

How teaching meditation changed my life



Tri-Dosha founder Sunita Passi explains how discovering and teaching meditation gave her life a renewed sense of purpose. With her new Happy Hour teacher-training programme, she hopes others can reap the benefits...

So why meditation? To me, meditation is the separation of thoughts and feelings to help us become fully aware. Meditation practice can help us cultivate a kinder relationship with our mind, not just our body. It can lead to us feeling less stress, less anxious and less tense. Over time, it develops us spiritually, helping us connect with our 'core' – and with commitment, we can experience a mature state of consciousness where the concept of 'I' is transcended.

Some people may think it is a fad, but actually this is an ancient tool that has been practised for centuries, so people can have more control and peace in their lives. Many people think they can't fit in 20 minutes of meditation a day - that it's eating into the time! But the irony is that actually meditation gives you back your time, it is an energetic tool that helps you get more in flow with your body and mind. It helps you communicate better, feel better and experience life better!

My own journey into meditation wasn't mapped out from the start. Rather than 'find' meditation, I like to think it found me! But I understand now, whatever is meant for us will not pass us by. Having studied journalism, I joined a news agency as a business journalist and spent a number of years working internationally. Life was inspiring and things 'on the outside' couldn't have been better. But I felt that there was something missing in my life.



I had arrived in India for a project, and by revisiting the country of my roots, something in me had changed. I wasn't in awe of the hotels, restaurants and glamorous trips anymore. I wanted to spend more time with myself, and have experiences that would help me grow. I'd got much more into self-development tools like yoga by now and had been experiencing therapeutic massage of various styles in the different countries I had lived in.

I was walking through a shopping precinct in Delhi and came across a small meditation studio. I started talking to a man called Ravindra Bharti who told me about their work and

whatever he said in that moment, really resonated with me! I knew I had found what I was looking for.

Ravindra then went on to tell me they were running a meditation retreat at their ashram in north Delhi. Having never meditated before, I jumped in at the deep end ... and the rest is history.

With meditation, my life has become calmer – living mindfully enables me to have deeper conversations with people and connect with simple experiences on a whole different level. I believe I am here for a reason, that I have a purpose to help others on their path.



I embarked on a career in meditation teacher training by accident! I was actually very happy with my career in Ayurveda, as a therapist, teacher and entrepreneur formulating Ayurvedic skincare preparations. I was deepening my own meditation practice for my own self-development. In 2009, I had been facilitating one of my training programmes in Cornwall and when I drove back to my home in London, before unpacking all the equipment from my car, I made myself a cuppa and relaxed. What happened next, I am still trying to piece together.

I had an experience that was over within minutes, but my life would never be the same again. Within a short period of time I experienced a phenomenal spiritual energy - it arose very quickly, displaying a message of meditation in a bright clear light. The experience left me very emotional. I must have cried on and off for a year. Over time, as my energy has settled, I have continued to generate my own interior light whilst staying grounded and I've felt called to teach meditation to help both individuals and society.

*My **HAPPY HOUR** Mindfulness and Meditation teacher-training course is unique because it's authentic.*

I don't do it because I want to – I do it because I feel I have been asked and because society needs it. **HAPPY HOUR** has been established to train teachers in meditation techniques from the Vedanta philosophy to meet the growing demand for highly trained and accredited meditation teachers throughout the UK and Europe.

One of the real benefits of training with me is the range of experience I bring to the course. I have meditated all over the world, I have trained with masters in Ayurveda and spirituality but I also bring a fresh approach to the teachings. I love public speaking and am happiest sharing the wisdom with a group of like-minded people. We are also a fully accredited Academy by CMA (Complementary Medical Association).

The course consists of 10 online modules and 10 face-to-face Skype sessions, as well as a six-day retreat to consolidate all the teachings. The retreat will take place in either Cornwall or Spain – the venue is to be booked by early autumn 2018 and will be a luxury retreat space.

As well as the training days, you will receive remote support from our dedicated team. And as much as we can, we will support you with connections to corporations we have links with, should you wish to set a practice up with them. It is my dream to see all our teachers enjoying a successful career as a **HAPPY HOUR** Instructor!

The course will start in September 2018, and the retreat is planned for September 2019. The cost of a 1-Year **HAPPY HOUR** Tuition and Licence is £2470 + VAT = £2964

For more information, feel free to email me at: sunita@tri-dosha.co.uk