pahar, Kumaon, Uttranchal

Our Main Focus

Spiritual counseling for Corporates, Educational Institutions, Individuals, children, family and couples dealing with

- Stress
- Self Esteem
- Personality Development
- Anxiety and panic attacks
- Relationship concerns
- Depression
- Sexual abuse
- Trauma
- Substance abuse
- Eating disorders
- Grief
- Spiritual issues
- Fear
- And lack of direction.

Manisha Bansal: New Age Visionary and Healer

*Life is priceless
Yor Worth underestimated
Who has ever gained
Knowledge, Bliss, Soulfulness
Without treading the paths
Of so called sorrows and pain?
Life's journey never started
Then why, you ever seek an end?*

Manisha Bansal is a young, energetic, spiritual Healer, New Age Visionary and an ambassador of Wholisitic Therapies. Through her work since a very young age, she has touched many hearts and attracts respect of every individual who has ever met or talked to her. She has been helping people with various therapies that she practices and teaches. Some of these therapies are:

Reiki, Karuna Reiki, Earth Healing, Emotional freedom Technique, Guided Meditation & Relaxation, Spirit at Work, Divine Healing, Singing and Drumming the Blues Away, Counseling for distressed and depressed, Effective Visualization, Affirmation Therapy, Emotional Intelligence for Business, Be Rich: Live in Abundance, Purple Flame Healing, Creative Communication, Laughter he Best Medicine, Magnified Healing, Aura Healing, Relationship Counseling

Healers seek unity in their lives, unity of body and mind, emotions and intellect, perhaps because they are likely to have a sense of inner division threaded through their lives. *Perhaps this is the reason that her quest for unity and bliss led to a never-ending goal of making other people realize their own soulfulness.*

The knowing, 'I am a whole, complete, loving, happy, compassionate and healthy enlightened soul', came during walking meditation one evening. She realized that this is what everyone needs to know. In the lack of awareness, we tend to live on earthly planes, in social circle, barely remembering who we are.

'Who am I?', is the vital question and the answer to this question should be our motto. Self-realization is a stage that comes through wandering on this very question. Budhha, the enlightened one, achieved nirvana because of this very question. Through her work and specific techniques, she tries to make person come in contact with oneself.

The truth is that one has to go beyond love and beyond meditation. One has to go beyond relatedness and one has to go beyond aloneness. When togetherness and aloneness have both disappeared, what is left? Nothing is left. That nothing is the taste of existence. You are neither alone nor together. In fact you are not. Ikkyu

Her spiritual journey started at an early tender age of one, due to her family influence. She gained great understanding from the Arya Samaja, moving on to reading, hearing and understanding Osho (known as Bhagwaan Rajneesh then). Her major break in spirituality started with the learning of Usui System of Reiki Healing and Techniques of Guided meditation 7 years back. Since then it has been her constant endeavor to pursue the path of Spiritual Development, seeking the Truth.

Her focus is on organizing various workshops based on experience and knowledge she gains in meditative states, as well as from the enlightened masters. The emphasis of the workshops is on

healing, Relaxation and Self-realization. These camps are well attended and have gained immense popularity in North, Central and West Delhi.

In the quest for the benefit of the people she is now conducting an open series of Earth Healing Meditations for Personal Transformation, regularly at Times Foundation. These workshops have also been conducted at/for Grand Hyatt, IFFCO and several Women's organization.

At the end a small message by her:

Through Light we See
Our Guide is also Light
Healing Comes through Light
And Light is what we are
Let us be our Divine Nature
Light within Light
And spread Light unto Light!!

We help

Companies & Schools

*To help their employees/Students/Teachers
Improve productivity/ Morale/ Self Esteem/ Understanding
Reduce absenteeism
To train managers in stress management*

Individuals

With work, health or home related problems

Professionals

*Improving Creativity
Self Esteem and Confidence*

Can you afford to ignore this issue?

These workshops may help absenteeism, improve morale, they will certainly have provided a better understanding of stress for your staff and they should help you reduce the risk of litigation. If you would like further information please call or email for an informal chat.

What all do we provide to you for self Help???

Training (Individual, Groups and Company Sponsored)

Manuals and Books

Self Help Cassettes (Music, Meditation and Affirmations)

Meditation: Programme for Corporates and Industry

Let the miracle happen!!

Take the mystery out of meditation.
Quiet your mind and focus within.



The president of Mozambique meditates. Every day, twice a day, he sits quietly with his eyes closed and focuses on his mantra - a word used to charm the mind away from thoughts and distraction and into a different level of consciousness.

Why Meditations for Corporates and Industry?

It is the world of stress. Workplace stress increases the risk of dying from a heart attack or stroke, according to new research in the TUC-backed "Hazards" magazine. Long-term stress is worse for the heart than putting on 40lbs or ageing 30 years because workers deal with stress by smoking, drinking and "slobbering out".

Some of the outputs of stress:

- \$200 billion a year is lost to industry from stress-related ailments - George Pfeiffer, Workcare Group
- Stress is linked to the following illnesses: hypertension, heart attacks, diabetes, asthma, chronic pain, allergies, headache, backache, various skin disorders, cancer, immune system weakness, decreases in the number of white blood cells and changes in their function - Nation's Business December, 1994
- 30% of adults report high job stress nearly every day. A 1991 study reported that more than a third of respondents were considering changing work because of job stress - Northwestern National Life Insurance
- Severe stress is one of the most potent risk factors for stroke – more so than high blood pressure - even 50 years after the initial trauma. In a study of 556 veterans of WWII, the rate of stroke among those who had been prisoners of war was 8 times higher than among those not captured - Lawrence Brass M.D. Yale Medical School

Cost of Stress to any company?

The costs of stress to your organization may show up as

- High staff turnover
- An increase in sickness absence
- Reduced work performance
- Poor timekeeping
- And more customer complaints
- Compensation claims from employees who have suffered ill health from work-related stress

Stress in one person can also lead to

- stress in staff who have to cover for their colleague

Fortunately, reducing stress need not cost you a lot of money

Effectiveness of Meditation in Reducing Stress

- Decreases oxygen consumption, heart rate, respiratory rate, and blood pressure, and increases the intensity of alpha, theta, and delta brain waves – the opposite of the physiological changes that occur during the stress response - Herbert Benson M.D. Harvard Medical School
- A pilot study is showing that people who practice periods of silence and listening skills are able to lower stress hormone levels and blood pressure levels - Dr. Redford Williams, Duke University Medical School
- A psychiatrist using meditation in combination with group therapy for women with advanced breast cancer found the treatment prolonged their lives an average of 18 months, compared with a control group of women who did not receive the treatment - Stanford University Medical Center
- High school students who study relaxation techniques stay in school more often and have fewer incidents of suspension - The Education Initiative, Mind/Body Medical Institute, Harvard University, May 1996
- In a recent study, 77% of individuals experiencing high levels of stress were able to cool down - lower their blood pressure and cholesterol levels - simply by training themselves to stay calm - Reported in Health, October 1994

We take many levels of meditation programme. These programmes can be full days 2/3/5 days to 15 days part time programmes. Though each programme has a defined layout yet is unique and can be modified based upon the group dynamics.

- **2 Days Meditation Programme**
- **3 Days Meditation Programme**
- **5 Days Meditation Programme**
- **7 Days Meditation Programme**
- **15 Days Meditation Programme**
- **Customized Meditation Programmes**

Curriculum For 2 days Meditation Workshop

Day 1

9:30 - 10:00 am: Registration
10:00 am- 10:30 am: Introduction
10:30 am- 11:30 am: Discussion and explanation on What is Meditation
11:30 am- 11:45 am: Tea Break
11:45 am- 12:45 pm: Breathing Exercises, Basic Relaxation and Feedback
12:45 pm- 13:00 pm: Dancing and swaying to open up more
13:00 pm- 14:00 pm: Lunch Break
14:00 pm- 15:00 pm: Inner Sanctuary Meditation and Feedback
15:00 pm- 15:45 pm: Health Meditation and Feedback
15:45 pm - 16:15 pm: Tea Break
16:15 pm- 17:00 pm: Celebration and inner self observation
17:00 pm- 17:30 pm: Question and Answers session/ Giving tips/ Laughing and smiling the morning and night.

Day 2

9:30 - 10:00 am: Warming up and observing Silence as people gather
10:00 am- 10:30 am: Breathing Exercise
10:30 am- 11:30 am: A peek into Relationships at workplace
11:30 am- 11:45 am: Tea Break
11:45 am- 12:30 pm: Dance, Forgiveness, Dance in joy
12:30 pm- 13:00 pm: Meditation for Effective Communication
13:00 pm- 14:00 pm: Lunch Break
14:00 pm- 15:00 pm: Relaxation, Breath Awareness, Self Awareness
15:00 pm- 15:45 pm: Laugh, Dance, Cry as meditation
15:45 pm - 16:15 pm: Tea Break
16:15 pm- 17:00 pm: Healing Dynamics and feedback
17:00 pm- 17:30 pm: Question and Answers session/ Giving tips/ Laughing and smiling the morning and night.

"I believe that meditation is the most important thing a person can do for their health," said Dr. David Simon, medical director and chief executive of the Chopra Center at La Costa Resort and Spa in Carlsbad, Calif., the wellness clinic founded by New Age author and physician, Dr. Deepak Chopra.

Fees and Other Details

Fees Structure: Normally the fee structure depends on the Group and no. of people in the group. Yet to make it easier, it has been divided as:

Per Session/ Day Basis: Negtiable

Group (Between 40 to 100): Negotiable

Venue: We prefer to conduct workshop outside the office premises where the participants will be at ease and gain to the fullest. The venue preference is of the client, the cost for which has to be borne by the client.

Food and Beverage: Cost to be borne by client

Material to be given: Cost to be borne by client

Meditation

is about *Fun*

Bringing Peace, Harmony and Love

Knowing: *WHO AM I?*

The only purpose: *Aanand/ Eternal Bliss*

Why???

Because it is Happening

Everyone is Researching and Discovering the Joys of Meditation

Be Enlightened

Each of us is a potential Buddha

Learn to Live Life to Fullest

So Enjoy, Celebrate

For Whom???

Companies & Individuals

Spiritual Seekers

Those who want to go beyond Sky's Limit

Families

Young, Old, Children, Teenagers

In a nutshell, Everyone