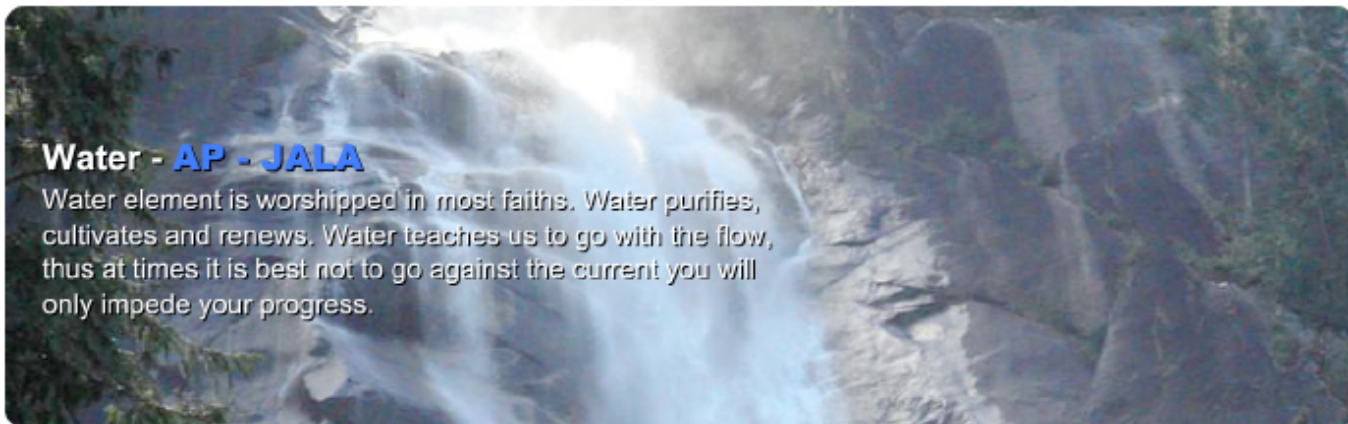


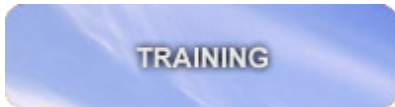


[Feedback](#) [Contact Us](#)

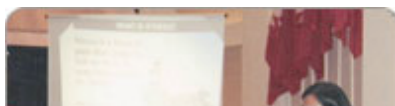
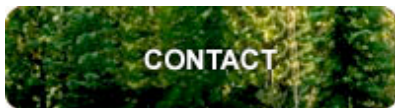


**Water - AP - JALA**

Water element is worshipped in most faiths. Water purifies, cultivates and renews. Water teaches us to go with the flow, thus at times it is best not to go against the current you will only impede your progress.



- ↳ About the Sixth Element
- ↳ Testimonials



▶ **About the Sixth Element**

The Sixth Element is founded by Aruna Ladva. Aruna has spent the last 23 years as a student and teacher of meditation as well as focused on learning, living and teaching the art of personal development. During the 1980's and early 90's she gained a wealth of experience administrating, leading seminars and co-coordinating several international humanitarian projects whilst working as assistant to the European and Middle East Director of a large International Non-Governmental Organization (<http://www.bkwsu.org>).



In the mid-90's she moved from London to Canada and turned her focus to Conflict Resolution, becoming a Certified Negotiator in Conflict Resolution with the Justice Institute, B.C., Canada.

In the late 90's and early 20's, Aruna worked as a freelance trainer in various countries. It was also in the beautiful city of Turkey that Aruna initiated the successful 'Mind, Body and Spirit' retreats which continue to be a success in other countries!

In the early part of the new millenium, Aruna moved her base to the Kingdom of Bahrain in the Middle East as Director of Bahrain Meditation Centre , (<http://www.bahrainmeditationcentre.org>) a self development centre providing training and seminars. The Centre supports individuals in recognizing their own inherent qualities and abilities and bringing out their inner most potential. Working at all levels of the society the centre continues to inspire change and motivation in individuals and organizations.

She travelled extensively throughout the Gulf countries and also to Egypt, Jordan, Lebanon and Turkey providing training and assisting in the establishment of other similar centres.

Aruna has now returned to Canada to make Vancouver her permanent base and continues to work freelance as a trainer and retreat leader.

She brings to her self development seminars several years of hands on experience from living and working in different climates, cultures and countries and with people from areas of business, arts and social services.



Aruna is a dynamic and extremely skilled trainer who uses humor and down-to-earth pragmatism with a profound understanding of the emotional, mental and spiritual dimensions of her subjects. She brings together the three key strands of the new millenia – management/leadership development, continuous learning and spiritual intelligence – in a unique blend of insight, wisdom and technique. Her positive vision of the future and her passion for life has motivated individuals all around the world.



Aruna advocates taking time out to retreat and re-charge. She believes when the needs of the body and mind are met that is when Spiritual Intelligence can begin to reveal its hidden potential. It was in a retreat setting over two decades ago that Aruna had some of her deepest realizations and was able to make some ground-breaking discoveries that changed her life forever.

Her ability to bring out the best in others and easily facilitate groups through otherwise challenging processes of change makes Aruna a refreshing and reassuring presence in the corporate classroom.



Aruna has a B.Sc. in natural health from Clayton College of Natural Health (<http://www.ccnh.edu>). She promotes a natural and earthy lifestyle and hopes that by creating this awareness in others, we can collectively reduce some of the staggering figures for chronic diseases in our society and increase our well-being.

**Aruna is available for one to one consultations and meditation classes and may be contacted at the following email address: [aruna@thesixthelement.com](mailto:aruna@thesixthelement.com)**

[ TOP ]

### Testimonials



"I would like to place my appreciation and thanks for the great efforts of Ms. Aruna Ladva for conducting many presentations at Oman Specialized Nursing Institute. From which the staff and the students benefited immensely.

Her presentation style was outstanding and was able to maintain an environment conducive to learning. She was respected by all those who attended her seminars and her language was clear and understandable

We wish her every success in her future endeavors."

**Abdallah bin Ahmed Al-Rubaiey**  
RN, CCN, Cert.Ed, MSN Ed.  
Dean, Oman Specialized Nursing Institute

[ TOP ]



"Aruna Ladva has been a highly valued consultant and trainer in a casual capacity with our firm since 1995. In this time she has performed as project leader on several assignments in Asia, UK, Canada, Turkey and the Middle East with good results. Besides this Aruna has also assisted me with several leadership development projects with great success.

She is a very professional consultant with keen instincts and is a high caliber trainer with a great sensitivity to the needs of the participants."

**Brian Bacon**  
President  
Oxford Leadership Academy

[ TOP ]



"I was so impressed with Ms Ladva's personality, convincing power, outstanding presentation skills and above all her determination and charisma in leading her team. I was extremely captivated by the way she conducts her group sessions as she can easily filter down any issue to different level of attendees. She always starts with a clear mind set and end in mind and a unique understanding of each individual thus creating a different synergy between groups of individuals."

**Ebrahim Khalifa Al Dossary**

*Chief Executive and Advisor to the Board  
Bahrain Society for Training and Development, Kingdom of Bahrain*

[ TOP ]

---

"Aruna is a highly skilled consultant and facilitator in helping people realize their potential and guiding them with great sensitivity. Her intuitive ability to help people recognize their talents is very useful for such a job. Aruna is a very lively and dynamic individual with great enthusiasm for life and its challenges."

**Jayanti Kirpalani**  
*European Director  
BKWSU*

[ TOP ]

---

"Aruna's sessions have been thought-provoking and have inspired change and motivation to individuals and the society at large. Aruna has an excellent rapport with people at all levels and her communication skills, both written and verbal are excellent."

**Khamis Al Muqla**  
*Chairman & Managing Director  
Gulf Saatchi and Saatchi, Kingdom of Bahrain*

[ TOP ]

---

"Ms Ladva's courses were well received by all participants and appreciated by us. Ms Ladva has demonstrated excellent capabilities in her work whilst being sensitive to the different cultures and backgrounds of our clients. Projacs consider Ms Ladva an expert in her field and commends her contribution to the success of our training business."

**Luay Khoury**  
*President and CEO  
Projacs, International*

[ TOP ]

---

"Thank you for the great presentation on Leadership and Self Empowerment. It was extremely effective with my staff. Your delivery style was straight to the heart. The topics and the questions you posed caused the team to reevaluate and reassess many of their beliefs. You have captured their attention and minds. In short, your presentation has made a positive change in my organization. Thank you for a job well done."

**Nabil Gebrael**  
*Vice President  
Coldwell Banker Lebanon*

[ TOP ]

---

"The Stress Management Seminar you presented was one of the most interesting events I have ever attended. You were a breath of fresh air and had the ability to captivate the audience with your professional yet down to earth approach. To my surprise, you managed to keep the large audience of busy-minded managers and project leaders fully fascinated by your thoughts and expressions. The whole experience left me feeling inspired and motivated."

**Omar Shawwa**  
*Managing Director  
Canar Trading and Cont, Kuwait*

[ TOP ]

---

"Aruna thanks for coming and sharing your energy and spirit. You have an effective facilitator style which I notice easily brings about self-realization in the participants! Your natural and calm composure eases the listener and also

encourages him or her to participate. You provided many insights as well as thought provoking ideas. To be honest, it made me think: What's stopping me from doing more in my life?!

We thoroughly enjoyed the sessions and you are an inspiration! Keep it up!"

**Viannie Chua**  
*Executive Director*  
*Trendnics, Sarawak, Malaysia*

[ TOP ]

---

"Aruna, thanks again for making such a significant contribution to the school for which I am extremely grateful. The subjects were fascinating and the programme was very effective in teaching us how to deal with people. How do you manage to make such difficult topics sound so easy!?"

**Wajeeha Al-Habib**  
*Director*  
*Kuwait American School*

[ TOP ]

---

"Aruna, many thanks for presenting the subjects in a clear and succinct manner to make it palatable to all levels of understanding and mind set. You have a unique ability to sense the needs of every individual in the group and this is what I feel makes all the difference in training."

**Mr Jassim Ashoor**  
*President & Managing Director, Nextech*  
*Kingdom of Bahrain*

[ TOP ]

---

"Aruna helps us to look inwards and the discussions together help us to find solutions to our problems."

**Mr Udaiyan Gaidhani**  
*General Manager*  
*Fayafi Infomatic Co. LLC, Dubai, UAE*

[ TOP ]