

Discover your happiest, most productive self



Arrah Karigan founded **Higher State Consulting** after experiencing the benefits of meditation firsthand.

"After learning and using meditation skills on a daily basis, I was wildly more successful at my job in corporate America, plus I was calm. I was managing more work at a higher quality and able to quietly walk away at the end of the day," Arrah explained. "From a personal point-of-view, I was just happier."

Realizing that the source of her newfound focus and happiness should be shared, Arrah started teaching a few friends; however, she quickly realized that teaching the art of meditation was not only something she loved to do but something she should do as a career.

"I was a certified yoga instructor for years, but I did not know how to meditate," Arrah said. Then, a truly gifted instructor taught her the art of meditation and everything changed. Today, a huge part of her practice involves teaching breath work, meditation and the self work that is essential to transformation and wellness.

Arrah and her colleagues offer private meditation coaching, corporate wellness offerings and private events and retreats. Private coaching demystifies meditation and tailors a practice specifically to your nervous system, schedule and mind. Corporate wellness includes on-site and retreat options designed to build the skills and habits of practical mindfulness techniques. Clients can also choose to host private events and retreats, or attend a retreat or class moderated by Arrah or one of her colleagues. Learning how you can discover your higher state by calling Arrah today.



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