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(Freiburg, Germany) — Although times of crisis – economic and others – can add stress to careers, relationships and personal lives, they may also be opportunities for self-discovery, reflection and personal renewal, claims Bhashkar Perinchery, Indian film maker turned internationally recognized mystical author, lecturer and seminar leader.

Perinchery, for nearly 30 years, has been dedicated to supporting people from all walks of life in search of meaning and answers. To this end, he initiated non-profit organisations in the United States and Europe, lectures internationally and published books and audio-visual materials in English and German.

Among other services, international centers run by these organisations offer events like silent retreats, meditative holidays, question and answer sessions, lectures in English and German, counselling and special 'unstress' exercises. Most of these events – non-dogmatic, non-denominational and quite affordable – are open to the general public.

Says Perinchery: "Most of us are finding themselves so busy with everyday challenges these days that we often lose awareness of the deeper, essential basics of life that bring about meaning and balance. This can lead to mechanical, routine behaviour and energy blockages that reduce our joy, clarity and capacity for love and understanding. With exercises and right orientation we can help to restore awareness of these 'life basics'."

A popular multi-lingual inspirational speaker at organisations, companies and events, Bhashkar Perinchery has been a featured speaker at the Rainbow Spirit Festival in Baden-Baden, Germany, since its inception in the 1990s .

Sample interviews, shows and talks on a variety of topics by Bhashkar Perinchery can be viewed on video free of charge on popular portals like YouTube.com and Blip.tv. Information on books by – and current events with – Bhashkar is also available on the web:

U.M. Academy Freiburg, Germany (Events and publications in English and German) <http://www.uma-academy.com>

Inner Metamorphosis Institute, Chicago, USA <http://www.lifesurfing.org/>

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