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## Research Article

### TWIN HEART MEDITATION

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#### ABSTRACT

Twin heart meditation is a blessing, a boon for all meditation practitioners, it is a complete package of all the major types of meditations.

##### Keywords:

Twin Heart Meditation, Pranik Healing, Affirmations, Master Choa Kok Sui

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#### INTRODUCTION

Twin heart meditation is a blessing, a boon for all meditation practitioners, it is a complete package of all the major types of meditations. This meditation was developed by Master Choa Kok Sui from Phillipines (1952-1997) the founder of modern pranik healing and arhatic yoga. This meditation has proven its efficacy worldwide, bringing in positivity, inner harmony, transformation and oneness with the inner higher self among its practitioners

Twin heart meditation uses the enlisted power tools to improve the quality of life of people.

- Power of thought and visualization
- Blessings and goodwill energy from heart and crown chakra.
- Mantra chanting (Om)
- Affirmations (for divine love and divine kindness)
- Deep breathing exercises.
- Loving –kindness prayer to almighty
- Hand mudras and body postures with focus and concentration
- Silence and stillness of mind

The technique proves to be efficient in improving relationships and workplace performance of people enhancing their leadership capabilities. Prosperity, abundance, good health and good luck follows. Weeks of therapy has shown to improve awareness, concentration increasing harmony in personal and professional life. The short version takes almost 20 minutes a

day Twin heart meditation promises a positive change in all dimensions of life. Physical, mental, social and spiritual for all the practitioners. Psychosomatic pains and symptoms like migraines, cervical, headaches, backaches and minor ailments of people disappeared after they made twin heart meditation a part of their daily routine.

It is a sureshot method to relieve stress, reduce anxiety, change mood from sad and depressed to being happy and light.

The loving –kindness meditation takes the help of two energy centres of body i.e. The heart chakra which is the emotional heart and the crown chakra which is the divine heart. The whole aura of the body is cleansed and the negative energy is transformed automatically into positive one after some weeks of continuous practice. The technique of this short duration meditation is so easy and powerful that it can be practised anywhere on a daily basis, be at home, office or even on a holiday with family. Another good thing about this meditation is that people don't necessarily sit on the ground to practice it. It can be practised on the office chair. So this is a perfect meditation for officegoers, students, doctors, nurses, teachers, corporates, housewives and all those looking for a quick method to help them rejuvenate and revitalize in today's busy life.

It can be practised alone or in groups, the therapy does not belong any religion or sect. Equally comfortable and relaxing both on the ground or on a chair, Twin heart meditation is not advisable while driving or doing critical functions, to pregnant women, heavy smokers, children below 16 and people with

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severe heart ailments, unregulated hypertension and glaucoma, since it can cause major energy shift

So good luck and best wishes to all those who are interested.

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