

GIBBERISH TECHNIQUE

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A silhouette of a person sitting in a meditative pose (lotus or similar) on a beach, facing the ocean. The sun is low on the horizon, creating a bright, golden glow that reflects on the water. The person's arms are extended outwards, palms up, in a mudra. The background is a vast, calm sea under a clear, bright sky.

Welcome to the world of
relaxation

**Subconscious
Mind**

Relax

RELEASE

Peace

Empower

Relaxation Is Just Being Natural

**H
Y
P
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S**

Positive Thoughts

**Still the
Mind**

CHANGE

**F
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S**

**C
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E**

Tranquility

What is Gibberish

- Speaking loudly non-meaningful sounds
- Nonsense words / language
- Non-stop blabbering with hand movements
- Body movements are also useful
- Eyes are closed throughout the technique.
- Doing with totality is the key for best results

The Methodology

- **Duration :- 10 minutes**
- First stage: 5 minutes: Make loud nonsense sounds like a baby
- Second stage: 5 minutes : Silent sitting with relaxation instructions.
- No body movement in 2nd stage
- Eyes are closed throughout the technique.
- Blindfolds would be helpful
- Follow instructions

Lets do Gibberish Technique

Demonstration of Gibberish technique

INTERACTION

- Share your experience:-
 - How are you feeling now?
 - Thought flow – mind chattering
 - Calmness
 - Overall freshness
 - Emotions – anger / compassion /love
 - Well being

THANK
YOU

The image features the words "THANK YOU" in a bold, 3D, light green font with black outlines. The letters are arranged in two rows: "THANK" on top and "YOU" on the bottom. The letter "O" in "YOU" is replaced by a cartoon face of a round, tan-colored character with a wide, open-mouthed smile showing a red tongue. The entire graphic is set against a white background with a blue border.