

# LIVING IN HARMONY

BY RAHUL KAPOOR JAIN



We all wish to experience joy, peace and happiness which is possible when we learn to live in harmony with others and ourselves. Simple, yet, not easy... Why? Because we need to become aware, learn and master the art of **'living in our true nature'**.

It is the ability to understand at a subtle level that our true nature is to be kind, open, honest, truthful, loving, helping and forgiving. However, we get caught in the web of the opposite energies which drives anger, ego, greed and deceit causing us intense pain and misery.

In this talk Rahul gives attendees the keys to access that power that lies within them. Using distinctions from Jain philosophies such as Swa-Par, Man-Vachan-Kaya, Ananth Veerya and Samata Bhaav, he blends them with cutting edge discoveries from the fields of science and psychology presenting a case for a beautiful life that is hard to ignore.

Come, rediscover yourself and start living in harmony again!

**Rahul Kapoor is India's leading Inspirational Speaker and Author.**

He speaks in the areas of peak performance, teamwork and relationships. His customized content, which is a combination of Psychology, Science and Spirituality, is delivered to hundreds of prominent organizations, including many Fortune 500 companies. You can look him up at [www.rahulkapoor.in](http://www.rahulkapoor.in)



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