

LIFE SHINING METHOD

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Introduction:

According to the prevalent custom, in ancient time Gemstone was used adversely. But when modern medical science develops than use of Gemstone was disapproved. Nowadays all over the world specially in Asia Gemstone is using in astrology. In so many researches it has been found that there are so many elements in Gemstone, which are useful for medical treatment. As for exempla, Lithium is found in Garnet. Garnet is prescribed for mentally disturbed patient. Beryllium is found in Emerald. There are so many Gemstones in natural like Sapphire, Rube, Diamond Coral, Cat's eye, Moonstone etc. Gemstone should be attached with the skin of human body. Beside these, from the sun, from the different planets so many rises come in the earth. These rays have different impact and human life. Some impacts are good and some are bad. From my personal experience and research I have seen that by analyzing hand, face of the people so many, predictions can be done regarding physical and mental situation of the people. I have seen that by using suitable Gemstone healing of disease, solution of problems can be done rapidly. But I think it needs scientific research for the development of humanity. I hope in future all over the world Gemstone will play a major role in hilling.

White is Gemstone?

Natural gemstone is form mineral. It looks like Cristal, Nice, Charming and Costly. Some types of gemstone are rear and invaluable. But there are so many differences between Crystal and Gemstone. There are so many words regarding gemstone those are cited in the holly Quran, Bible etc.

History of Gemstone:

The history of gemstone was very much ancient in India, Greek, Cairo, Afghanistan. But the oldest history of the gemstone has been found in India. In ancient time the king, the queen used gemstone in there crown. Also the Preston used gemstone. From the research of Anthropology, it has been found that man always use gemstone for there on purpose and necessity.

The Stars in the Sky:

In our galaxy there are 88 stars. Also there are 12 zodiacs. As for Example- Arise, Taurus, Gemini, Cancer, Leo, Virgo, Libra, Scorpio, Sagittarius, Capricorn, Aquarius, Pisces.

The sun crosses the 12 zodiacs within 12 month. There are some characteristic of the zodiacs. As for example:-

1. Arise: The arise is not so bright star. It appears in the sky in the evening in November - December.

2. Taurus: The Taurus is so bright star. It present in the sky in the evening in December -January.

3. Gemini: The Gemini is bite. It appears in the sky in the evening in January - February. Gamine has also specialty.

4. Cancer: The cancer is not so bright star. It present in the sky in February - March in the evening.

5. Leo: The Leo is the bright and specialized star. It appears in the sky in March - April at night.

6. Virgo: The Virgo is also the bright and specialized star. It present in the sky in the evening in April - May.

7. Libra: The Libra is not so bright star. It present in the sky in the evening in May - June.

8. Scorpio: The Scorpio is the specialized star. It appears in the sky in the evening in June - July.

9. Sagittarius: The Sagittarius is bigger stars. It presents in the sky in the evening in July - August.

10. Capricorn: The Capricorn is not so bright star. It looks like triangle. It presents in the sky in the evening in August-September.

11. Aquarius: The Aquarius is bigger star. It presents in the sky after evening in September - October.

12. Pisces: The Pisces is not so bright star. It appears in the sky after evening in October - November.

Representative Gemstones and the corresponding Planets:

The name of the representative Gemstone and corresponding planets are shown in the following table:

| Name of the Gemstone | Name of the representative Planets |
|-----------------------------|---|
| Ruby | Sun |
| Pearl | Moon |
| Blood Coral | Mars |

| | |
|------------------|----------------|
| Emerald | Mercury |
| Topaz | Jupiter |
| Diamond | Venus |
| Sapphire | Saturn |
| Zircon | Rahu |
| Cat's Eye | Ketu |

Name of the appropriate Gemstones and the corresponding Zodiacs:

The name of the appropriate Gemstones and the corresponding Zodiacs are represented in the following table:

| Birth Month | Zodiacs | Appropriate Gemstone | Appropriate Metals |
|----------------------------------|--------------------|---|-----------------------------|
| 20 March- 20 April | Aries | Diamond, Ruby, Blood Coral, Emerald | Gold, Silver, Copper |
| 21 April- 21 May | Taurus | Zircon, Topaz, Diamond, Emerald | Gold, Silver |
| 22 May- 21 June | Gemini | Yellow Topaz, Emerald, Aqua Merin, Sapphire | Gold, Silver |
| 22 June - 22 July | Cancer | Zircon, Cat's Eye, Moon Stone, Pearl, Sapphire | Gold, Silver |
| 23 July - 23 August | Leo | Topaz, Diamond, Ruby | Gold, Silver |
| 24 August - 23 September | Virgo | Emerald, Diamond, Ruby | Gold, Silver |
| 24 September - 23 October | Libra | Emerald, Ruby, Cat's Eye, Topaz | Gold, Silver |
| 24 October - 22 November | Scorpio | Yellow Topaz, Moon Stone, Blood Coral | Gold, Silver |
| 23 November - 21 December | Sagittarius | Yellow Topaz, Topaz, Firoza | Gold, Silver |
| 22 December - 20 January | Capricorn | Blood Coral, Zircon, Sapphire | Gold, Silver, Copper |
| 21 January - 18 February | Aquarius | Diamond, Emerald, Ruby, Cat's Eye, Firoza | Gold, Silver |
| 19 February - 20 March | Pisces | Moon Stone, Blood Coral, Topaz, Zircon | Gold, Silver, Copper |

Impacts of different planets on human life:

There are nine planets and these planets are giving impact on human life. According to the Astrology, the impacts of planets are cited in the hands of each people. Therefore it can be said that, the sun represents soul, the Moon represents mind, the Mars represents patience, the Mercury represents speech, the Jupiter represents knowledge, and the Saturn represents consciousness. The planets are rounding around the earth. So the rays of the planets are falling on the earth more or less. When the babies are born the rays of the planets also give impact on the babies. Some planets give severe impact and some planets give light impact. So, needless to mention that for success in life, for sound health, for sound mind it is necessary to be better position of the planets on human life. As for example, the bad impacts of the sun cause to happen any accident. The bad effect of moon influence of the health of the people. Moreover, a person may be mentally disturbed because of bad effect of moon. The different types of diseases like ulcer, dysentery, bleeding etc. may occur due to the bad effect of the Mars. The intelligence and merit of the people may be disturbed because of bad effect of the Mercury. The name and fame of the people can be destroyed due to bad impact of the Jupiter. The conjugal life can be disturbed for the bad impact of the Venus. The Saturn can bring any unhappiness, any accident in any time. The family life can be disturbed for the Rahu. The unexpected sufferings may be happened due to the bad impact of the Ketu. Besides these, there are other three planets as: i) Horshell, ii) Pluto, iii) Neptune. But the bad impacts of these three planets are very slow on human life.

Scientific Explanation of the healing power of Gemstone:

When a Gemstone is wore that creates electromagnetic fields. Then certain type of electromagnetic wave of electromagnetic field executes the different actions on human body. Gemstone passes the electromagnetic wave to the human body. Similarly, the human body also maintains chemical action and reaction with Gemstone. But the actual scientific explanation about the healing power of Gemstone needs more research.

Color Therapy and Gemstone:

There are so many researches have been conducted regarding healing method by using Gemstone. It has been found that healing with Gemstone is so much related with the color energy. That is why it is also called color therapy. From so many researches of modern science, it has been concluded that the rays of different colors like red, blue, violet etc. give different impacts on human body. Almost 2000 years before in different countries big color rooms were built for healing. In the color rooms patients took color bath. We know the sunlight is formed by seven colors. These colors are violet, blue, sky-blue, green, yellow, orange and red. The wavelengths of these seven

colors are different. So, the impact of these seven colors of physiology of human body is also different. As for example, violet gives vitamin D; blue color gives resistance power against poison, germ etc. Sky blue gives good impact on eyes, ears, nervous system etc. Green color controls pituitary gland. Yellow color increases activities of liver, kidney. Orange color removes the depression, loneliness, and monotony. Red color plays major role in blood circulation. But the mechanism of theory of colors requires more scientific research. Color energy deposited in the Gemstone. When Gemstone is wore then color energy is transmitted to the human body. But the selection of Gemstone is very much important. According to the perfect suggestion of Astrologer appropriate Gemstone should be selected.

Disease and the treatment by Gemstone:

Actually, different cells make our human body. On the other hand there are seven cosmic rays which are present in cell. The presence of these cosmic rays in each cell should be in balancing position when the health of the people is sound. This balancing position should be directed from internal and external situation. The human body can control the effect of the two cosmic rays perfectly. But when the human body faces the effect of the more than two cosmic rays then the disease attacks human body. If we wear Gemstone then the internal power of the Gemstone can control the imbalance situation of the cosmic rays.

Difference between natural Gemstone and artificial Gemstone:

Gemstone is found in nature. These are very much effective. According to the suggestion of astrologer we can use Gemstone for the purpose of healing or the solution of problems. But in the laboratory by using chemical action and reaction artificial Gemstone can be made. These are also called synthetic Gemstone. These are very much inactive. Sometimes natural Gemstone and artificial Gemstone look like similar. But there is a great difference between them in respect of the power of healing. Natural Gemstones are very much costly. If one cannot use costly Gemstone, then astrologer can suggest alternative Gemstone. As for example, suppose one person is suggested for Ruby. But because of high price he or she cannot buy Ruby. In that case he or she can use Red Tourmaline or red Garnet. But the amount of Red Tourmaline or red Garnet should be increased. So, I would like to say that it is mandatory to avoid synthetic Gemstone. Because synthetic Gemstone are not appropriate for healing.

Healing Power of some important Gemstones:

There are so many Gemstones in the nature all over the world. Different Gemstones have different healing power. But I want to shed some light on some important Gemstones.

1. Ruby:

Chromium is found in Ruby. Ruby prevents bad effect of the Sun. Also it reduces the poverty. It makes a man pious.

2. Pearl:

Sodium, Calcium is found in pearl. Pearl is effective for getting money, improvement of health, gaining knowledge etc. It is useful for heart disease, gastric-ulcer etc.

3. Coral:

Calcium is found in coral. Coral prevents so many serious diseases like cholera. It increases physical power, controls emotion; build the muscles, increases courage etc.

4. Emerald:

Beryllium is found in Emerald can fight against all kinds of mental diseases. It also increases patience, removes imbalance position of nervous system, controls respiratory system etc.

5. Topaz:

Topaz holds fluorine. Topaz increases spiritual power, knowledge etc.

6. Diamond:

Diamond holds tourmaline, quartz etc. It increases physical power. Besides this, it plays important role for healing the disease of Brain, kidney etc.

7. Sapphire:

Sapphire holds Titanium. It rejuvenates pituitary gland, controls the metabolism of the body.

8. Zircon:

There are so many radioactive particles that are found in Zircon. It controls excitement, anger etc. It brings success in conjugal life.

9. Cat's Eye:

Cat's Eye holds different types of radicals. It brings joys in mind, increases name and fame etc.

10. Moon Stone:

Calcium, Sodium, Potassium, Barium etc are present in moonstone. It plays important role to be determined for any purpose. It prevents to do betray in love, marriage etc. There are also so many Gemstones like Peridot, Tourmaline, Amber, Lapis Lazuli etc. The effects of different types of Gemstones are also different.

How to select appropriate Gemstone:

It is the first duty to find the name of the stars and planets that are responsible for controlling the human life. Then the Gemstones which are representative for the corresponding stars, planets, those should be selected and noticed. Moreover, appropriate Gemstone can also increase the good impact of the planets, controls the bad impact of the planets. Another important thing is that appropriate Gemstone should be worn with appropriate metal. Then the appropriate Gemstone should be worn in appropriate finger. Thus we can select appropriate Gemstone for our purpose and necessities.

Some methods those are useful to make medicine from Gemstone:

There are so many methods that are useful to make medicine from Gemstone. As for example,

- 1) Gemstone, which is endowed with high qualities, should be dropped in dilute alcohol in the dark place for seven days. A vibratory force will be entranced in the solution. This solution can be used as medicine for the purpose of healing.
- 2) A Gemstone should be dropped in the full jug of water. As a result, with help of the rays of Sun the vibratory force will be absorbed in the water. This water can be used as medicine for the purpose of healing.
- 3) By the suggestion of doctor Gemstone can be dropped in the water. Tincture Iodine can also be mixed in the water. This solution can be used as medicine for healing.

But the most important thing is that the above three solutions can be used as medicine for the healing purpose according to the suggestion of experienced, efficient astrologer or doctor under proper guidance.

Electronic Gem therapy:

The **United Kingdom** and the **Europe** are doing research on the rays of Gemstone for the last **20** years. They are trying to make a combination between ancient method and modern method of healing. As for example,

1. Already **AURIC CAMERA** is invented. As a result, cosmic rays are radiated in the computer screen. In **AURIC CAMERA** Diamond, Ruby etc. can be used as instruments.
2. Dr. John Whale invented **CADUCEUS LAMP** by using Gemstone with powerful lens and light. The **CADUCEUS LAMP** is now frequently used in so many clinics in **EUROPE** and **UNITED KINGDOM** for the healing purpose.

Besides the above two things, at present so many works are conducting for further development of Electronic Gem Therapy.

Conclusion:

Gemstone is a natural thing, which is God gifted. The power, which is hidden in Gemstone, is not used totally at present. So, it need more research in wider scale. On the other hand, in Gemstone there are so many chemical substances. These chemical substances can make chemical action and reaction with the skin of human body. So, it needs proper attention and research. Specially, when a person decide to use Gemstone that should be suggested by the efficient astrologer. Moreover, it is necessary to remove bad and wrong concept about Gemstone among the people. I hope in future, Gemstone can take important part in healing purpose of the diseases of the people or for the solution of the problems in human life. But it needs proper and perfect research. In that case, my research on Gemstone will be helpful and informative.

Introduction:

If we study the history of the mediation all over the world then we see that in all religion there are some concepts regarding meditation. Specially, Buddhist practices meditation. In 1960 mediation is spread out western countries and specially in India. Now meditation is very much popular all over the world. Mediation is the way to remove past sorrow, unhappiness, any unwanted situation. By practicing meditation we can build our new future. So, the famous philosopher Confucius said that, the success is hidden in failure. Meditation is the actual guidance to make a perfect nation. Without proper guidance a man cannot be perfect scientist, artist, researcher, political leader or anything else.

According Neuroscience it has been said that when we think then with each think carbon, hydrogen, nitrogen, and oxygen atom change their places which are situated in Brain Neuron. Meditation is the way to direct the Brain and energy in the perfect way. Meditation makes us proactive. It increases our mind power positively. There are so many ways to do Meditation. I invent **LIFE SHINING METHOD** that can give inspiration to increase mind power and makes our life peaceful.

What is Mind?

To define mind, so many researchers have been conducted for so many years. According to research, it can be said that mind is the power and energy of all things. Also mind is the source of all power. But without brain mind cannot exist. It is the most important thing, to use our mind power in our whole life. Because some people can use mind power totally, some use partially some people use little bit. And so there is a question of success and failure. Mind is not quite full. Mind is directed by the Brain. In our body cell there is D. N. A. D. N. A also plays role to direct mind for any purpose.

We can control our mind or increase our mind power by doing meditation regularly.

What is life?

We can say that life exists if some characteristics are present. As for example, i) food taking behavior, ii) nutritious matter, iii) feelings about anything else, iv) excitement, v) grown up, vi) taking part in reproduction etc. To define life we can also say about the concept of respiration.

What is Stress?

Stress is a feeling of being unable to cope and is a reaction to excessive demands and pressure. It is very much unpleasant and harmful. Because sometimes we cannot fulfill the demand. Sometimes we cannot tolerate unrespectable pressure. Sometimes the situation is totally out of control. If we cannot tackle stress and the causes of stress, as a result depression, anxiety, high blood pressure, stroke, and heart attack affect our

health. So, each and everybody should take stress seriously. Nowadays, all over the world the nature of work has gone through drastic changes, especially over the last century. Not only that, the nature of work, speed of work, motion of work each and everything changes day by day rapidly. So, it is very much expected that professional stress or job stress play an important role for mental and physical sickness. Because job stress is a chronic disease caused by the conditions in the working place. It is negatively affect very much on individual performance, body and mind. So, we have to control stress. Meditation is the greatest way to control stress.

What is Brain?

Brain is the principal part of the central nervous system. It is the largest center of analysis for all the information received or produced by the body. The brain, the main part of the central nervous system, which is divided into two cerebral hemispheres and various structures that link them together. The brain, the cerebellum, and the brain stem make up the encephalon, the chief director of the human body. It centralizes all the information that circulates through the body and permits activities such as hearing, reading, and writing. As a vital organ of the human body, the brain benefits from a number of biological devices that protect it and maintain its smooth functioning. Always active, even when sleeping, it is nourished by a large network of blood vessels, and, at rest, consumes 20% of the oxygen taken in by the body. Sheltered within the skull, it baths in a liquid that absorbs shocks, called the cerebrospinal fluid. It is also protected by strong membranes, the meninges, which provide effective barriers against microorganisms. The brain, or rather the encephalon, is therefore a highly advanced system connected to the rest of the body by nerves. It can process an innumerable amount of information in the blink of an eye. The most important thing is that the brain activities can be increased by practicing meditation regularly. Now I want to shed some light on Meditation.

What is Meditation?

Meditation is not just for yoga masters sitting cross-legged on mountaintops in the Himalayas. It's a flexible approach to coping with stress, anxiety, many medical conditions and the day-to-day "static" that robs us of inner peace. Today, the Pittsburgh International Airport boasts a large meditation room featuring a quiet ambiance, comfortable furniture and paintings of clouds. According to Joan Borysenko, Ph.D., a pioneer in the field of mind/body medicine, meditation can be broadly defined as any activity that keeps the attention pleasantly anchored in the present moment. When the mind is calm and focused in the present, it is neither reacting to memories from the past nor being preoccupied with plans for the future, two major sources of chronic stress known to impact health. "Meditation," say Dr. Borysenko, "helps to keep us from identifying with the 'movies of the mind.'"

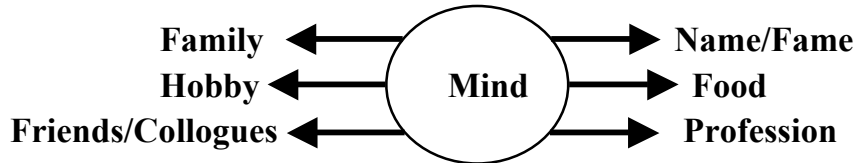
Meditation can be explained in the following way properly by the three steps:

Steps of Meditation:

Steps of Meditation can be described by the following figures.

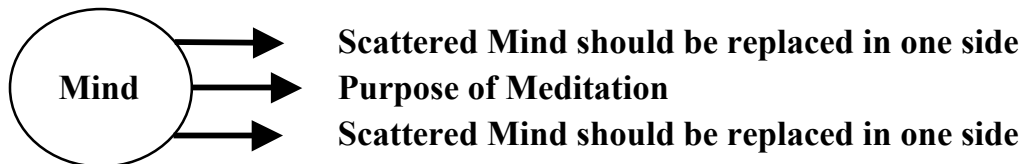
1st Step:

In the first step our mind condition is very much abnormal. The following figure shows this type of condition.



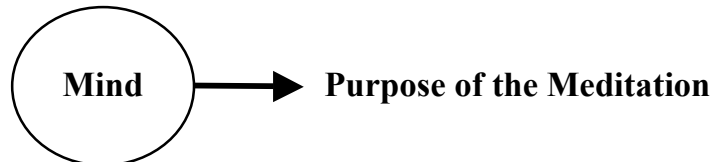
2nd Step:

In Meditation, in the 2nd step we try to concentrate our min.



3rd Step:

In third step our mind is fully concentrated.



Concentrated Mind/Meditative Mind

Types of Meditation:

Type of Meditation can be discussed in two ways. **i) Concentrative Meditation, ii) Mindfulness Meditation.** These are explained below;

Concentrative Meditation:

Concentrative Meditation focuses the attention on the brath, an image, or a sound (mantra), in order to still the mind and allow a greater awareness and clarity to emerge. This is like a zoom lens in a camera; we narrow our focus to a selected field. The simplest form of concentrative meditation is to sit quietly and focus the attention on the breath. Yoga and meditation practitioners believe that there is a direct correlation between one's breath and one's state of the mind. For example, when a

person is anxious, frightened, agitated, or distracted, the breath will tend to be shallow, rapid, and uneven. On the other hand, when the mind is calm, focused, and composed, the breath will tend to be slow, deep, and regular. Focusing the mind on the continuous rhythm of inhalation and exhalation provides a natural object of meditation. As I focus our awareness on the breath, our mind becomes absorbed in the rhythm of inhalation and exhalation. As a result, our breathing will become slower and deeper, and the mind becomes more tranquil and aware.

Mindfulness Meditation:

Mindfulness Meditation according to Dr. Borysenko, "involves opening the attention to become aware of the Mindfulness Meditation continuously passing parade of sensations and feelings, images, thoughts, sounds, smells, and so forth without becoming involved in thinking about them." The person sits quietly and simply witnesses whatever goes through the mind, not reacting or becoming involved with thoughts, memories, worries, or images. This helps to gain a more calm, clear, and non-reactive state of mind. Mindfulness meditation can be likened to a wide-angle lens. Instead of narrowing your sight to a selected field as in concentrative meditation, here you will be aware of the entire field.

How Meditation Works:

From so many studies it has been found that meditation can bring about a healthy state of relaxation by causing a generalized reduction in multiple physiological and biochemical markers, such as decreased heart rate, decreased respiration rate, decreased plasma cortisol (a major stress hormone), decreased pulse rate and increased EEG (electroencephalogram) alpha, a brain wave associated with relaxation. It has been also been found that during meditation, the body gains a state of profound restful alertness. Studies show that after meditation, reactions are faster, creativity greater, and comprehension broader.

A laboratory study carried out by Benson and Wallace at Harvard Medical School towards the end of the 1960s, provided the first detailed knowledge of the many physiological changes that go with meditation.

During meditation, blood pressure stayed at 'low levels', but fell markedly in persons starting meditation with abnormally high levels. The Meditations" skin resistance to an electrical current was measured. A fall in skin resistance is characteristic of anxiety and tension states; a rise indicates increased muscle relaxation. Meditation reduces activity in the nervous system. During anxiety and tension states there is a rise in the level of lactate in the blood. During meditation blood lactate levels decreased at a rate four times faster than the rate of decrease in non-meditators resting lying on their backs or in the meditations themselves in pre-meditation resting.

Healing Power of Meditation:

Research has shown that Meditation can contribute to an individual's psychological and physiological well-being. This is accomplished as Meditation brings the brainwave pattern into an alpha state, which is a level of consciousness that promotes the healing state. Patricia Norris, Ph.D., Director of the Biofeedback and Psychophysiology Clinic at the Menninger Foundation, reports; "In our practice at Menninger we use meditative techniques to enhance immune functioning in cancer, AIDS, and autoimmune patients. We also use meditation in conjunction with neuro-feedback to normalize brain rhythms and chemistry in alcohol and drug addiction, as well as other addictive conditions. Almost all of our patients use meditative techniques in learning self-regulation for disorders such as anxiety and hypertension, and for stress management. We consider meditation a recommended practice for anyone seeking high-level wellness."

In addition to the growing body of research literature on meditation, physicians, psychotherapists, and other professionals are increasingly adding meditative techniques to their practice. Dean Ornish, M.D has demonstrated that heart disease can be reversed with a comprehensive program that includes meditations. Many physicians consider meditation a key element of an integrated health program.

Benefits of Meditation:

Physical Benefits:

Physical Benefits of Meditation can be discussed in the following way:

- 1) Deep rest-as measured by decreased metabolic rate, lower heart rate, and reduced work load the heart.
- 2) Lowered levels of cortisol and lactate- two chemicals associated with stress.
- 3) Reduction of free radicals- unstable oxygen molecules that can cause tissue damage. They now thought to be a major factor in aging and in many diseased.
- 4) Decreased high blood pressure.
- 5) Higher skin resistance. Low skin resistance is correlated with higher stress and anxiety level.
- 6) Drop in cholesterol levels. High cholesterol is associated with cardiovascular disease.
- 7) Improved flow of air to the lungs resulting in easier breathing. This has been very helpful asthma patients.

Psychological Benefits:

- 1) Increased brain wave coherence. Harmony of brain wave activity in different parts of the brain is associated with grater creativity, improved moral reasoning, and higher IQ.
- 2) Decreased anxiety.

- 3) Decreased depression.
- 4) Decreased irritability and moodiness.
- 5) Improved learning ability and memory.
- 6) Increased self-actualization.
- 7) Increased feelings of vitality and rejuvenation.
- 8) Increased happiness.
- 9) Increased emotional stability.

Health conditions that are Benefited by Meditation:

- 1) The Meditation technique has proven to be a successful coping strategy in helping to deal with drug addiction.

- 2) A strong link has also been established between the practice of Meditation and longevity.

- 3) Most of the people who get on meditation do so because of its beneficial effects on stress. Stress refers to any or all the various pressures experienced in life. Research has shown that hormones and other biochemical compounds in the blood indicative of stress tend to decrease during Meditation practice.

- 4) Meditation may not eliminate pain, but it helps people cope more effectively with pain.

- 5) Dr. Ainslie Meares, an Australian psychiatrist who uses meditation with cancer patients, studied seventy three patients who had attended at least twenty sessions of intensive meditation, and wrote: "Nearly all such patients can expect significant reduction of anxiety and depression, together with much less discomfort and pain. There is reason to expect a 10 percent chance of greatly improved quality of life."

- 6) Meditation is a key component of Ornish therapy, the only treatment scientifically proven to reverse heart disease.

- 7) As soon as Dr. Benson learned that Meditation reliably reduced blood pressure in meditators, he taught the relaxation response to 36 people with moderately elevated blood pressure. After several weeks of practice, their average blood pressure declined significantly, reducing their risk of stroke and heart attack.

- 8) Couples dealing with infertility may become depressed, anxious and angry. To help them cope, Alice D. Domar, Ph.D., a psychologist at the Mind/Body Medical Institute, taught the relaxation response to one group of infertile couples. Compared with a

similar group of infertile couples who did not learn deep relaxation, the mediators experienced less distress and were more likely to get pregnant.

9) Asthma, emphysema and chronic obstructive pulmonary disease (COPD) all restrict breathing and raise fears of suffocation, which in turn makes breathing even more difficult. Studies at Dr. Kabat-Zinn's clinic show that when people with these respiratory conditions learn breath meditation, they have fewer respiratory crises.

10) Meditation can ease physical complaints such as premenstrual syndrome (PMS), tension headaches and other common health problems.

Spiritual Benefits of Meditation:

The longer an individual practices meditation, the greater the likelihood that his or her goals and efforts will shift toward personal and spiritual growth. Many individuals who initially learn meditation for its self-regulatory aspects find that as their practice deepens they are drawn more and more into the realm of the "spiritual."

Meditation Techniques:

There are many meditation techniques. Some of the techniques are quite simple and can be picked up with a little practice. Others require training by an experienced instructor. Because of the effects of meditation on repressed memories and the psychological impact, one may go through some discomfort initially; hence it is always a good idea to be under the care of a qualified practitioner as one starts meditation.

The Life Shining Method:

All over the world there are more than **108** techniques for meditation. But I invent **THE LIFE SHINING METHOD**, which is very much simple. It is also easy to understand to all ages of people. I teach meditation by this method. I would like to say that mind power can be controlled and also be enhanced if one can practice meditation by the life shining method. Also, one can make his or her life very nice and peaceful by practicing meditation by the life shining method regularly.