YOU ARE SUCCESSFUL IN LIFE ONLY IF YOU UNDERSTAND THE TRUTH ABOUT YOURSELF THE NON-NEGOTIABLE TRUTH ABOUT YOU IS "YOU NEED NOT DO ANYTHING OR BECOME SOMEONE TO BE COMPLETE: YOU ARE ALREADY COMPLETE AND TOTAL".

To succeed in life you must travel beyond positive thinking. Positive thinking cannot make you successful. Your success or failure in life depends upon the way you choose your actions. The more mature you are in choosing actions the more successful you are in your life.

Learn to go beyond the way you have been thinking and create value for the greater good.

Learn to master a reliable formula for a definite success in all aspects of life.

Bring a permanent and lasting change in your life by simple and workable solutions.

Discover your abilities and freedom to make things happen in your life.

Set your goals, own them and see your goals becoming true.

Lead an inspired life - free from compromises, compulsions, fear, frustration, and force.

It is unbelievable but true that you are the source of "Limitless creative power". Just learn to trust yourself and turn your dreams into realities.

Discover limitless and Unconditional success in yourself!

Once, in the Gurukula's mango orchard, Guruji was teaching a meditation technique called "Walking Meditation" to his disciples. The disciples however, were finding it difficult to follow what Guruji was trying to teach them.

Devadutta, a well-known disciple of Guruji, was plucking ripened mangoes and arranging them in a basket. The basket was soon filled with luscious mangoes. Then Devadutta began to load the basket, but in the process, many mangoes fell to the ground.

Guruji continued watching Devadutta overloading the basket until he could no longer restrain himself: "The basket is overfull with mangoes, Devadutta. No more will go in, unless you first empty your basket".
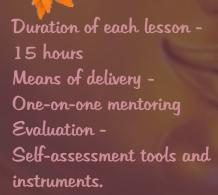
Manasa Yoga

...the road to success

You are total and complete. Your ability to understand and accept this fact defines how successful you are in life.

Manasa Yoga is a no-nonsense approach to success. It effectively transforms your ideas and dreams into working realities.

During this journey you learn how to set goals, visualise and prepare to realise them with the least disturbance.

Duration of each lesson - 15 hours
Means of delivery - One-on-one mentoring
Evaluation - Self-assessment tools and instruments.

Aims of this learning initiative:
To discover the truth about yourself, your success and your relationship,
To discover unlimited success and growth in every relationship,
To discover the fact that you are total and complete,
To understand that in order to succeed you need not become someone else, but you should know and implement many things.

The road to success is not simple; it is not free from difficulties.
There are curves called "Opportunities"; "Loops" called challenges; and "Speed bumps" called confusions and conflicts.

We hold your hand and help you travel on this road to discover your destination by learning, clarifying, assimilating and living the values of success. During this journey you directly encounter and take an inventory of values like continual efforts, perseverance, courage, intelligence, skills, and resources and your ability to overcome obstacles.

Manasa Yoga is a proven solution that helps you to discover success in every choice you exercise. In this initiative you get an opportunity to experiment with your own understanding and view success from a very close quarter.

Manasa Yoga is a simple learning initiative stocked with effective tools that guide you to set and realise your goals. During the journey, you will experience the manifestation of a monolithic trust in your capabilities; you will break the shackles of your old belief system and grow beyond it. You will learn every art of transforming your thoughts into right actions. You will visualise your success to the fullest extent by writing your own script of success. You will discover a space within to deal with yourself and the rest of the world.