

# NLP Psychology through Srimad Bhagwad Geeta

## The NLP

NLP, an offshoot of positive psychology movement has its basis in one's ability to achieve what he wants by making choices leading to success. It's this core belief that generates numerous possibilities and coupled with presuppositions like "There is no failure only feedback"; it encourages seekers to persistently act till they achieve success.

If one looks at the NLP communication model and core presuppositions, one would know that the philosophy behind this entire schema is far beyond the set of techniques that it has been reduced to. The concepts behind NLP techniques (NLP psychology) can really enable a seeker to achieve great success and fulfilment in life and that is what made me look at it from Bhagwad Geeta point of view.

## Srimad Bhagwad Geeta

Bhagwad Geeta, nested in the core of the greatest epic ever written – The Mahabharata, is unique in many perspectives. One of the most significant is the context, unlike popular perception that talk of spirituality should only be done towards end of one's professional life, it is set-up in a battlefield, a place where one needs all his faculties at their peak performance. It goes on to clarify the distinction of action that is directed towards achievement of goals and action that is misdirected that leads to loss. Behaviour at battlefield is mostly instinctive, and it is where the changed programming takes place. It is amazing conversation between a teacher and seeker, and a testament of how words can affect and create change in ones thinking.

It is difficult to summarise the uniqueness of Bhagwad Geeta in one document and hence, a complete program, reality is even the program, no matter how long, would not be enough to completely understand Geeta. So, to keep it focussed, in 16 sessions that will take place fortnightly, we would learn how we can reprogram our minds and assist other using learnings from Bhagwad Geeta.

## Program Delivery

The program would be delivered through 14 to 16 Webinars lasting 90 to 120 minutes every fortnight. There would be at least two replays during the period following first relay to enable participants who want to repeat or might have missed an earlier session. We are also exploring possibilities to make audio recording of program available to our participants. Webinar learning would be supported with question answer on chat platform with a possibility of interactive session.

## Program Fee

Program fee is INR 5,000 + GST @18% (INR 5,900/-) payable before start of program. Payment can be made directly to our bank account (details available separately)

## Program Schedule

Program is scheduled to start from 26<sup>th</sup> January. There will be two sessions on 26<sup>th</sup> January at 11:00 AM and again from 2:00 PM. Schedule for other sessions would be communicated separately