Spring framework emphasizes on good design, best practices and use of design patterns.

1. Spring framework is based on several Java standards like JSR 303… and design patterns like Proxy, Factory, MVC, and Strategy… which helps us

* 1. Enforce good practices and rules.
  2. increase reliability and reduce programming time
  3. adhere to the DRY principle
  4. use boilerplate code from the framework itself
  5. simplify the development
  6. 1.6 separate concerns

2. It is an N-tier, lightweight application model that has:

* 1. a presentation layer - a layer that separates presentation from the rest of the business logic
  2. service layer - a layer that has business specific components, that has some business logic, and gives access to data from persistence to any presentation or external service through delegation
  3. Persistence layer - a data layer that hides CRUD functionality from the rest of our business.
  4. a domain model that can be used throughout our application

Thus the Frameworks make development easier and more effective by providing a secure and reliable foundation on which to build upon. And Spring framework Infrastructure support for developing Java applications, configure disparate components into a fully working application ready for use, build applications from “plain old Java objects” (POJOs) and it is Non-intrusive - domain logic has little or no dependencies on framework. Spring framework has also a certain constraint which separates an application into layers thereby supporting a separation of concerns making any application more efficient, modular and scalable.

Therefore spring framework guides information technology projects to procure systems better aligned to business concerns. It improves decision making, adaptability, and optimizes the use of organizational assets.

In the same analogy, in SCI, Transcendental Consciousness the source of thought, the mind emerges and everything that exist in the world has emerged from the unified level of consciousness which is the basic and crucial part of life which is also a simplest form of awareness, Transcendental Consciousness, provides a strong foundation for a rewarding and successful life. Doing Transcendental meditation helps we to make our life structured in which one cannot interfere with the other which creates stress and anxiety instead stable and flexible, consistent yet variable and it encompasses an infinite range of possibilities