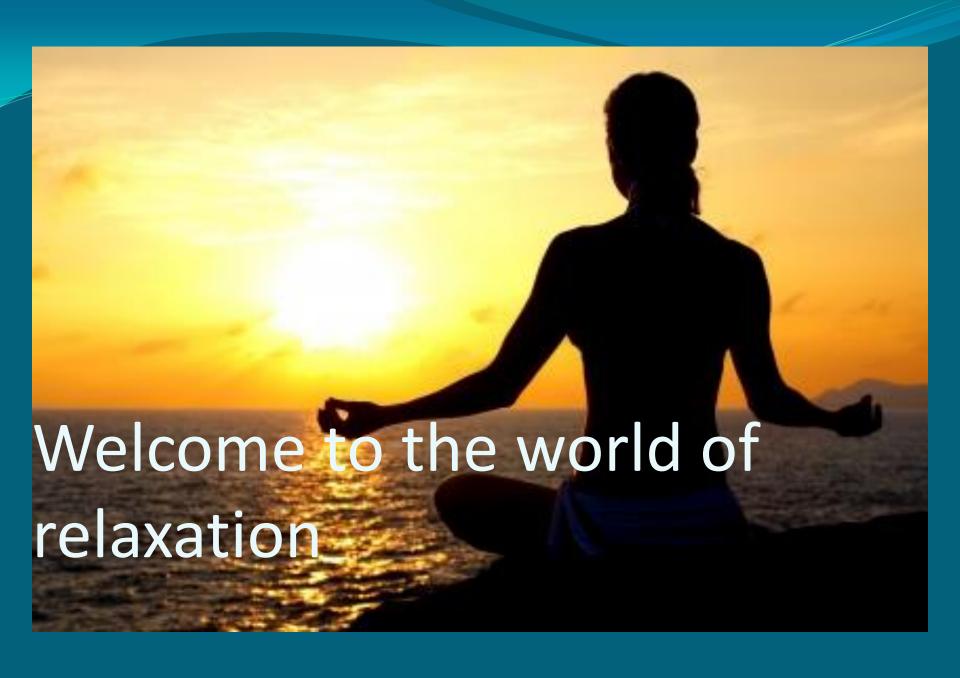
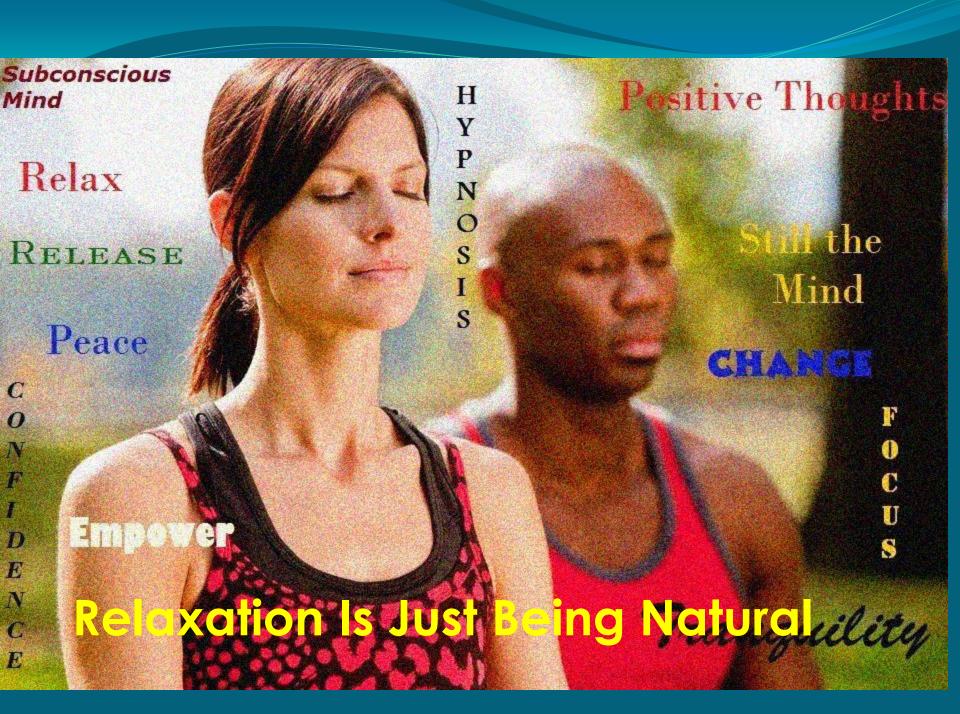
GIBBERISH TECHNIQUE

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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

