

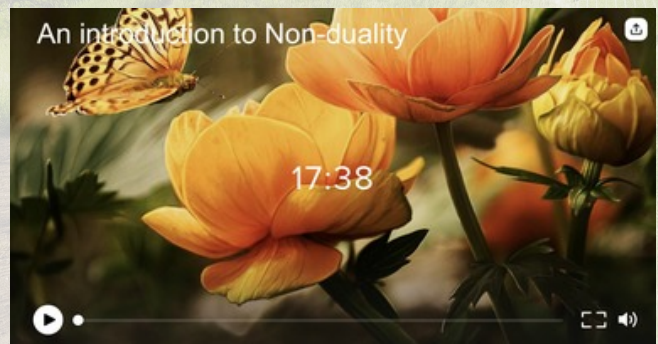


Boyan Milouchev

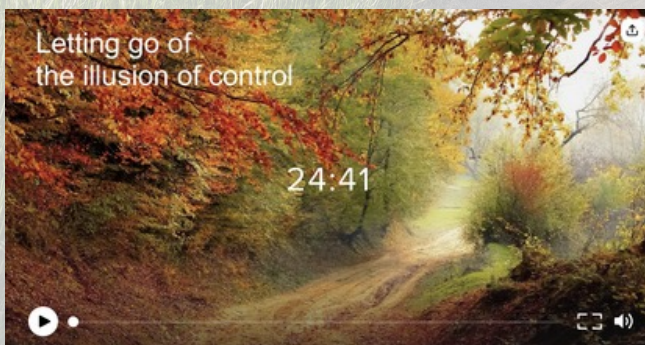
Introduction to Boyan's Teachings and Website

- [1\) An Introduction to Non-duality](#)

What is Non-duality? [This talk](#) is an introduction to the Non-dual understanding, the meaning of the words and concepts used, and the simple ways in which it helps us recognise our True Nature. The talk is followed by a Q&A session and answers questions around meditation practices and remaining at peace in the midst of struggles.



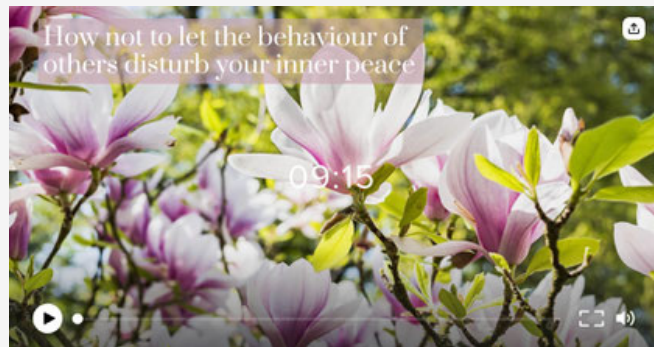
- [2\) Letting Go of the Illusion of Control](#)



[This meditation](#) explores the idea of controlling our thoughts and emotions and the beliefs that lie behind it. It is designed to help you get in touch with your True Self and accept your experience exactly as it is, moment-to-moment.

- **3) How Not to Let the Behaviour of Others Disturb your Inner Peace**

[This meditation](#) helps you reconnect with your Inner Peace, and recognise that others are a reflection of you. If we get emotionally triggered and react to another person, we should be grateful to them for revealing a part of us that we haven't embraced fully yet.



- **4) Living in Harmony: 5 Key Practices to Boost your Intuition and Learn to Flow with Life**



Watch [this animated video](#) in which Boyan shares five simple yet powerful practices to help you reconnect with your true self and live with more ease and authenticity: asking "what do I really want to do next?", going on synchronicity walks, using dowsing for intuitive decision-making, and more. Each practice invites you to let go of control, follow your inner guidance, and open to a more compassionate, flowing life

- **5) Beyond the Quest for Enlightenment**

What happens after Enlightenment? What is life like without the seeker or separate self? How does one live beyond concepts of good and bad or right and wrong? [This talk](#) explores these questions and more, and is followed by a Q&A session that answers questions around the difficulties that arise when letting things unfold, dealing with regret, and practicing self-enquiry.



If you have enjoyed these recordings, please consider booking a free 30min call with me to continue your explorations:

BOOK A FREE 30MIN CALL