

sign up for our newsletter. 650-321-5600

Benefits of Meditation on Twin Hearts

The Meditation on Twin Hearts is a method used for gaining deep relaxation, eliminating stress, promoting health, increasing creativity and intelligence, and attaining inner happiness and fulfillment. It is practiced by millions of people worldwide and is a simple, natural, effortless technique.

PSYCHOLOGICAL BENEFITS:

- Meditation on Twin Hearts is used as a meditation tool for stress relief in Stress Management Programs.
- There is a noticeable relaxation of the body, calming of the emotions and stillness of the mind.
- Regular practice of Meditation on Twin Hearts results in increasing contentment, happiness, inner peace and joy in life.
- There has been improved and enhancement of relationships with spouses, family members and co-workers.
- There was complete cessation of drug abuse following the Meditation on Twin Hearts and is presently being used in drug rehabilitation programs.

In conjunction with Pranic Healing, Meditation on Twin Hearts has also shown increased academic performance, athletic skills, behavioral functioning, improved memory and overall school and job performance.

SOCIOLOGICAL BENEFITS:

- Improved Family and Interpersonal Relationships - Regular practice of Meditation on Twin Hearts has shown improved and enhanced relationships. It has proven to save marriages and relationships that were falling apart.
- Improved Work Performance - In Columbia and India, Meditation on Twin Hearts is done every morning before starting the work day. There has even been use of Meditation on Twin Hearts in corporate companies such as banks and businesses.

Dramatic Social Change – There has been promotion of peace in the environment, society and country, and a significant reduction of violence. In Columbia there are regular groups of Meditation on Twin Hearts practitioners blessing the country and their areas. There has been a greater response in aiding catastrophies such as storms and floods (Venezuela), earthquakes (India). Several positive political changes have taken place in the Philippines, Columbia, and El Salvador.

PSYCHOSPIRITUAL BENEFITS:

- Meditation on Twin Hearts opens the awareness to the infinite reservoir of energy, creativity, and intelligence that lies deep within everyone
- The meditation relaxes the body, calms the emotions and stills the mind.
- Regular practitioners of Meditation on Twin Hearts attain inner happiness, inner peace and fulfillment
- Meditation on Twin Hearts can hope to achieve Illumination and profound expansion of consciousness
- Spiritual aspirants who practice this meditation regularly may experience envelopment of dazzling, even blinding light. Practitioners may also

sign up for our newsletter. 650-321-5600

experience divine ecstasy and bliss, and a feeling of oneness with all creation. This can be verified through the holy scriptures of all religions.

- Regular practitioners of MTH have increased sizes of chakras and auras making the energy body stronger and more dynamic.
- After practicing Meditation on Twin Hearts, pranic healers were noted to heal patients quicker than before and with amazing results.

As a result of practicing MTH, one becomes more intelligent and develops increased intuitive abilities.

Studies on Meditation on Twin Hearts

Research and Scientific studies have been completed on the neurophysiological, psychological, and sociological and psychospiritual effects of the Meditation on Twin Hearts. These studies have been conducted in the most part by Glenn Mendoza, M.D. in New York City, New York and by Dr. Vrunda and Supriya Ghorpadkar and Mr. Sundaram in Bangalore, India.

Scientific Studies and Research done on Meditation on Twin Hearts:

- Meditation on Twin Hearts showed measurable changes on the pattern of electrical activity through the brain by electroencephalograph (EEG). Comparing EEG studies before and after meditation, there was a dramatic transition from beta waves to alpha waves and delta-theta waves in 14 meditators and non-meditators.
- There was an observable increased in brain synchrony (alpha-delta-theta waves) between the two hemispheres of the brain after the Meditation on Twin Hearts. There was synchronization of brain waves initially between the same hemisphere and followed by synchrony between the frontal, middle and rear portions of the brain.
- There was a decrease in heart rate and respiratory rate of up to 15-20% and an increase in oxygen saturation after the Meditation on Twin Hearts.
- A positive relationship of skin conductance before and after the Meditation was observed in all subjects.
- The Meditation on Twin Hearts was found to show a dramatic muscle potential measurement through electromyogram (EMG) of the scalene and extensor muscles of the arms.
- There was significant increase in neurohormones serum Serotonin and plasma Melatonin (up to 300%) following Meditation on Twin Hearts in a pilot study of 17 subjects and a follow-up study of 35 subjects.

Testimonials

... The meditation has brought in us energy awareness and hence motivated us to learn Pranic Healing...we find ourselves moving towards the spiritual path, Good health, abundance and prosperity..."We are happy, healthy and enjoying every moment of our lives"...Great great thanks to Grand Master Choa Kok Sui for giving us Twin Heart Meditation...

- L. Kiran

www.naturaltraditionshealth.com

sign up for our newsletter. 650-321-5600

Bangalore, India

...I seemed to have been whirled out of space feeling almost bodiless...I felt the crown center opening up like a lotus-cup...irradiating and containing more light...the lotus petals in my heart center were pulsing...I felt an outreaching love for all mankind...I emerged...feeling cleansed, purified and energized...Meditation...is truly the language of ecstasy, of bliss consciousness, of Divine presence.

-Dr. Rolando A. Carbonell, PH.D., D.D., Litt.D.
Manila, Philippines

...I have been using the Meditation on Twin Hearts since 1996...Less stress, a more centered and compassionate outlook and better overall health. I am a substance abuse counselor and have been able to utilize this meditation in my work...noting significant positive effects in their progress, while in treatment. Only a brief period of time listening to the guided meditation leaves one feeling centered, energized, and serene.

-Moses McCluskey, Substance Abuse Counselor
Los Angeles, California

My Patient is a music therapist who suddenly lost 85% of his hearing. Doctors evaluated, tested and told him that nothing can be done to recover his hearing tone. His wife who is a Pranic Healing graduate suggested to him to do Meditation on Twin Hearts regularly. Following his wife's suggestion, the patient continued to listen to the Meditation everyday and sometimes not even meditating. After two weeks of listening to the meditation, suddenly his hearing returned to normal and he was able to continue with his profession as a music therapist. He attributed his miraculous healing to Meditation on Twin Hearts.

-Stefan Weiss
Lucerne, Switzerland

...Meditation on Twin Hearts has expanded my conception of the world and my place in it. I am aware of my connection with the Earth and its people. Meditation increases my energy and helps me focus on teaching, writing, and lawyering. I am grateful for the inner peace, love, and understanding gained by meditating regularly.

-Ken Klee, Professor of Law
Los Angeles, California

Four years ago, I got hit by a car...a fractured fibula and several sutures on my right leg gave me constant pain which could not be alleviated by medication or pain-killers because I was allergic to it. At the same time, I was going through emotional upheavals brought about by separation and pending divorce. Pranic Healing and the daily practice of Meditation of Twin Hearts eased tremendously the physical and emotional trauma that I was going through. It allowed me to function properly and even perform outstandingly in various areas of my life with great facility...

-Cynthia de Leon, Administrator
New York, New York

www.naturaltraditionshealth.com

sign up for our newsletter. 650-321-5600

...As a school administrator, I mediate stressful and negative situations among students, parents and co-workers. By practicing the Meditation on Twin Hearts for Peace and Illumination, I am able to resolve conflicts and respond in a more calm and compassionate manner. I utilize positive thoughts and emotions to find solutions in a constructive way.

-Sandra Washington, Educator
Los Angeles, California

Meditation on Twin Hearts has made a profound impact in my life in the last two years since I started regular meditation. It has increased my healing ability, changed the way I view life, and my purpose in life and my role in this time of great change. Meditation on Twin Hearts is my daily opportunity to become a true channel of needed blessings to all people and Mother Earth.

-Mark Wiczorek
Rego Park, NY

Frequently Asked Questions

WHAT IS ILLUMINATION?

Soul-Realization (Self-Realization) is nothing more than the incarnated soul (lower self or personality) realizing that is not the body and is one with the Higher Soul (Higher Self). This is the meaning of yoga or illumination.

There are many degrees of illumination. For some people, it may take years before they experience an initial glimpse of illumination or Buddhist consciousness. Others may take months and others may take weeks.

WHO SHOULD NOT PRACTICE THE MEDITATION ON TWIN HEARTS?

1. Persons below 16 years old.
2. Patients with severe heart ailment, hypertension, glaucoma, or kidney and liver problems.
3. Pregnant women.
4. Heavy smokers.
5. Heavy meat eaters (particularly pork).
6. Persons with excessive alcohol consumption or use of addictive and hallucinogenic drugs.

HOW COME MY BODY IS MOVING DURING THE MEDITATION?

During meditation, one may experience unusual movements of the physical body for a limited period of time. This is quite normal as the etheric channels are being cleansed.

WHAT DO I DO IF I FEEL DISCOMFORT DURING THE MEDITATION?

Physical, emotional and psychological conditions of each practitioner vary and should you experience any discomfort or any adverse effects, stop the meditation. Should your condition worsen, consult a physician.

WHAT IS THE EFFECT OF MEDITATION ON TWIN HEARTS WITH SELF-PRANIC HEALING MEDITATION?

Following Meditation on Twin Hearts, a tremendous amount of divine energy flows down to the practitioner flooding him with divine light. This energy that appears like "brilliant liquid white light" can be used for healing by directing it into affected parts of the body.

The health benefits of the Meditation on Twin Hearts with Self-Pranic Healing is well recognized and successful and dramatic healings have come about from the practice of this meditation.

WHAT IS THE EFFECT OF MEDITATION ON TWIN HEARTS FOR PSYCHOLOGICAL HEALTH AND WELL-BEING?

Meditation on Twin Hearts for Psychological Health and Well-Being is an exceptional meditation technique for spiritual development and psychological healing.

Following Meditation on Twin Hearts, a tremendous amount of divine energy descends to the meditator flooding him with divine light. This Electric Violet and Luminous White Light energy can be used for psychological healing by directing it into specific energy centers or chakras of the body responsible for psychological health.

WHY DO I HAVE TO DO PHYSICAL EXERCISES BEFORE AND AFTER THE MEDITATION?

Before meditating, it is strongly suggested to do easy whole body exercises to prepare the physical and energy bodies for the down pouring of spiritual energy generated by this meditation.

After the meditation, simple whole body exercises, body shaking exercises or massaging and tapping parts of the body strengthens the physical body and quickly facilitates the assimilation of the Pranic and spiritual energies thereby enhancing the beauty and health of the practitioner.

WHY DOES ONE HAVE TO RELEASE AND BLESS OUT THE EXCESS ENERGY FOLLOWING THE MEDITATION?

A tremendous amount of divine energy results from the Meditation on Twin Hearts. Most meditators do not consider that their bodies can only handle a certain level of energy. Releasing and blessing out excess energy avoids congestion.

WHY AND HOW DOES ONE DO THE GROUNDING AND ROOTING TECHNIQUE?

The grounding and rooting technique will prevent one to experience lightheadedness or a "spaced-out" feeling following the meditation. Project roots of light from the soles of the feet and the base of the spine to the earth about 10 feet or 3 meters deep.