

MAKE  
**HAPPINESS**  
GO VIRAL

THE RAIN THAT WASHES AWAY PAIN



LEAD YOURSELF & OTHERS TO META HAPPINESS

DR. VARSHA ACHELOIS  
DR. INTEGRATIVE PSYCHOTHERAPY & META MIND ALIGNMENT

# DR. VARSHA ACHELOIS

THE RAIN THAT WASHES AWAY PAIN



*Dr. Varsha Achelois*

Dr. Varsha Achelois is an internationally acclaimed psychotherapist, educationist, thought leader, and transformative life coach, celebrated for her ability to align minds and awaken hearts.

Hailed by the media as 'Lady Buddha', she embodies the wisdom of a sage, sensitivity of a healer and the wonder of a child.

Her very name reflects her mission—

Varsha ( Sanskrit for 'rain' ) & Achelois ( Greek for 'she who washes away pain' )

— symbolizing her purpose: — to be the rain that washes away pain.

A true Alignment Alchemist, Dr. Varsha is the CEO of Meta Mind International, USA; Co-Founder of the Global Academy of Meta Mind Alignment (GAMMA), India; Founder of Bubbles International, India; and Mentor & Chief Strategist at Meta Mind Inspire, UAE.

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She is the visionary co-creator of Meta Mind Alignment™, an applied behavioral science blending psychology, neuroscience, and timeless wisdom into practical tools for happiness-centric leadership and holistic well-being.

Meta Mind Alignment™ has already made its way into schools, colleges, corporate boardrooms, parenting programs, leadership platforms, and personal healing journeys across the world.

Her pioneering contributions to emotional wellness and human transformation have been recognized by HRD India and The Economic Times, honoring her with the 'Leader in Emotional Wellness & Mental Health' Award.

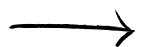
Dr. Varsha Achelois has spent her life doing something what many speak of but few live— she aligns minds, awakens hearts, and gives people the courage to believe in their own possibility again.

*"Varsha Ma'am. You are a paradoxical combination you emanate the wonder of a child and the wisdom of a sage, you are the epitome of strength and sensitivity, of purity and power, truly loving and lovely — the beautiful Lady Buddha! Your support and guidance is what has helped me achieve all the success I have today."*

*~Elias Kansara*



Aligning Minds. Healing Hearts. Awakening Meaning.





# ACADEMIC DEPTH & THERAPEUTIC MASTERY

DEPTH. DIVERSITY. DISCIPLINE.

Her academic journey reflects both depth and diversity, with a Doctorate in Integrative Psychotherapy and Meta Mind Alignment™, dual degrees in Education (B.Ed. & M.Ed.), a Master of Science in Psychotherapy, postgraduate studies in Computer Science, and a degree in Industrial Psychology –bridging clinical insight, education, systems thinking, and human behavior.

*"Varsha's depth of knowledge is extraordinary – yet delivered with warmth and humility."  
— Ira Gulati,  
Clinical psychologist*

Alongside this, she has pursued advanced specialized training in globally recognized therapeutic and behavioral modalities, including.

- Certified EMDR (Eye Movement Desensitization and Reprocessing) Therapist
- Certified REBT (Rational Emotive Behavior Therapy) Therapist
- Certified Cognitive Behavioral Therapy (CBT) Therapist
- Suicide Prevention Interventions
- Certified Art-Based & Expressive Therapy Therapist
- Applied Positive Psychology Practitioner
- Ontological Coach (Being, Language & Leadership)
- NLP (Neuro-Linguistic Programming) & EFT (Emotional Freedom Techniques) Practitioner
- MBTI-Certified Personality Assessment & Profiling Professional
- Certified
- Somatic Experiencing-Informed Trauma Practitioner
- Trained Practitioner in Crisis Intervention, Inner Child Healing, and Shadow Work

This rare blend of academic rigor and internationally certified therapeutic mastery makes Dr. Varsha Achelois a trusted global authority in emotional wellness and mindset management.



To some, she is a psychotherapist.  
To others, a teacher.  
To many, a leader.

But to those who have sat across from her — she is the moment 'hope' returned.



DR. VARSHA ACHELOIS HAS BEEN AWARDED THE LEADER IN EMOTIONAL WELLNESS & MENTAL HEALTH AWARD FOR HER EXCEPTIONAL CONTRIBUTION IN THE FIELD OF PSYCHOTHERAPY AND PIONEERING TRANSFORMATIONAL WORK IN EMOTIONAL MASTERY & MENTAL WELLNESS.

Awarded by

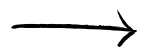


&



Dr. Integrative Psychotherapy & Meta Mind Alignment™ | EMDR · CBT · REBT Therapist | EFT & NLP Expert | Art-Based Therapist | Applied Positive Psychology & Ontological Coach | Existential & Trauma-Informed Psychotherapist

Clinically sound. Globally trusted. Deeply human.



# ONE-TO-ONE COACHING & MENTORING

AWARENESS. ALIGNMENT. TRANSFORMATION.

Dr. Varsha Achelois offers deeply personalized one-to-one coaching and mentoring for individuals seeking clarity, healing, and lasting transformation.

Clients value her ability to combine evidence-based psychology with deep presence, insight, and compassion – creating safe yet powerful spaces for transformation.

## The Coaching Experience

- Live, personal, one-to-one mentoring conversations
- Integrates Integrative
- Psychotherapy and Meta Mind Alignment™
- Conversational, deeply reflective, and customized to individual needs, known for its depth and clarity.
- Enables individuals to gain insight into their mental models, emotional patterns, and behavioural responses – and learn how to consciously shift them for real, lasting behavioral change.

## Who This Is For

For those ready to heal, navigate challenges, rediscover direction, and step into the next level of leadership, success, and happiness.

- Organizations:

Leaders · Emerging leaders · Leadership teams · High-potential professionals

- Individuals:

Entrepreneurs · Educators · Celebrities · Couples · Children

## One-to-One Coaching Domains

Happiness | Life | Business | Executive | Relationships | Skills | Groups | Leadership | Train-the-Trainer

## META MIND MASTERY™

*One-to-One mentoring conversations — customized, need-based, focused, and results-oriented.*

**META MIND  
MASTERY™**

**DESIGN  
YOUR  
LIFE**

Meta Mind Mastery™ is the comprehensive coaching framework of Meta Mind International, through which all individual and small-group coaching is delivered.

### Meta Mind Mastery™ - Format at a glance

- Self Mastery Session (2 hrs)
- Meta Mind Mastery™ Cycle (3 × 2-hr sessions)
- Extended Mentoring (year-long, multi-cycle support)



## VARSHA – A TRIBUTE IN SIX LETTERS

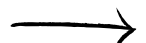
Celebrating Dr. Varsha Achelois

- V** **Virtuous Visionary**  
A global psychotherapist and educator inspiring inner transformation
- A** **Alignment Alchemist**  
Helping hearts, minds & lives realign through Meta Mind wisdom
- R** **Rain of Relief**  
True to her name – she washes away pain, brings clarity, courage & emotional freedom
- S** **Spreader of Smiles**  
The spirit behind the World Happiness Movement, nurturing joy like suniight after rain
- H** **Heart-led Healer**  
Blending science, psychology & compassion to touch lives deeply across the world
- A** **Awakener of Abundance**  
Co-creator of Meta Mind Management, the spark behind **Happyverse** – a space to grow, evolve & glow

..She doesn't just guide people – she elevates them.  
..She doesn't just speak happiness – she radiates it. "21

*"Dr. Varsha's gentle voice reassures, her presence calms and soothes, and her quiet strength helps you move forward. Being with her felt like looking into a mirror – I could see myself clearly. With her, I felt supported, accepted, and safe enough to be honest with myself."*

Her sessions are often described by participants as nothing less than "food for the soul" – transformative experiences where science meets sensitivity and clarity meets compassion.



# CORPORATE LEADERSHIP & ORGANIZATIONAL DEVELOPMENT



## FROM CAPACITY BUILDING TO CONSCIOUS TRANSFORMATION

Dr. Varsha Achelois works with corporate leaders and professionals who seek clarity, resilience, and human-centric performance in today's complex, high-pressure environments. Over the years, she has designed and delivered transformational training workshops and one-to-one sessions across **India, the UK, Hong Kong, Thailand, Greece, France, and the Middle East**. Her much-in-demand programs have engaged participants globally from leading organizations such as **Wipro, Reliance, Times of India, Google, and many others**.

As a licensed corporate trainer and behavioral consultant, Dr. Varsha delivers high-impact interventions that address both **performance outcomes and people realities**. Known for blending clarity, depth, and real-world relevance, she enables leaders and teams to **navigate challenges with awareness, alignment, and to build cultures** – where leadership is driven by clarity, responsibility and human values.

All her corporate programs are anchored in the **Meta Mind Competencies Framework™**, based on **Meta Mind Alignment™**– the science of **Leadership & Happiness**. Programs are delivered as **experiential workshops, integrated year-long leadership journeys such as iLEAD, or customized off-site interventions and retreats**.



**HAPPINESS-CENTRIC TRAINING SOLUTIONS**  
FOR ENHANCED **POSITIVITY & PRODUCTIVITY**  
FOR *INDIVIDUALS, INSTITUTIONS & ORGANIZATIONS*



### KNOWLEDGE

Playful Purposefulness	Mindful Celebration	Practical Positivity
Expressed Compassion	Effective Efficiency	Awakened Simplification
Dynamic Adaptiveness	Committed Excellence	Psycho physiological Acceptance

Values ( human needs & drivers )
Beliefs ( feelings of certainty )
Attitudes ( thought patterns & perspectives )
Skills ( abilities expressed as behaviors )
Qualities ( consistently demonstrated traits )
Knowledge ( principles of sustained happiness )

### SKILLS

Goal Setting	Stress Management	Communication
Team Bonding	Persuasion	Strategy
Creativity	Learnability	Emotion Management & Assertiveness

### VALUES

Meaning & Satisfaction	Joy & Pleasure	Confidence & Importance
Love & Connectedness	Inner Power & Control	Wisdom & Clarity
Freedom & Autonomy	Strength & Security	Peace & Calmness

### BELIEFS

I am always achieving & contributing	I enjoy life in the moment	I believe in me
I care for & appreciate myself & others	I believe in results not reasons	I live with integrity & awareness
I always find a way or make one	I always do my best	I am stronger than my feelings

### ATTITUDES

Dream-big & Action-orientation	Gratitude & Enthusiasm	Trust & Respect
Cooperation & Humility	Never-Give-Up & Result-orientation	Reflection & Foresight
Abundance & Let go	Growth mindset & Devotion	Balance & Courage

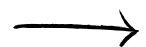
### QUALITIES

Focus & Drive	Childlike & Humour	Self-Worth & Sensitivity
Empathy & Likeability	Persistence & Response-ability	Insight & Peripheral Vision
Flexibility & Curiosity	Consistency & Discipline	Resilience & Anti-fragility

The **Meta Mind Leadership & Happiness Competencies Framework™** is an effective tool to define, monitor and measure learning objectives.

The elements of the **Meta Mind Leadership & Happiness Competencies Framework™** – **individually** or in **need-based combinations**– are offered as **specific skill-sets with related mindsets**, together forming **Meta Skill Programs™** that can also be delivered à la carte, as customised training programs, based on organizational needs.

Boardrooms to inner breakthroughs.



# INSTITUTIONS, EDUCATION & TRAIN-THE-TRAINER

BUILDING MINDS. SHAPING FUTURES.

Alongside her corporate work, Dr. Varsha Achelois partners closely with educational institutions, faculty, and training ecosystems to build long-term capability and human development.

She has designed and implemented graduate and postgraduate certification programs, working with institutions from curriculum design through delivery and evaluation, including train-the-trainer phases that ensure continuity and scalability.

Her work with institutions focuses on integrating psychology, emotional intelligence, and human values into formal education, so that learning shapes not only competence, but character and consciousness.

As the Head of GAMMA (Global Academy of Meta Mind Alignment), Dr. Varsha has trained and certified over 40 trainers, psychologists, and coaches, equipping them with Meta Mind tools and frameworks grounded in psychology, neuroscience, emotional intelligence, and human values.

Through her work with institutions and trainers, she creates a multiplier effect – extending impact far beyond individual programs to future educators, leaders, and learners.

## INTERNATIONAL META MIND BEHAVIORAL SKILLS TRAINER CERTIFICATION PROGRAM™

*Train others for Personal & Professional Excellence*

The International Meta Mind Behavioral Skills Trainer™ Certification Program is a structured **Train-the-Trainer** journey that prepares trainers to deliver selected Meta Skill programs, enabling them to facilitate deep, practical behavioral transformation.



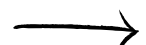
## INTERNATIONAL META SKILLS™ CERTIFICATION PROGRAM

*Develop Core Skills for Personal & Professional Excellence*

The International Meta Skills™ Certification Program is a structured learning journey based on the **Meta Mind Happiness & Leadership Competencies Framework™**, focused on the 10 Meta Skills—integrated combinations of skill-sets and mindsets that influence both the **inner world (Mind, Body & Spirit)** and the **outer world (Work, Relationships & Money)**, enabling aligned leadership and sustained professional effectiveness.

*"Varsha Ma'am's training is powerful because it is precise, practical, and psychologically sound. She teaches with clarity & conviction, breaking down complex ideas into applicable insights. What stayed with me most was how confidently & effortlessly she modelled everything she taught."*  
— Steven Gomes, Certified Meta Mind Practitioner

Optimising potential. Expanding human capability.



**Talent Transformation**

**Art of Loving**

**Bubbling with creativity!**

**LADY BUDDHA & HAPPINESS**

**Making a difference**



# BUBBLES INTERNATIONAL

## THE HAPPY LEARNING PLAYGROUND FOR CHILDREN

Born of a dream. Bubbles International, the children's division of Meta Mind International, is a happiness-centric learning ecosystem designed to give children an environment of emotional safety, human values and joy.

Fondly called 'Bubbles' by the children, Dr. Varsha Achelois has done pioneering work in nurturing young minds into emotionally strong, happy, and future-ready individuals.

Through art, music, theatre, values-based learning, and joyful exploration, children don't just learn—they flourish.



*Explore*

### META MIND PARENTING™

*Mindsets & Skill-sets for Happy Parents*

An experiential, introspective parenting journey that helps parents shift from control to connection – learning to parent with love, logic, clarity, and compassion, while nurturing emotionally resilient children.

*"This program healed me as a parent — and that changed everything for my child."*  
— Meta Mind Parenting, Participant

*Express*

### META MIND I.C.A.R.E.™

*Innovation • Confidence • Awareness • Response-Ability • Expression*

A Happiness-centric Personality Development Program where children explore, express, and enrich their inner world – building confidence, creativity, emotional awareness, and joyful responsibility through play, art, and reflection.



*"My child didn't just come back happier — she came back braver, more expressive & confident."*  
— Parent, I.C.A.R.E. Program

*Enrich*

### META MIND I.L.E.A.D.™ (One-Year Program)

*Inspire • Learn • Excel • Appreciate • Discover*

A virtues-based, happiness-centric personality development and leadership program that nurtures the **10 Meta Skills™** – preparing children to lead themselves and others with happiness and purpose.

Bubbles International fills the most critical gap in education — the emotional & values foundation of a child.



# THE RENAISSANCE SPIRIT & METHODOLOGY

WHERE ART MEETS PSYCHOLOGY



Dr. Varsha Achelois, a.k.a. Bubbles, is much-loved and well-known for combining her ideals and simplicity with the real-world.

Her unique training methodology and content are globally appreciated by organizations, institutions and individuals from all walks of life.

Dr. Varsha Achelois brings psychology with the precision of a scientist – and delivers transformation with the soul of an artist.

A true Renaissance spirit, her deep grounding in psychology combined with her love for music, theatre, storytelling, poetry, art, and teaching infuses her work with creativity and depth.

Together with Avinash Ananda, she co-created A.C.T.S.™ (Alignment Coaching Transformation System™) – the signature training methodology of Meta Mind International.

A.C.T.S.™ is a unique, holistic, multi dimensional, multi sensory, interdisciplinary training methodology for greater learning and deeper impact in shorter time frames.

A.C.T.S.™ TRAINING METHODOLOGY INCLUDES

PSYCHOLOGY & NEUROSCIENCE | ART-BASED EXPRESSION | EXPERIENTIAL LEARNING  
| GUIDED REFLECTION |

A.C.T.S.™ Flow

AWARENESS → APPLICATION → ACCOUNTABILITY

Dr. Varsha turns every session into a transformative experience that touches both mind and heart and allows insights to move beyond cognition.

**F**un & Focused - **I**nspirational & **I**ntrospective - **R**elevant & **R**esearch-based - **E**xperiential & **E**ngaging





# MOVEMENTS • HAPPYVERSE • GLOBAL IMPACT

WHEN HAPPINESS BECOMES A WAY OF BEING

## WORLD META HAPPINESS MOVEMENT

### The Story

*When one person uplifts their inner world, that ripples outward. When many do, happiness becomes viral.*

The story began with a spark – a vision to ignite nothing less than a Happiness Revolution.

Born from the Global Appreciation Movement in 1999 by globally recognized, **Avinash Ananda, World's #1 Leadership & Happiness Guru** & **Dr. Varsha Achelois, the Alignment Alchemist, Global Award-winning Psychotherapist.**

That spark grew into the **World Meta Happiness Movement™** – a global call to remind every heart that:

**'Happiness is a Choice... Spread Smiles.'**



Step into **Happyverse**  
**The Meta Happiness Club**  
where happiness is the main ride!

*Life comes with twists, turns, splashes, and spins – so why not enjoy the adventure?*

Today, Dr. Varsha's vision finds new expression through **Happyverse -The Meta Happiness Club™**

Imagine an online theme park of life, where every area of life is a ride to explore: **Mind, Body, Spirit, Work, Relationships, and Money.**

Together, these six rides create a way of living we call **Meta Happiness™**, based on the science of **Meta Mind Alignment™**  
**Meta Happiness is different.**

Meta Happiness = 360° Happiness or happiness in all areas of life:

- **Inner World:** Mind, Body, Soul
- **Outer World:** Work, Relationships, Wealth

Together, they create balance – a happiness that shines steady like the sun.



HAPPINESS IS A CHOICE | HAPPINESS IS A CHOICE | HAPPINESS IS A CHOICE

Make Happiness Go Viral...

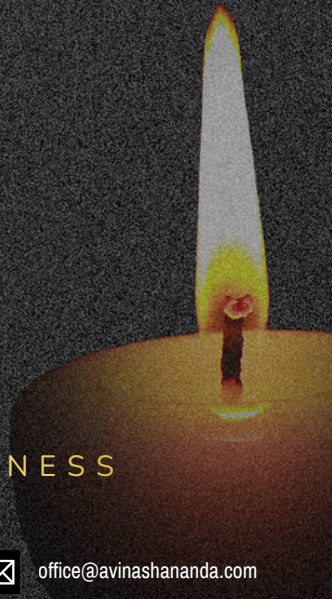
The Meta Mind Way!



HAPPINESS IS A CHOICE | HAPPINESS IS A CHOICE | HAPPINESS IS A CHOICE



Let's,  
Make Happiness  
Go Viral!



LEAD YOURSELF & OTHERS TO META HAPPINESS

+91 9930311694

[www.avinashananda.com](http://www.avinashananda.com)

[office@avinashananda.com](mailto:office@avinashananda.com)

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