

Some Information about the Speaker: Dr Ashok Jain



Ashok Kumar Jain, Ph.D. is a former physics professor, certified hypnotherapist, meditation instructor, clinical hypnotherapy and past life therapy trainer, and an international lecturer and workshop/seminar conductor on new physics, metaphysics, mysticism, *tantra* yoga, self-hypnosis, dream-work, past life phenomenon, and many other mind-body-soul subjects.

He earned his Ph.D. in Physics from N. Ireland. He has published over 85 research papers in refereed international Physics journals, many review articles, invited talks, technical reports, books, etc. in atomic physics, mathematics, and engineering. He has also published many articles on meditation, hypnosis, past life regression, breath-work, and metaphysics..

Dr. Jain has conducted hundreds of workshops, seminars, and certification courses in clinical hypnotherapy, self-hypnosis, meditation, dreams, past life therapy, etc. subjects. He is available for private/group consultations on quit smoking, weight control, stress management, past life regression, depression, enhancing skills, etc. via spiritual/quantum self-hypnosis and meditation.

Dr. Jain's teaching style includes simple but powerful spiritual stories from ancient scriptures, yogis, gurus, fakirs, saints, masters, etc. He has been making sincere efforts to explain at an experiential level the mysteries of mind-body in terms of new quantum and space-time physics. He illustrates how meditation is a state of awareness, to be realized through simple natural way, which he calls "an effortless effort". When the thinking process of mind is understood at the experiential level, a meditative mind develops by itself. In all his workshops, the participants practice various effortless techniques of breathing, relaxation, and "letting go" .

Currently Dr Ashok works as a telecommunications systems engineer in New Jersey, USA. Dr. Jain is an adjunct faculty member at the American Holistic University (AHU), VA. He is also associated with the Center for Human Integration (CHI), Philadelphia for over a decade and teaching various courses. In the past, he has served as an active member in many professional organizations and associations related with new age mind-body subjects. Here is partial list: Association of Past-Life Research and Therapy (APRT), National Guild of Hypnotherapy (NGH), International Medical and Dental Hypnotherapy Association (IMDHA), American Council of Hypnotist Examiners (ACHE), American Institute of Hypnotherapy (AIH), American Board of Hypnotherapy (ABH), National Association of Transpersonal Hypnotherapists (NATH), and Eastern Institute of Hypnotherapy.