

Kamal Sharma

"The Power of Clarity: How to develop the peace of a monk and the focus of a warrior"

Date: October 1, 2016

Time: 1350 hrs – 1435 hrs

Do you frequently feel stressed, overwhelmed, depressed, or anxious? Do your thoughts sometimes have too much control over you? What if you could focus your mind and find peace in any situation?

We all face challenges — complex decisions, difficult personalities, constant demands on our time — but we don't have to be at their mercy. Here an attempt will be made to show how mental resilience meets these challenges with clarity. Both warriors and monks have for centuries made training their minds, developing mental resilience, a key priority. Through this training, they are able to silence the incessant mental chatter and live a life of awareness, peace, and focus. Kamal draws upon his roles as a former student of Eastern spiritual practices and a successful Western corporate advisor to present a step-by-step guide to developing mental resilience. Kamal provides models and metaphors that will help you clear your mind of repetitive, unhelpful thoughts and improve your ability to make decisions.

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