

# Happiness And Energy Index in Campus

Presented by:  
Akshay Seth(Y09UC209)  
Jitendra Tahalyani(Y09UC241)  
Sumit Gautam (Y09UC285)

# Happiness Index

The Happiness Index is the leading global measure of sustainable well-being.

The Happiness Index measures what matters: the extent to which countries deliver long, happy, sustainable lives for the people that live in them. The Index uses global data on life expectancy, experienced well-being and Ecological Footprint to calculate this.

The index is an efficiency measure, it ranks countries on how many long and happy lives they produce per unit of environmental input.

# Happiness Index

## ***Experienced well-being***

If you want to know how well someone's life is going, your best bet is to ask them directly. In this year's HPI, experienced well-being is assessed using a question called the 'Ladder of Life' from the Gallup World Poll. This asks respondents to imagine a ladder, where 0 represents the worst possible life and 10 the best possible life, and report the step of the ladder they feel they currently stand on.

## ***Life expectancy***

Alongside experienced well-being, the HPI includes a universally important measure of health – life expectancy. We used life expectancy data from the 2011 UNDP Human Development Report

# Happiness Index

## ***Ecological Footprint***

The Happiness Index uses the Ecological Footprint promoted by the environmental charity WWF as a measure of resource consumption. It is a per capita measure of the amount of land required to sustain a country's consumption patterns, measured in terms of global hectares (g ha) which represent a hectare of land with average productive biocapacity.

# Happiness Index

Most measures of national progress are actually just measures of economic activity; how much we are producing or consuming. By only using indicators like GDP to measure success we are not accounting for what really matters, producing happy lives people now and in the future. The Happiness Index puts current and future well-being at the heart of measurement.

It shows that while the challenges faced by rich resource-intensive nations and those with high levels of poverty and deprivation may be very different, the end goal is the same: to produce happy, healthy lives now and in the future. The Happiness Index demonstrates that the dominant Western model of development is not sustainable and we need to find other development paths towards sustainable well-being.

# DOMAIN OF HAPPINESS INDEX?

MATERIAL WELL BEING

GOVERNANCE

ENVIRONMENT

PSYCHOLOGICAL WELLBEING

HEALTH

TIME BALANCE

CULTURAL VITALITY

COMMUNITY VITALITY

EDUCATION

OVERALL WELLBEING

# HAPPINESS

Happiness can be measured over three different sections:

- **Body**
- **Mind**
- **Spirit/ Soul**

As by definition, we can measure happiness in terms of energy form only as happiness is state of mental or emotional state.

So to measure, we went through survey in our campus, to get Happiness Index Standards.

In order to retain or improvise, we get to understand Energy Index and work upon it to improvise over Happiness Index.

# Survey Form

## Happiness Index Survey Form

Hey Guys... Kindly fill Happiness Index Survey form as we are just having small survey form to measure Happiness Index in Our Campus. Just fill this form asap. We will have deep study on your Happiness Growth through your form and will surely let you, how to maximum happiness index to Fullest in your life!!!

Name \*

Roll No \*

What is your current age? \*

Which gender[s] do you identify as? \*

- Male
- Female

Domains of Happiness: Your mental well-being (e.g., your life satisfaction and sense of optimism, self-esteem, and competence). \*

- Extremely dissatisfied
- Very dissatisfied
- Dissatisfied
- Slightly dissatisfied
- Neither satisfied nor dissatisfied
  
- Satisfied
- Very satisfied
- Extremely satisfied

Domains of Happiness: Your physical health (e.g., consider your exercise, sleep, nutrition). \*

- Extremely dissatisfied
- Very dissatisfied
- Dissatisfied
- Slightly dissatisfied
- Neither satisfied nor dissatisfied
- Slightly satisfied
- Satisfied
- Very satisfied
- Extremely satisfied

Domains of Happiness: Your leisure time (e.g., your time for recreating and socializing with family and friends). \*

- Extremely dissatisfied
- Very dissatisfied
- Dissatisfied
- Slightly dissatisfied
- Neither satisfied nor dissatisfied
- Slightly satisfied
- Satisfied
- Very satisfied
- Extremely satisfied

# Survey Form

**Domains of Happiness: Your sense of community belonging (e.g., your relationships and interactions with people in your neighborhood). \***

- Extremely dissatisfied
- Very dissatisfied
- Dissatisfied
- Slightly dissatisfied
- Neither satisfied nor dissatisfied
- Slightly satisfied
- Satisfied
- Very satisfied
- Extremely satisfied

**Domains of Happiness: Your access to educational opportunities in your community (e.g., opportunities to participate in formal and informal education). \***

- Extremely dissatisfied
- Very dissatisfied
- Dissatisfied
- Slightly dissatisfied
- Neither satisfied nor dissatisfied
- Slightly satisfied
- Satisfied
- Very satisfied
- Extremely satisfied

**Domains of Happiness: Your access to arts and culture in your community (e.g., opportunities to participate in cultural events). \***

- Extremely dissatisfied
- Very dissatisfied

- Neither satisfied nor dissatisfied
- Slightly satisfied
- Satisfied
- Very satisfied
- Extremely satisfied

**Domains of Happiness: The environmental quality of your neighborhood (e.g., the quality of your water, air, soil, forest cover, etc.). \***

- Extremely dissatisfied
- Very dissatisfied
- Dissatisfied
- Slightly dissatisfied
- Neither satisfied nor dissatisfied
- Slightly satisfied
- Satisfied
- Very satisfied
- Extremely satisfied

**Domains of Happiness: Your financial situation (e.g., your individual and family income, financial security, your level of debt). \***

- Extremely dissatisfied
- Very dissatisfied
- Dissatisfied
- Slightly dissatisfied
- Neither satisfied nor dissatisfied
- Slightly satisfied
- Satisfied
- Very satisfied

# Survey Form

**Domains of Happiness: Your work situation \***

- Extremely dissatisfied
- Very dissatisfied
- Dissatisfied
- Slightly dissatisfied
- Neither satisfied nor dissatisfied
- Slightly satisfied
- Satisfied
- Very satisfied
- Extremely satisfied

**Your Health: In general, I would say my health is: \***

- Poor
- Fair
- Good
- Very Good
- Excellent

**Please indicate, how much of the time during the past week.. You had a lot of energy \***

- Very rarely or never
- Rarely
- Sometimes
- Often
- Very often or always

**Please indicate, how much of the time during the past week.. Physical pain prevented you from doing what you needed to do \***

- Very rarely or never
- Rarely
- Sometimes
- Often
- Very often or always

**Please indicate, how much of the time during the past week.. How satisfied were you with your ability to perform your daily living activities? \***

- Very dissatisfied
- Dissatisfied
- Neither satisfied nor dissatisfied
- Satisfied
- Very satisfied

**Environmental Quality: How healthy is your physical environment? \***

- Not at all
- A little
- Somewhat
- Very
- Extremely

**How satisfied are you with the efforts being made to preserve the natural environment in your neighborhood? \***

- Very dissatisfied
- Dissatisfied

# Survey Form

- Very dissatisfied
- Dissatisfied
- Neither satisfied nor dissatisfied
- Satisfied
- Very satisfied

**Environmental Quality: How healthy is your physical environment? \***

- Not at all
- A little
- Somewhat
- Very
- Extremely

**How satisfied are you with the efforts being made to preserve the natural environment in your neighborhood? \***

- Very dissatisfied
- Dissatisfied
- Neither satisfied nor dissatisfied
- Satisfied
- Very satisfied

**How satisfied are you with the opportunities that you have to enjoy nature? \***

- Very dissatisfied
- Dissatisfied
- Neither satisfied nor dissatisfied
- Satisfied
- Very satisfied

**How satisfied are you with the air quality in your environment? \***

- Very dissatisfied
- Dissatisfied
- Neither satisfied nor dissatisfied
- Satisfied
- Very satisfied

**Spirituality: How spiritual do you consider yourself to be? \***

- Not at all
- Not very
- Somewhat
- Moderately
- Very

**Spirituality: How important are your spiritual beliefs to the way you live your life? \***

- Not at all
- Not very
- Somewhat
- Moderately
- Very

**Submit**

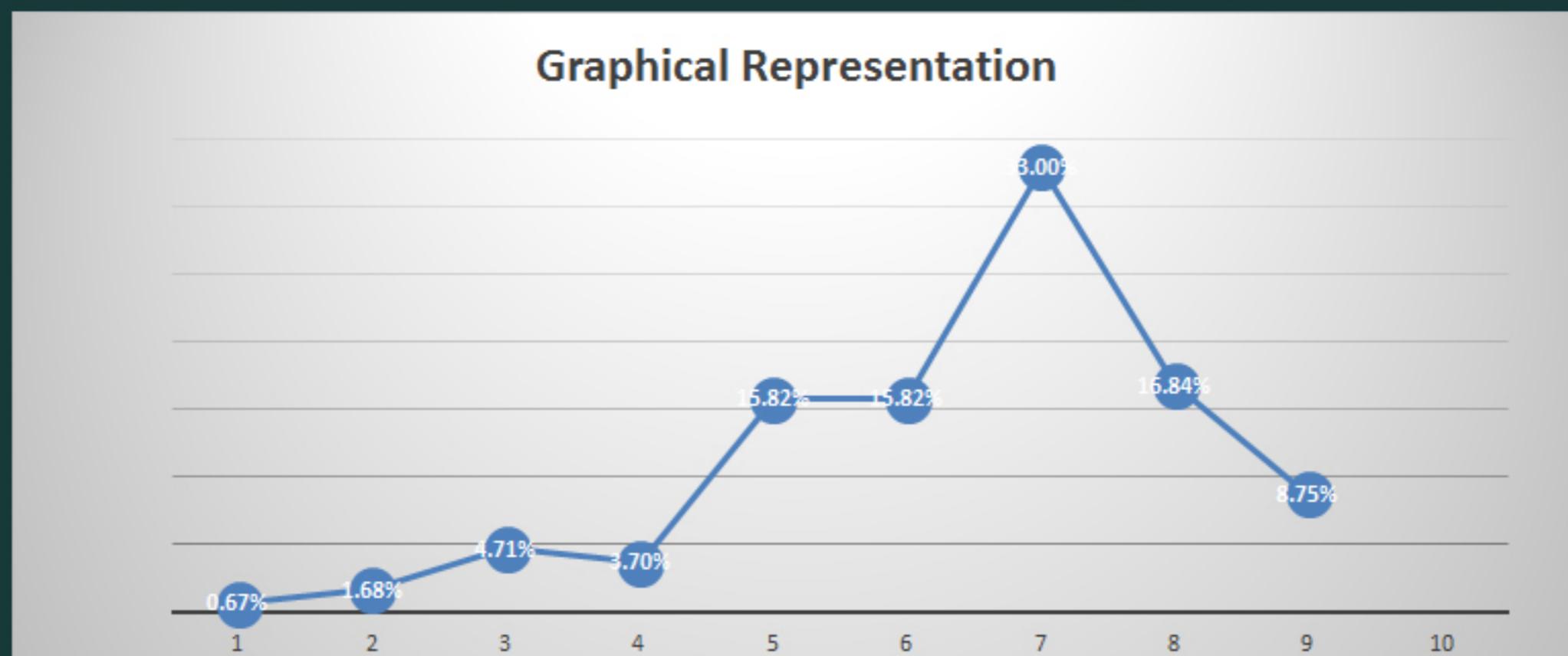
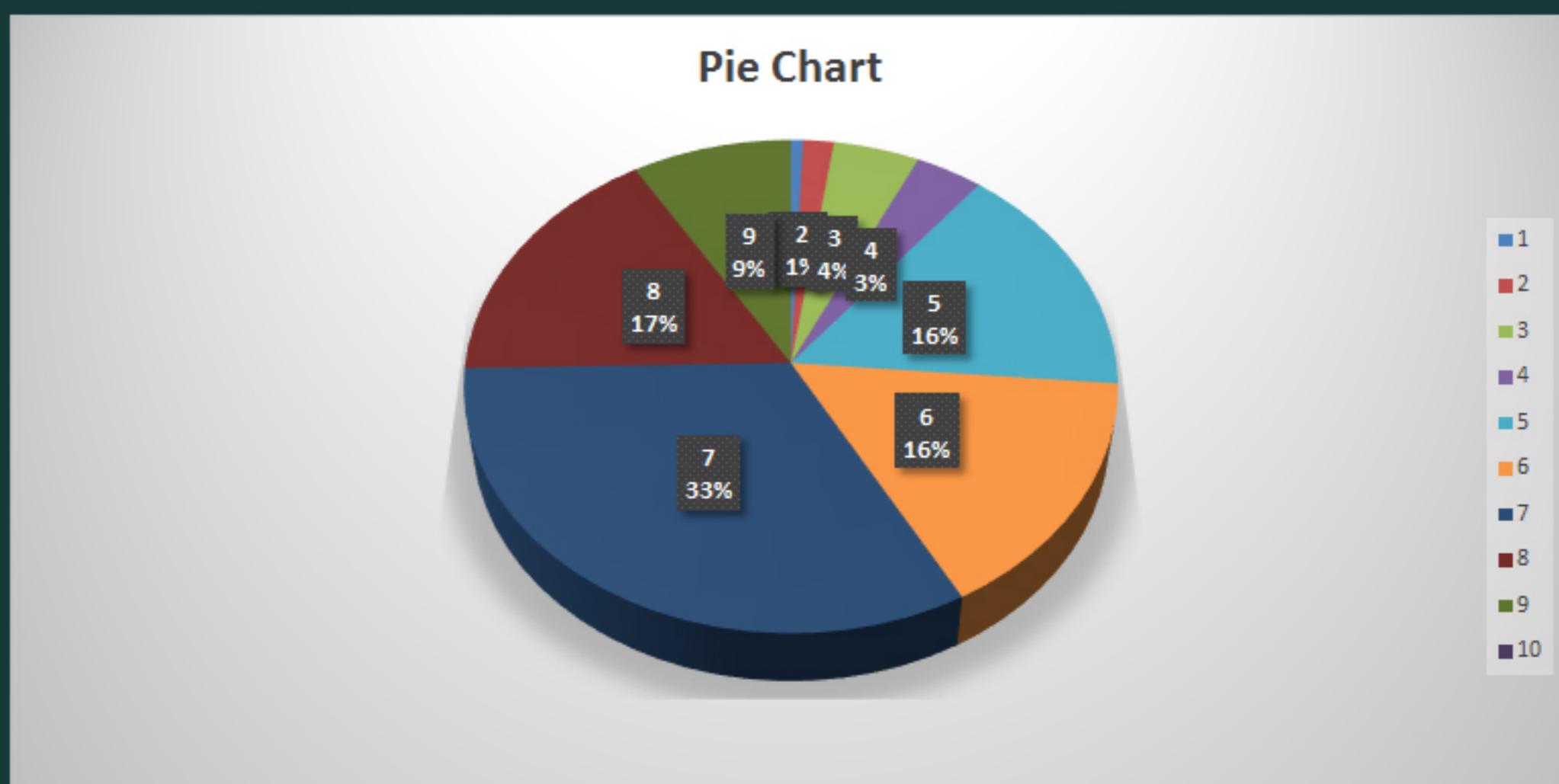
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# Domain of Happiness

## Survey Evaluation

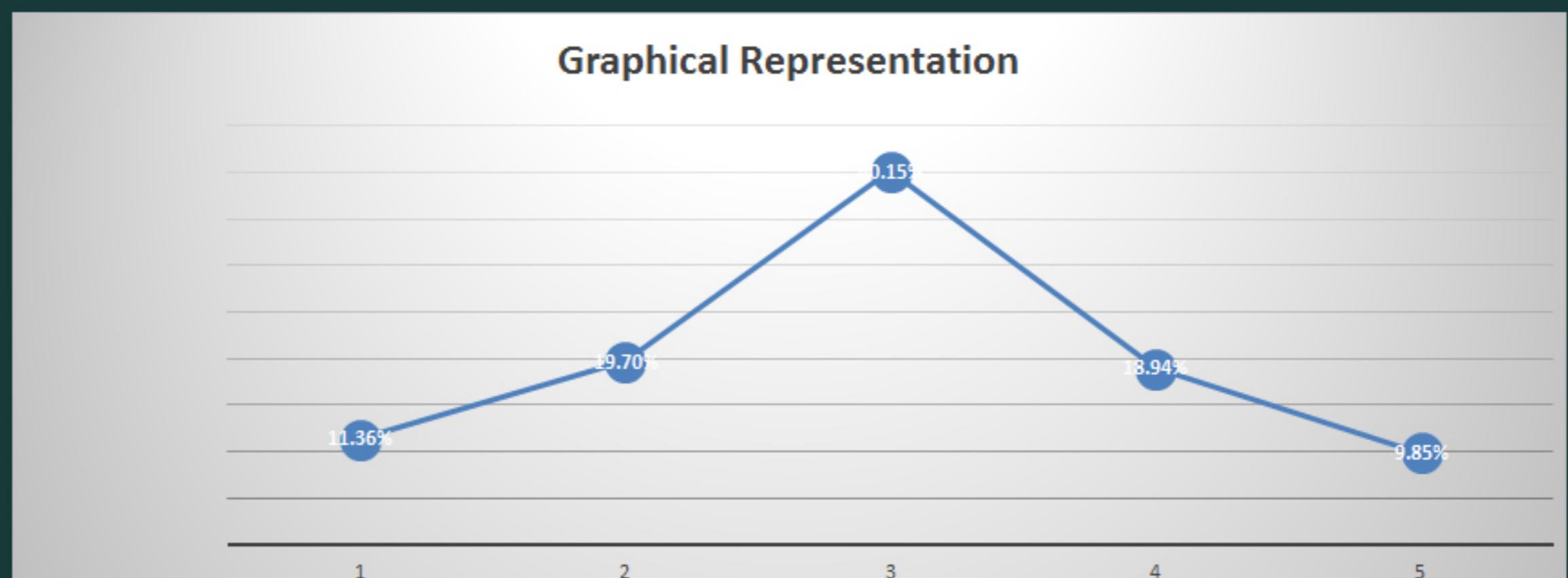
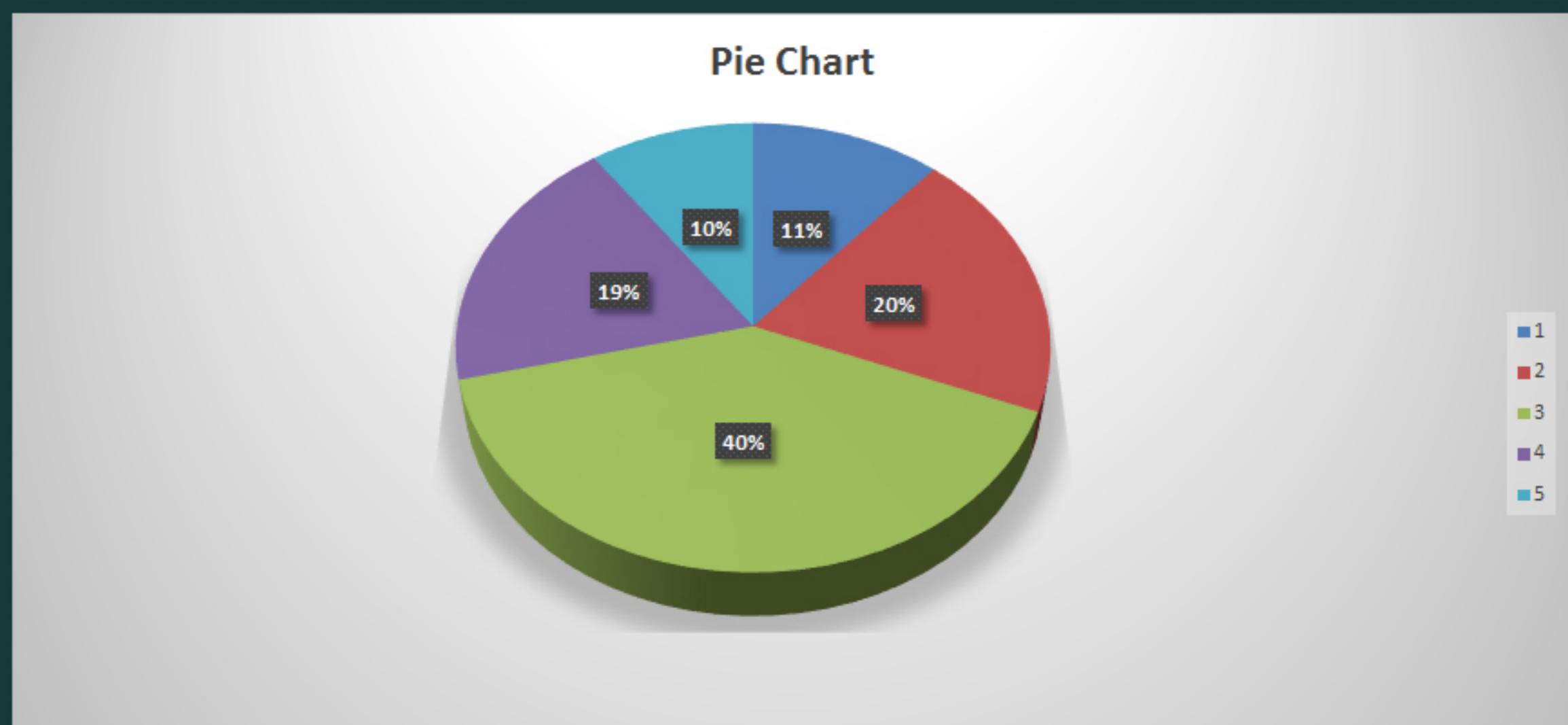
Carbon Footprint	No of Persons									Total	Total Weightage	Percentage
	1	2	3	4	5	6	7	8	9			
Extremely satisfied	0	0		1		1				2	297	0.67%
Very satisfied	1	0		2		2				5	297	1.68%
Satisfied	1	3				3	3		4	14	297	4.71%
Slightly satisfied	2	5			3				1	11	297	3.70%
Neither satisfied nor dissatisfied	6	8	4	3	4	3	5	3	11	47	297	15.82%
Slightly dissatisfied	4	6	5	3	6	6	6	8	3	47	297	15.82%
dissatisfied	14	5	12	14	14	7	10	13	9	98	297	33.00%
Very dissatisfied	2	4	7	5	6	9	5	7	5	50	297	16.84%
Extremely dissatisfied	3	2	6	5	1	3	4	2		26	297	8.75%



# Energy and Health Domain

## Survey Evaluation

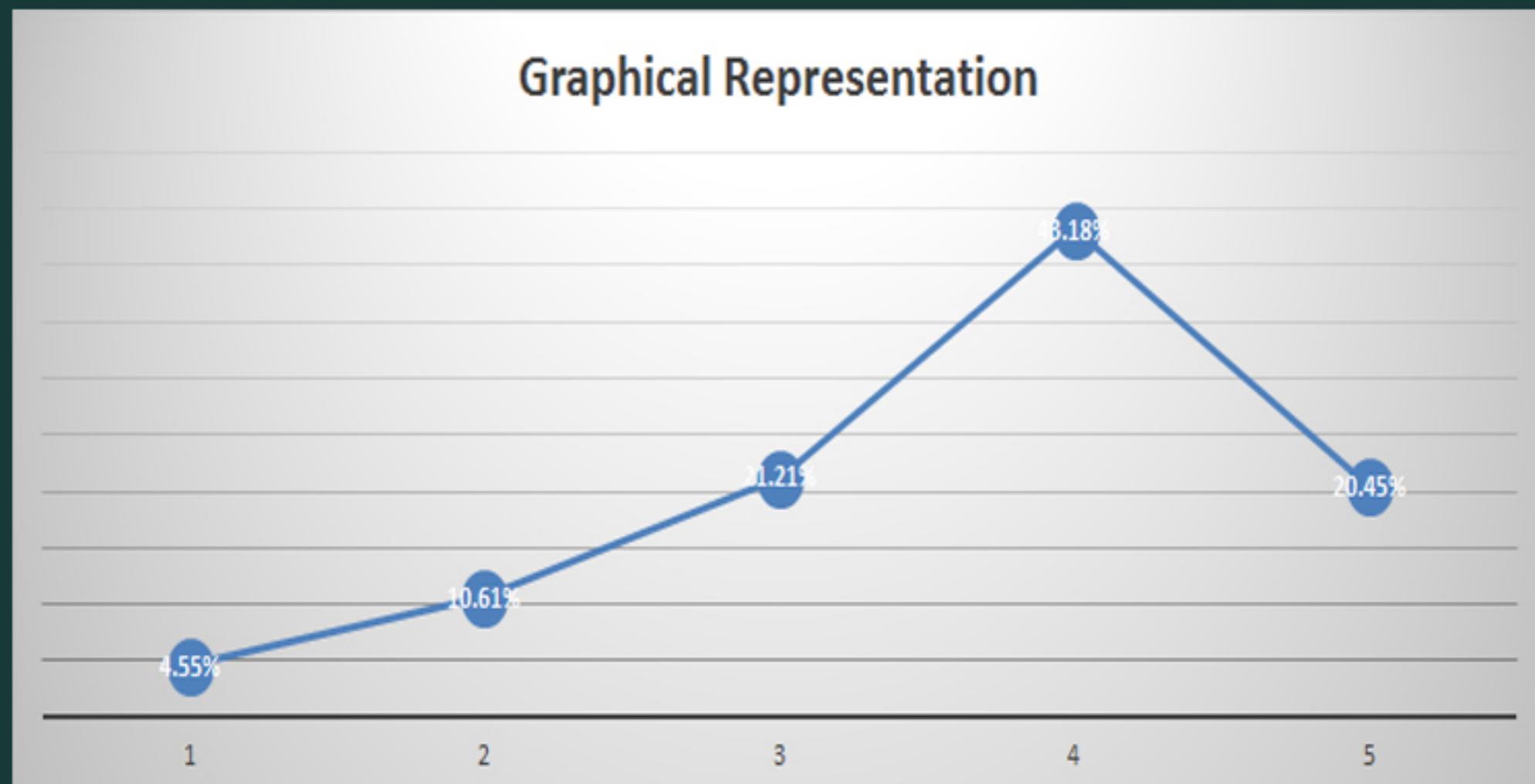
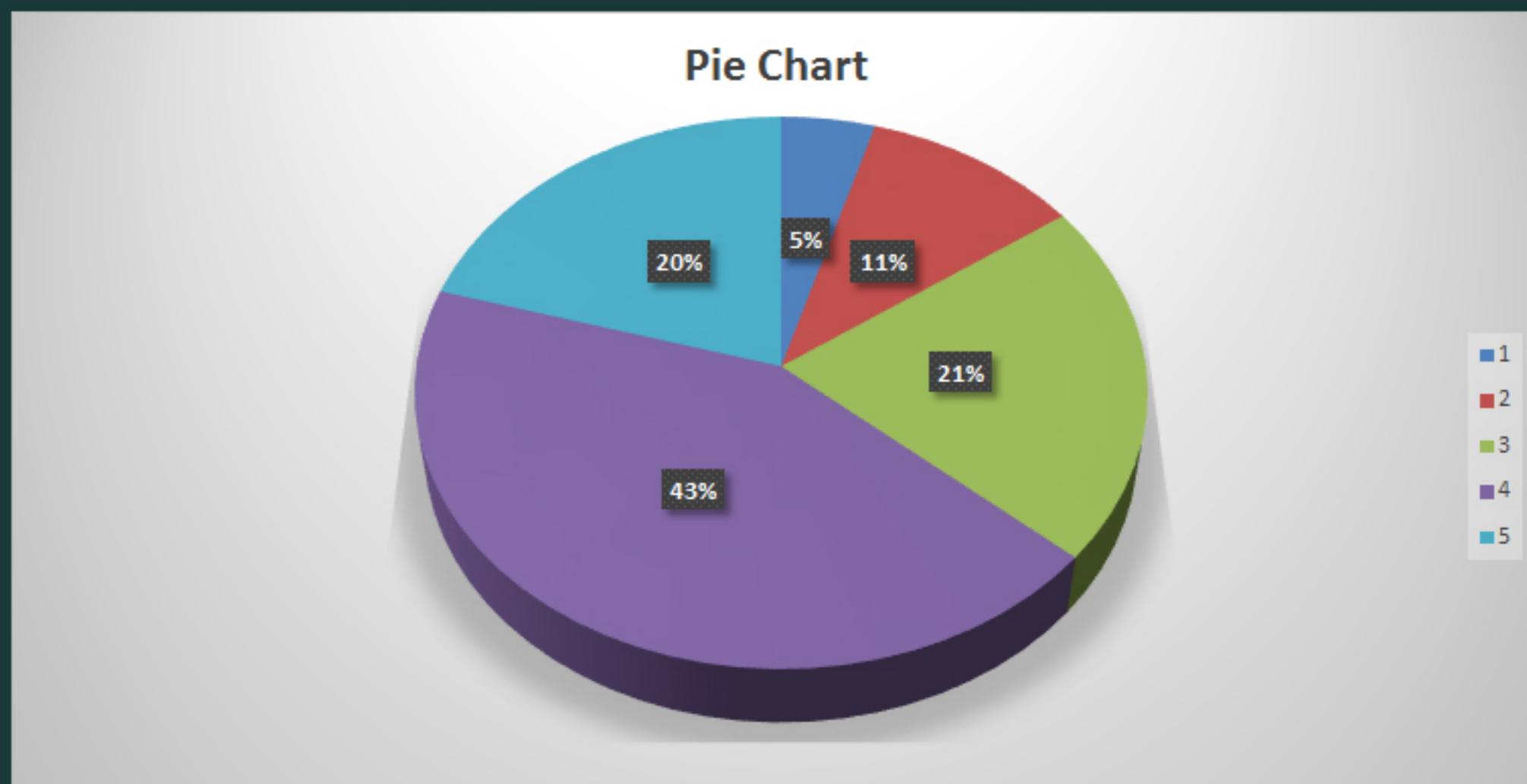
Energy and Health	No of Persons							
Questions	1	2	3	4	Total	Total Weightage	Percentage	
Very rarely	1	0	14		15	132	11.36%	
Rarely	6	3	12	5	26	132	19.70%	
Sometimes	19	18	5	11	53	132	40.15%	
Often	4	7	2	12	25	132	18.94%	
Very Often	3	5		5	13	132	9.85%	



# Ecological Footprint

## Survey Evaluation

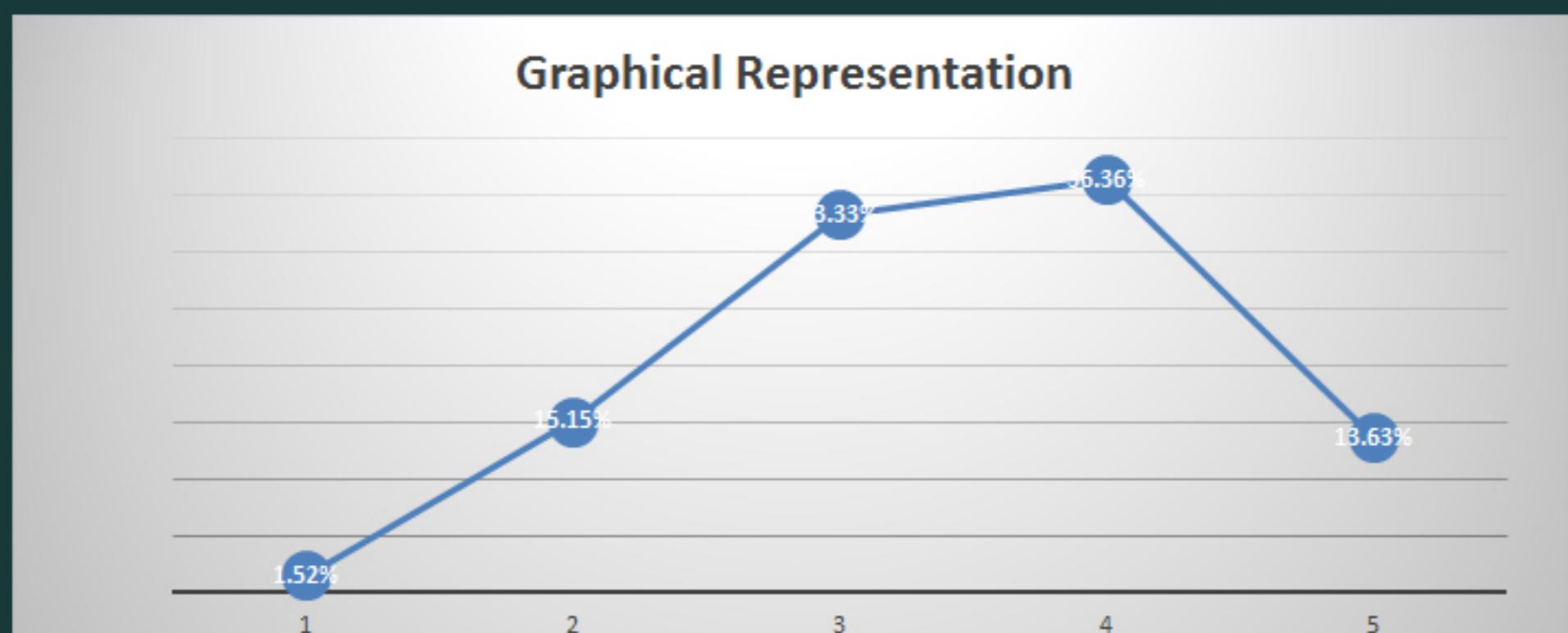
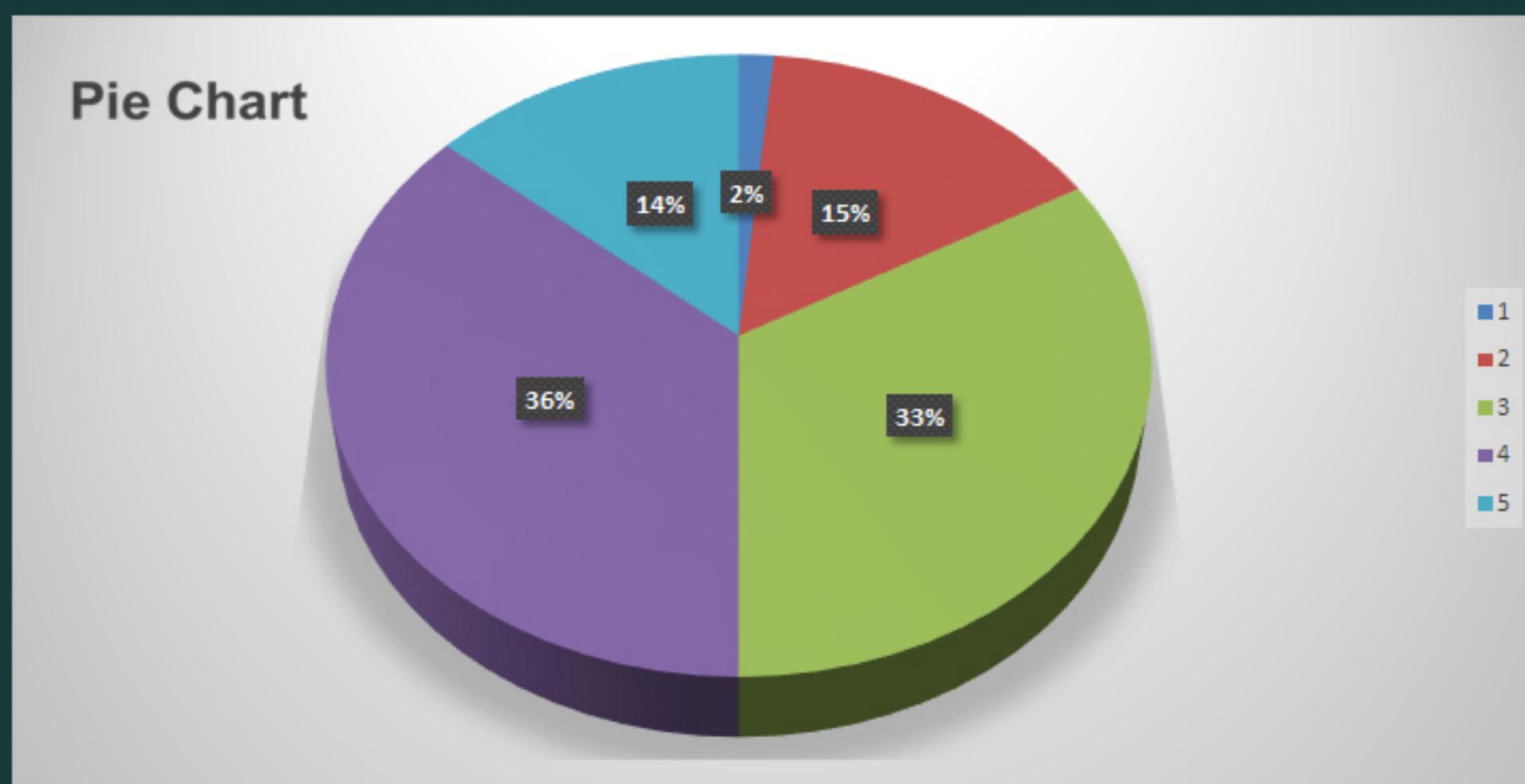
Ecological Footprint	Number of Persons				Total	Total Weightage	Percentage
Questions	1	2	3	4			
Very satisfied		2	2	2	6	132	4.55%
Satisfied	5	6	1	2	14	132	10.61%
Nither Satisfiesd Nor Dissatisfied	13	10	3	2	28	132	21.21%
Dissatisfiesd	12	12	16	17	57	132	43.18%
Very Dissatisfied	3	3	11	10	27	132	20.45%



# Spiritual Domain

## Survey Evaluation

Spiritual Domain	Number of Persons	Total	Total Weightage	Percentage
Questions	1	2	66	1.52%
Very much	1	1	66	15.15%
Moderately	6	4	66	33.33%
Sometimes	10	12	66	36.36%
Not Very	14	10	66	13.63%
Not At All	2	7	66	



“

## Crude Definition of Happiness

- Happiness is a mental or emotional state of well-being characterized by positive or pleasant emotions ranging from contentment to intense joy.[1] A variety of biological, psychological, religious, and philosophical approaches have striven to define happiness and identify its sources. Various research groups, including Positive psychology, endeavor to apply the scientific method to answer questions about what "happiness" is, and how we might attain it.
  
- Philosophers and religious thinkers often define happiness in terms of living a good life, or flourishing, rather than simply as an emotion. Happiness in this sense was used to translate the Greek *Eudaimonia*, and is still used in virtue ethics. Happiness economics suggests that measures of public happiness should be used to supplement more traditional economic measures when evaluating the success of public policy.

# “Definition of Happiness by Great People

- Happiness is when you want nothing, and you want to give. Where the wanting and desires end, and the sharing begin, happiness is exactly there.  
-Sri Sri Ravi Shankar Ji, Spritual Guru.
- Happiness is when what you think, what you say, and what you do are in harmony.  
-Mahatma Gandhi, The Father of Nation
- A person will be just about as happy as they make up their minds to be.  
- Abraham Lincoln, President of the United States.
- Happiness comes from within. Do not seek it without.  
- Lord Buddha
- Happiness is unrepentant pleasure.  
- Socrates, Greek philosopher of Athen

# “Definition of Happiness by LNMIIT Students”

- Happiness is in the within, not in the circumstances.  
- Akshay Seth, Final Year Undergraduate
- Happiness is when your eyes shines like stars and yours heart beats faster. It shows you have done something you enjoyed. The action which results in this state is happiness. Action may from person to person, time to time and situation to situation  
- Aditi Jangid, Second Year Undergraduate
- Happiness is when your thought, words and actions are in alignment!  
- Ankita Kothari, Alumni of LNMIIT
- Happiness is all about inner peace. Nobody no Money no material can make u happy unless You have Peace in ur Heart.  
- Jitendra Tahalyani, Final Year Undergraduate
- Happiness is the only good. The time to be happy is now. The place to be happy is here. The way to be happy is to make others so.  
- Sumit Gautam, Final Year Undergraduate
- A joy which make your body n soul alive n makes u realise abt smthng tht surrounds u.  
- Kritika Chaudhary, Third Year Undergraduate

## **Relations of Happiness index and Energy Index**

**Our Emotional Intelligence leads to various type of Emotions in human life which are determined by Happiness Index. Each emotions lead to various rhythms of breathing.**

**For example:**

**High breathing:** When a person is Excited, Angry or Nervous. But all these emotions are in different form.

**Slow breathing:** When a person is in Bliss or Jealousy.

**Breathing** is just in take and out flow of air which leads to energy changes in the body.

# Energy Index

According to Modern Science, Our Body is made up of atoms (formally made of energy ). Energy is only things which gives life to nature. Humans are totally dependent upon Energy.

Well its tough to measure energy, a lot of researches have been carried to measure accurate energy in human body.

We went through various research papers and formed THE BEST THREE forms to measure Energy in Human body

***Aura Scanning ( Patented project of some company )***

***Medical Instruments***

***Using Crystals***

## Aura Scanning

The aura is the electromagnetic field that surrounds the human body (Human Energy Field-HEF) and every organism and object in the Universe.

The Human Energy Field as a collection of electro-magnetic energies of varying densities that permeate through and emit or exit from the physical body of a living person. These particles of energy are suspended around the healthy human body in an oval shaped field. This "auric egg" emits out from the body approximately 2-3 feet (1 metre on average) on all sides. It extends above the head and below the feet into the ground.

The aura consist of seven levels/layers/auric bodies . Each one of the subtle bodies that exist around the physical body, has its own unique frequency. They are interrelated, and affect one another and the person's feelings, emotions, thinking, behaviour, and health as well. Therefore a state of imbalance in one of the bodies leads to a state of imbalance in the others.

## THE AURIC BODIES AND YOUR NEEDS ON EACH LEVEL OF AURIC FIELD

- 1) ***Physical auric body*** - Physical sensations. Simple physical comfort, pleasure, health.
- 2) ***The etheric auric body*** - Emotions with respect to self. Self-acceptance and self love.
- 3) ***Vital auric body*** - Rational mind. To understand the situation in a clear, linear, rational way.
- 4) ***Astral (emotional) body*** - Relations with others. Loving interaction with friends and family.
- 5) ***Lower mental auric body*** - Divine will within. To align with the divine will within, to make commitment to speak and follow the truth.
- 6) ***Higher mental auric body*** - Divine love, and spiritual ecstasy.
- 7) ***Spiritual (intuitive) body*** - Divine mind, serenity. To be connected to divine mind and to understand the greater universal pattern.

# Aura Color Meanings

**RED AURA COLOR MEANING:** Relates to the physical body, heart or circulation. The densest color, it creates the most friction. Friction attracts or repels; money worries or obsessions; anger or unforgiveness; anxiety or nervousness

**Deep Red:** Grounded, realistic, active, strong will-power, survival-oriented.

**Muddied red:** Anger (repelling)

**Clear red:** Powerful, energetic, competitive, sexual, passionate

**Pink-bright and light:** Loving, tender, sensitive, sensual, artistic, affection, purity, compassion; new or reviewed romantic relationship. Can indicate clairaudience.

**Dark and murky pink:** Immature and/or dishonest nature

**Orange Red:** Confidence, creative power

In a good, bright and pure state, red energy can serve as a healthy ego.

# Aura Color Meanings

**ORANGE AURA COLOR:** Relates to reproductive organs and emotions. The color of vitality, vigor, good health and excitement. Lots of energy and stamina, creative, productive, adventurous, courageous, outgoing social nature; currently experiencing stress related to appetites and addictions;

**Orange-Yellow:** Creative, intelligent, detail oriented, perfectionist, scientific.

**YELLOW AURA COLOR MEANING:** Relates to the spleen and life energy. It is the color of awakening, inspiration, intelligence and action shared, creative, playful, optimistic, easy-going.

**Light or pale yellow:** Emerging psychic and spiritual awareness; optimism and hopefulness; positive excitement about new ideas.

**Bright lemon-yellow:** Struggling to maintain power and control in a personal or business relationship; fear of losing control, prestige, respect, and/or power.

**Clear gold metallic, shiny and bright:** Spiritual energy and power activated and awakened; an inspired person.

**Dark brownish yellow or gold:** A student, or one who is straining at studying; overly analytical to the point of feeling fatigued or stressed; trying to make up for "lost time" by learning everything all at once.

# Aura Color Meanings

**INDIGO AURA COLOR MEANING:** Relates to the third eye, visual and pituitary gland. Intuitive, sensitive, deep feeling.

**VIOLET AURA COLOR MEANING:** Relates to crown, pineal gland and nervous system. The most sensitive and wisest of colors. This is the intuitive color in the aura, and reveals psychic power of attunement with self. Intuitive, visionary, futuristic, idealistic, artistic, magical.

**LAVENDER AURA COLOR MEANING:** Imagination, visionary, daydreamer, etheric.

**SILVER AURA COLOR MEANING:** This is the color of abundance, both spiritual and physical. Lots of bright silver can reflect to plenty of money, and/or awakening of the cosmic mind.

**Bright metallic silver:** Receptive to new ideas; intuitive; nurturing

**Dark and muddy gray:** Residue of fear is accumulating in the body, with a potential for health problems, especially if gray clusters seen in specific areas of the body

**GOLD AURA COLOR MEANING:** The color of enlightenment and divine protection. When seen within the aura, it says that the person is being guided by their highest good. It is divine guidance. Protection, wisdom, inner knowledge, spiritual mind, intuitive thinker.

# Aura Color Meanings

**BLACK AURA COLOR MEANING:** Draws or pulls energy to it and in so doing, transforms it. It captures light and consumes it. Usually indicates long-term unforgiveness (toward others or another) collected in a specific area of the body, which can lead to health problems; also, entities within a person's aura, chakras, or body; past life hurts; unreleased grief from abortions if it appears in the ovaries

**WHITE AURA COLOR MEANING:** Reflects other energy. A pure state of light. Often represents a new, not yet designated energy in the aura. Spiritual, etheric and non-physical qualities, transcendent, higher dimensions. Purity and truth; angelic qualities.

**White sparkles or flashes of white light:** angels are nearby; can indicate that the person is pregnant or will be soon

**EARTH AURA COLORS:** Soil, wood, mineral, plant. These colors display a love of the Earth, of being grounded and is seen in those who live and work on the outdoors....construction, farming, etc. These colors are important and are a good sign.

# Aura Color Meanings

**RAINBOWS:** Rainbow-colored stripes, sticking out like sunbeams from the hand, head or body: A Reiki healer, or a starperson (someone who is in the first incarnation on Earth)

**PASTELS:** A sensitive blend of light and color, more so than basic colors. Shows sensitivity and a need for serenity.

**DIRTY BROWN OVERLAY:** Holding on to energies. Insecurity.

**DIRTY GRAY OVERLY:** Blocking energies. Guardedness.



## Snaps of Human Aura during spiritual practices



# Medical Miracle Unfolds at Shiv Yog Advanced Shree Vidya Sadhna Shibir at Goa ANALYSIS OF TESTS CONDUCTED ON DAY 1 and DAY 7 of the Advanced Shree Vidya Shibir



His Holiness Avdhoot Baba Shivanandji conducted a seven day Advanced Shree VidyaShibir at BITS Pilani, Goa Campus from 21st May 2011 to 28th May 2011. The shibir was designed to initiate participants into advanced Shree Vidya meditation and manifestation techniques. Close to 3,000 seekers participated in the seven day programme that included several steps of initiation and advanced meditational techniques.

Babaji invited scientists and medical professionals to carry out comprehensive pre and post Shibir diagnostic tests on randomly chosen participants at this shibir. Twenty sadhak volunteers were randomly selected with no pre-screening for any specific health condition or disease pre-disposition for the experiments. Interview with sample participants brought out a wide spectrum of health conditions ranging from normal, near normal to highly complex medical pre-condition. Blood samples of all twenty sadhaks were drawn before the commencement of the shibir and on the last day of the shibir. The specimens were transported by air to the Central R&D laboratory of Super Religare Laboratories, India's largest diagnostic facility accredited by the College of American Pathologists and National

# Medical Miracle Unfolds at Shiv Yog Advanced Shree Vidya Sadhna Shivir at Goa ANALYSIS OF TESTS CONDUCTED ON DAY 1 and DAY 7 of the Advanced Shree Vidya Shivir

The following tests were conducted:

■ **Lipid Profile**

■ **Diabetic Profile**

■ **Renal Profile**

■ **Liver Function Test**

■ **Electrolytes**

■ **Protein Chemistry**

■ **RNA and DNA Analysis**

# Medical Report from Shiv Yog Foundation

Variable/Group n=20	Baseline (Day 0) (Mean +_ SD)	1 week (Day 7) (Mean +_ SD)	Normal Range	Units	p value
<b>■ Diabetic panels</b>					
a. Fasting Blood Sugar	90.9+-41.4	93.9+-48	74-100	mg/dl	0.8
b. HbA1C	Not available	6.1+-1.2	4 - 6	%	
c. Insulin	17.2+-10.9	9.5+-6.2	1.70-31.0	mU/L	0.01
d. Cardio Pulmonary Exercise Post	2.1+-1.4	1.6+-0.9	0.81-3.85	ng/ml	0.2
<b>■ Lipid profile</b>					
a. Triglyceride	180.6+-117.8	140+-100	30-150	mg/dl	0.2
b. Cholesterol	194+-42	186+-42	0-200	mg/dl	0.5
c, HDL	48.4+-11.5	46+-9.3	40-60	mg/dl	0.5
d. LDL	126.7+-63	119+-34.4	0-99	mg/dl	0.5
<b>■ Renal profile</b>					
a. Creatinine	1.2+-1.6	1.6+-3.7	0.60-1.30	mg/dl	0.6
b.Blood Urine Nitrogen	10.7+-4.3	11.8+-13.5	7-18	mg/dl	0.7
c. Uric Acid	5+-1.2	5.1+-1.1	2.6-7.2	mg/dl	0.9
<b>■ Electrolytes</b>					
a. Sodium	140.5+-1.8	140.7+-1.8	136-145	mmol/L	0.7
b. Potassium	3.9+-0.2	4.2+-0.5	3.5-5.1	mmol/L	0.05
c.Chloride	103+-2.5	102.1+-2	98-107	mmol/L	0.2
<b>■ Liver function test</b>					
a.TP	7.8+-0.4	7.6+-0.2	6.4-8.2	g/dl	0.1
b.ALB	4.3+-0.2	4.1+-0.7	3.4-5	g/dl	0.1
c. A/G	1.2+-0.1	1.2+-0.1	1-2.1		0.9
d. Glob	3.4+-0.3	3.3+-0.2	2-4.1	g/dl	0.3
<b>■ Protein chemistry</b>					
a. Albumin	5+-0.3	4.9+-0.3	3.2-4.6	g/dl	0.6
b. Alpha-1	0.2+-0.02	0.2+-0.01	0.15-0.33	g/dl	0.1
c. Alpha-2	0.8+-0.09	0.8+-0.06	0.72-1.06	g/dl	0.3
d. Beta	0.8+-0.1	0.6+-0.1	0.74-1.06	g/dl	0.01
e. Gamma	1.1+-0.3	1.0+-0.2	0.91-1.71	g/dl	0.5
f. Total Protein	8.1+-0.4	7.8+-0.3	6.4-8.2	g/dl	0.01

# Medical Miracle Unfolds at Shiv Yog Advanced Shree Vidya Sadhna Shibir at Goa ANALYSIS OF TESTS CONDUCTED ON DAY 1 and DAY 7 of the Advanced Shree Vidya Shibir

## ***Summary of Findings***

- Statistical Mean values of all parameters together with Standard Deviations and Pearson's Coefficient (to test significance) were measured on both sets of samples drawn. The positive changes seen in all parameters except Renal Profile indicated that Advanced Shree Vidya practices taught by His Holiness Babaji made a sizable difference in the state of health of the randomly chosen sample. As the sample was randomly drawn, it can be safely inferred that the positive health changes that were seen were very representative of the benefits experienced by all participants. The positive variances seen in renal function parameters were indicative of detoxification process that is seen to accompany advanced meditational practices.  
The values shown in red below are in the abnormal range. The unshaded values are in the normal range and green shading indicates move from abnormal to normal or normal to super-normal. The red shading in Pearson's p value suggests changes that may not deem to be statistically significant because of small sample size.
- The remarkable favourable changes seen in the samples in a short duration of seven days encouraged the scientists and researchers to extract the DNA. The analysis of DNA is currently in progress to evaluate the specific changes at the DNA level of the participants who attended the Advanced Shree Vidya Shibir.

# Medical Science

## ***Can hormones make you happy?***

The feelings we experience are nothing more than chemical reactions taking place inside our bodies. Each and every emotion we experience is the result of the release of certain hormones inside our bodies. Some hormones are responsible for making us feel good, some are responsible for making us feel bad while some others are responsible for the feelings we get when we fall in love with someone.

The important question now is, can someone become happy if he alerted these hormones inside his body? Yes that will certainly work however you must put in mind that unless you deal with the root cause of your problems your happiness won't last for prolonged periods.

For example if you had a fight with your best friend then doing any of the actions that stimulate the release of happiness hormones might help you feel good for a short period of time but in the end your bad feelings will return.

So if the hormones won't help you feel good for prolonged periods of time then why its still recommended that you learn how to weaken them? Simply because they can help you ease your pain and feel better until you deal with your problems Read this article to know how to force release the hormones that can make you happy.

# Serotonin

Serotonin (or 5-hydroxytryptamine (5-HT) is a monoamine neurotransmitter. Biochemically derived from tryptophan, serotonin is primarily found in the gastrointestinal (GI) tract, platelets, and in the central nervous system (CNS) of animals including humans. It is popularly thought to be a contributor to feelings of well-being and happiness.

Approximately 90% of the human body's total serotonin is located in the enterochromaffin cells in the alimentary canal (gut), where it is used to regulate intestinal movements. The remainder is synthesized in serotonergic neurons of the CNS, where it has various functions. These include the regulation of mood, appetite, and sleep. Serotonin also has some cognitive functions, including memory and learning. Modulation of serotonin at synapses is thought to be a major action of several classes of pharmacological antidepressants.

## Serum Serotonin Level

Serotonin is a chemical produced by nerve cells. The serum serotonin level is a blood test to measure the amount of serotonin in your body.

# Serotonin

## Why the Test is Performed

This test may be done to diagnose carcinoid syndrome. Many patients with carcinoid syndrome will have high levels of serotonin in blood and urine.

## Normal Results

The normal range is 101-283 nanograms per milliliter (ng/mL).

## What Abnormal Results Mean

Higher-than-normal levels may indicate carcinoid syndrome.

## Risks

Veins and arteries vary in size from one patient to another and from one side of the body to the other. Obtaining a blood sample from some people may be more difficult than from others.

## Other risks may include:

- Excessive bleeding
- Fainting or feeling light-headed
- Hematoma (blood accumulating under the skin)
- Infection (a slight risk any time the skin is broken)

## Alternative Names

5-HT level; 5-hydroxytryptamine level; Serotonin test

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PH NO.: 0141-2567011 ,9828017762

---

NAME	MR. AKSHAY SETH	INV:	1458231
FATHER	MR. SANJAY SETH	ACC.:	7861346
	ADDRESS R-5/27 RAJ NAGAR GAZIABAD, INDIA	LAB NO.:	12-7171001
CONTACT NO.	(+91)-9799891389		

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#### CLINICAL REPORT

TEST	RESULT	RANGE	UNIT
5-hydroxytryptamine	172.6	101-283	ng/l

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#### SPIROMETRY REPORT

TEST	RESULT	AVERAGE	UNIT
Inspiratory reserve volume	2.4	3.3	litres
Tidal volume	0.39	0.5	litres
Expiratory reserve volume	0.89	1.0	litres
Residual volume	0.97	1.2	litres
Inspiratory capacity	2.79	3.8	litres
Vital capacity	3.68	4.6	litres
Functional residual capacity	1.28	2.2	litres
Total lung capacity	4.65	6.0	litres

---

NOTE: Each test method has its specificity and sensitivity. Please contact doctor for any detail regarding test result.

Dr. RAVINDER KUMAR

PATHOLOGIST



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HEERA BAGH CC, FOUR FLATS HEERA BAGH, NEAR SMS HOSPITAL, JAIPUR-302004, RAJASTHAN.

PHNO.:0141-2567011,9828017762

NAME	MR. ANUDEEP GAUTAM	INV:	1458789
FATHER	MR. ANKUR GAUTAM	ACC.:	7864478
ADDRESS	22/61  TALWANDI CIRCLE, KOTA  RAJASTHAN,INDIA	LAB NO.:	12-7171001
CONTACT NO.	(+91)-9461907143		

**CLINICAL REPORT**

TEST	RESULT	RANGE	UNIT
5-hydroxytryptamine	179.6	101-283	ng/l

**SPIROMETRY REPORT**

TEST	RESULT	AVERAGE	UNIT
Inspiratory reserve volume	2.6	3.3	litres
Tidal volume	0.38	0.5	litres
Expiratory reserve volume	0.89	1.0	litres
Residual volume	0.98	1.2	litres
Inspiratory capacity	2.68	3.8	litres
Vital capacity	3.56	4.6	litres
Functional residual capacity	1.24	2.2	litres
Total lung capacity	4.78	6.0	litres

NOTE: Each test method has its specificity and sensitivity. Please contact doctor for any detail regarding test result.

.Dr. RAVINDER KUMAR

PATHOLOGIST



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HEERA BAGH CC, FOUR FLATS HEERA BAGH, NEAR SMS HOSPITAL, JAIPUR-302004, RAJASTHAN.

PHNO.:0141-2567011,9828017762

---

NAME	MS. ADITI JAGID	INV:	1459212
FATHER	MR. JATIN JAGID	ACC.:	7864997
ADDRESS	56/103 SHIPRA PATH MANSAROVER, JAIPUR RAJASTHAN, INDIA	LAB NO.:	12-7171001
CONTACT NO.	(+91)-8764427442		

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**CLINICAL REPORT**

TEST	RESULT	RANGE	UNIT
5-hydroxytryptamine	170.8	101-283	ng/l

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**SPIROMETRY REPORT**

TEST	RESULT	AVERAGE	UNIT
Inspiratory reserve volume	2.3	3.3	litres
Tidal volume	0.43	0.5	litres
Expiratory reserve volume	0.78	1.0	litres
Residual volume	0.81	1.2	litres
Inspiratory capacity	2.19	3.8	litres
Vital capacity	3.07	4.6	litres
Functional residual capacity	1.22	2.2	litres
Total lung capacity	4.15	6.0	litres

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NOTE: Each test method has its specificity and sensitivity. Please contact doctor for any detail regarding test result.

.Dr. RAVINDER KUMAR

PATHOLOGIST



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HEERA BAGH CC, FOUR FLATS HEERA BAGH, NEAR SMS HOSPITAL, JAIPUR-302004, RAJASTHAN.

PHNO.:0141-2567011,9828017762

NAME	MR. JITENDRA TAHALYANI	INV:	1471281
FATHER	MR. VASDEV TAHALYANI	ACC.:	7869922
ADDRESS	BEHIND ARYA SAMAJ  ADARSH NAGAR, AJMER  RAJASTHAN, INDIA	LAB NO.:	12-7171001
CONTACT NO.	(+91)-8764355550		

**CLINICAL REPORT**

TEST	RESULT	RANGE	UNIT
5-hydroxytryptamine	171.6	101-283	ng/l

**SPIROMETRY REPORT**

TEST	RESULT	AVERAGE	UNIT
Inspiratory reserve volume	2.2	3.3	litres
Tidal volume	0.41	0.5	litres
Expiratory reserve volume	0.85	1.0	litres
Residual volume	0.92	1.2	litres
Inspiratory capacity	2.61	3.8	litres
Vital capacity	3.46	4.6	litres
Functional residual capacity	1.26	2.2	litres
Total lung capacity	4.65	6.0	litres

NOTE: Each test method has its specificity and sensitivity. Please contact doctor for any detail regarding test result.

.Dr. RAVINDER KUMAR

PATHOLOGIST



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HEERA BAGH CC, FOUR FLATS HEERA BAGH, NEAR SMS HOSPITAL, JAIPUR-302004, RAJASTHAN.

PHNO.:0141-2567011,9828017762

---

NAME	MS. KRITIKA DIXIT	INV:	1455693
FATHER	MR. KARTIK DIXIT	ACC.:	7863576
ADDRESS	SWAMI BHAWAN LAL BHAAG CIRCLE LUCKNOW,INDIA	LAB NO.:	12-7171001
CONTACT NO.	(+91)-9166605468		

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**CLINICAL REPORT**

TEST	RESULT	RANGE	UNIT
5-hydroxytryptamine	172.3	101-283	ng/l

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**SPIROMETRY REPORT**

TEST	RESULT	AVERAGE	UNIT
Inspiratory reserve volume	2.1	3.3	litres
Tidal volume	0.39	0.5	litres
Expiratory reserve volume	0.78	1.0	litres
Residual volume	0.87	1.2	litres
Inspiratory capacity	2.34	3.8	litres
Vital capacity	3.22	4.6	litres
Functional residual capacity	1.16	2.2	litres
Total lung capacity	4.22	6.0	litres

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NOTE: Each test method has its specificity and sensitivity. Please contact doctor for any detail regarding test result.

.Dr. RAVINDER KUMAR

PATHOLOGIST



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HEERA BAGH CC, FOUR FLATS HEERA BAGH, NEAR SMS HOSPITAL, JAIPUR-302004, RAJASTHAN.

PHNO.:0141-2567011,9828017762

NAME	MR. SUMIT GAUTAM	INV:	1458245
FATHER	MR. SAURABH GAUTAM	ACC.:	7864549
ADDRESS	GAUTAM NIWAS, NEAR BALAJI MANDIR, MAHESH NAGAR JABALPUR,INDIA	LAB NO.:	12-7171001
CONTACT NO.	(+91)-9468597769		

**CLINICAL REPORT**

TEST	RESULT	RANGE	UNIT
5-hydroxytryptamine	171.6	101-283	ng/l

**SPIROMETRY REPORT**

TEST	RESULT	AVERAGE	UNIT
Inspiratory reserve volume	2.1	3.3	litres
Tidal volume	0.44	0.5	litres
Expiratory reserve volume	0.82	1.0	litres
Residual volume	0.96	1.2	litres
Inspiratory capacity	2.54	3.8	litres
Vital capacity	3.36	4.6	litres
Functional residual capacity	1.26	2.2	litres
Total lung capacity	4.32	6.0	litres

NOTE: Each test method has its specificity and sensitivity. Please contact doctor for any detail regarding test result.

.Dr. RAVINDER KUMAR

PATHOLOGIST

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PHNO.:0141-2567011,9828017762

---

NAME	MR. AKSHAY SETH	INV:	1458889
FATHER	MR. SANJAY SETH	ACC.:	7861315
ADDRESS	R-5/27 RAJ NAGAR GAZIABAD, INDIA	LAB NO.:	12-7171001
CONTACT NO.	(+91)-9799891389		

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**CLINICAL REPORT**

TEST	RESULT	RANGE	UNIT
5-hydroxytryptamine	209.2	101-283	ng/l

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**SPIROMETRY REPORT**

TEST	RESULT	AVERAGE	UNIT
Inspiratory reserve volume	3.0	3.3	litres
Tidal volume	0.44	0.5	litres
Expiratory reserve volume	0.91	1.0	litres
Residual volume	1.1	1.2	litres
Inspiratory capacity	3.32	3.8	litres
Vital capacity	3.93	4.6	litres
Functional residual capacity	1.95	2.2	litres
Total lung capacity	5.8	6.0	litres

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NOTE: Each test method has its specificity and sensitivity. Please contact doctor for any detail regarding test result.

Dr. RAVINDER KUMAR

PATHOLOGIST



HEERA BAGH CC, FOUR FLATS HEERA BAGH, NEAR SMS HOSPITAL, JAIPUR-302004, RAJASTHAN.

PHNO.:0141-2567011,9828017762

---

NAME	MS. ADITI JAGID	INV:	1459842
FATHER	MR. JATIN JAGID	ACC.:	7864873
ADDRESS	56/103 SHIPRA PATH MANSAROVER, JAIPUR RAJASTHAN, INDIA	LAB NO.:	12-7171001
CONTACT NO.	(+91)-8764427442		

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#### CLINICAL REPORT

TEST	RESULT	RANGE	UNIT
5-hydroxytryptamine	198.2	101-283	ng/l

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#### SPIROMETRY REPORT

TEST	RESULT	AVERAGE	UNIT
Inspiratory reserve volume	2.70	3.3	litres
Tidal volume	0.44	0.5	litres
Expiratory reserve volume	0.82	1.0	litres
Residual volume	0.82	1.2	litres
Inspiratory capacity	2.22	3.8	litres
Vital capacity	3.35	4.6	litres
Functional residual capacity	1.30	2.2	litres
Total lung capacity	4.48	6.0	litres

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NOTE: Each test method has its specificity and sensitivity. Please contact doctor for any detail regarding test result.

.Dr. RAVINDER KUMAR

PATHOLOGIST



HEERA BAGH CC, FOUR FLATS HEERA BAGH, NEAR SMS HOSPITAL, JAIPUR-302004, RAJASTHAN.

PHNO.:0141-2567011,9828017762

NAME	MR. JITENDRA TAHALYANI	INV:	1452381
FATHER	MR. VASDEV TAHALYANI	ACC.:	7869812
ADDRESS	BEHIND ARYA SAMAJ ADARSH NAGAR, AJMER RAJASTHAN, INDIA	LAB NO.:	12-7171001
CONTACT NO.	(+91)-8764355550		

#### CLINICAL REPORT

TEST	RESULT	RANGE	UNIT
5-hydroxytryptamine	203.3	101-283	ng/l

#### SPIROMETRY REPORT

TEST	RESULT	AVERAGE	UNIT
Inspiratory reserve volume	2.9	3.3	litres
Tidal volume	0.46	0.5	litres
Expiratory reserve volume	0.91	1.0	litres
Residual volume	1.03	1.2	litres
Inspiratory capacity	3.16	3.8	litres
Vital capacity	4.02	4.6	litres
Functional residual capacity	1.90	2.2	litres
Total lung capacity	5.20	6.0	litres

NOTE: Each test method has its specificity and sensitivity. Please contact doctor for any detail regarding test result.

.Dr. RAVINDER KUMAR

PATHOLOGIST



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HEERA BAGH CC, FOUR FLATS HEERA BAGH, NEAR SMS HOSPITAL, JAIPUR-302004, RAJASTHAN.

PHNO.:0141-2567011,9828017762

NAME	MR. ANUDEEP GAUTAM	INV:	1459871
FATHER	MR. ANKUR GAUTAM	ACC.:	7864993
ADDRESS	22/61  TALWANDI CIRCLE, KOTA  RAJASTHAN,INDIA	LAB NO.:	12-7171001
CONTACT NO.	(+91)- 9461907143		

**CLINICAL REPORT**

TEST	RESULT	RANGE	UNIT
5-hydroxytryptamine	198.3	101-283	ng/l

**SPIROMETRY REPORT**

TEST	RESULT	AVERAGE	UNIT
Inspiratory reserve volume	2.80	3.3	litres
Tidal volume	0.41	0.5	litres
Expiratory reserve volume	0.90	1.0	litres
Residual volume	1.00	1.2	litres
Inspiratory capacity	2.97	3.8	litres
Vital capacity	3.98	4.6	litres
Functional residual capacity	1.70	2.2	litres
Total lung capacity	5.02	6.0	litres

NOTE: Each test method has its specificity and sensitivity. Please contact doctor for any detail regarding test result.

.Dr. RAVINDER KUMAR

PATHOLOGIST



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HEERA BAGH CC, FOUR FLATS HEERA BAGH, NEAR SMS HOSPITAL, JAIPUR-302004, RAJASTHAN.

PHNO.:0141-2567011,9828017762

---

NAME	MS. KRITIKA DIXIT	INV:	1456018
FATHER	MR. KARTIK DIXIT	ACC.:	7863881
ADDRESS	SWAMI BHAWAN LAL BHAAG CIRCLE LUCKNOW,INDIA	LAB NO.:	12-7171001
CONTACT NO.	(+91)-9166605468		

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**CLINICAL REPORT**

TEST	RESULT	RANGE	UNIT
5-hydroxytryptamine	198.7	101-283	ng/l

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**SPIROMETRY REPORT**

TEST	RESULT	AVERAGE	UNIT
Inspiratory reserve volume	3.00	3.3	litres
Tidal volume	0.46	0.5	litres
Expiratory reserve volume	0.87	1.0	litres
Residual volume	0.98	1.2	litres
Inspiratory capacity	3.20	3.8	litres
Vital capacity	3.90	4.6	litres
Functional residual capacity	1.70	2.2	litres
Total lung capacity	5.15	6.0	litres

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NOTE: Each test method has its specificity and sensitivity. Please contact doctor for any detail regarding test result.

.Dr. RAVINDER KUMAR

PATHOLOGIST



**Dr Lal PathLabs**  
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HEERA BAGH CC, FOUR FLATS HEERA BAGH, NEAR SMS HOSPITAL, JAIPUR-302004, RAJASTHAN.

PHNO.:0141-2567011,9828017762

NAME	MR. SUMIT GAUTAM	INV:	1458991
FATHER	MR. SAURABH GAUTAM	ACC.:	7865510
ADDRESS	GAUTAM NIWAS, NEAR BALAJI MANDIR, MAHESH NAGAR JABALPUR,INDIA	LAB NO.:	12-7171001
CONTACT NO.	(+91)-9468597769		

**CLINICAL REPORT**

TEST	RESULT	RANGE	UNIT
5-hydroxytryptamine	`189.6	101-283	ng/l

**SPIROMETRY REPORT**

TEST	RESULT	AVERAGE	UNIT
Inspiratory reserve volume	2.4	3.3	litres
Tidal volume	0.46	0.5	litres
Expiratory reserve volume	0.94	1.0	litres
Residual volume	1.06	1.2	litres
Inspiratory capacity	2.75	3.8	litres
Vital capacity	3.90	4.6	litres
Functional residual capacity	1.56	2.2	litres
Total lung capacity	4.87	6.0	litres

NOTE: Each test method has its specificity and sensitivity. Please contact doctor for any detail regarding test result.

.Dr. RAVINDER KUMAR

PATHOLOGIST

# Crystals

Crystal healing is a pseudoscientific alternative medicine technique that employs stones and crystals as healing tools. Crystals are considered to be a stone or a healing tool that has a tremendous amount of energy trapped inside it. This energy can be classified as positive energy. Now, the question arises- What is positive energy and negative energy? The answer to this question can be explained physically by understanding the polarization concept. Technically, changing the orientations of light gives rise to left handed and right handed polarized light. So, according to these polarizations, considering the aura of a human, these may be useful or harmful. Accordingly, when the energy is useful, we term as positive energy and vice-versa. Crystals are very delicate shiny materials that can be easily controllable by a human mind. It can be, kind of, programmed to perform certain tasks. The crystals can be used to detect human energies by programming them and then finding out the energies at individual chakras. Let's try to understand what exactly are the chakras.

The concept of chakra features in tantric and yogic traditions of Hinduism and Buddhism. Chakra are believed to be centers of the body from which a person can collect energy. They are connected to major organs or glands that govern other body parts.

Chakras correspond to vital points in the physical body but are generally understood as being part of the "subtle body" which cannot be found through autopsy. While breath channels (*nāḍis*) of yogic practices had already been discussed in the classical Upanishads, it was not until the eighth-century Buddhist Hevajra Tantra and *Caryāgiti*, that hierarchies of chakras were introduced. Etymology of Chakras - Bhattacharyya's review of Tantric history says that the word chakra is used to mean several different things in the Sanskrit sources:

- 1."Circle," used in a variety of senses, symbolizing endless rotation of shakti.
- 2.A circle of people. In rituals there are different *cakra-sādhanā* in which adherents assemble and perform rites. According to the Niruttaratantra, chakras in the sense of assemblies are of 5 types.
- 3.The term chakra also is used to denote yantras or mystic diagrams, variously known as *trikoṇa-cakra*, *aṇḍakoṇa-cakra*, etc.
- 4.Different "nerve plexus within the body."

In Buddhist literature the Sanskrit term cakra (Pali cakka) is used in a different sense of "circle," referring to a Buddhist conception of the Cycle of Rebirth consisting of six states in which beings may be reborn.

The linguist Jorma Koivulehto wrote (2001) of the annual Finnish Kekri celebration having borrowed the word from early Indo-Aryan.[6] Indo-European cognates include Greek *kuklos*, Lithuanian *kaklas*, Tocharian B *kokale* and English "wheel," as well as "circle."

Cognates of "chakra" still exist in modern Asian languages as well. In Malay, "cakera" means "disc," e.g. "cakerva padat" = "compact disc."

## **Characteristics:**

The following features are common:

- They form part of a subtle energy body, along with the energy channels, or nadis, and the subtle winds (vayus), or pranas (Thai: ปราณส์).
- They are located along the central channel (sushumna/avadhūti).
- Two side channels cross the center channel at the location of the chakras.
- They possess a number of 'petals' or 'spokes'.
- They are generally associated with a mantra seed-syllable, and often with a variety of colours and deities.
- Chakras are more subtle than the physical body but their state of balance will reflect in our physical and mental health

## **Seven Important Chakras**

**Sahasrara: The Crown Chakra**

**Ajna: The Brow Chakra**

**Vishuddha: The Throat Chakra**

**Anahata: The Heart Chakra**

**Manipura: The Solar Plexus Chakra**

**Swadhisthana: The Sacral Chakra**

**Muladhara: The Root Chakra**

## ***Lower chakras***

There are said to be a series of seven chakras below muladhara going down the leg,[41] corresponding the base animal instincts, and to the Hindu underworld patala. They are called atala, vitala, sutala, talatala, rasatala, mahatala and patala.

### ***Atala***

This chakra is located in the hips, it governs fear and lust. The opposing attribute to balance this chakra is governed by the right to be sexual.

### ***Vitala***

Located in the thighs, it governs anger and resentment. The opposing attribute to balance this chakra is forgiveness.

### ***Sutala***

Located in the knees, it governs jealousy. The opposing attribute to balance this chakra is the right to be self-confident.

### ***Talatala***

Translated as 'under the bottom level', it is located in the calves, and it is a state of prolonged confusion and instinctive wilfulness. The opposing attribute to balance this chakra is the right to be conscious.

### ***Rasatala***

Located in the ankles, it is the centre of selfishness and pure animal nature. The opposing attribute to balance this chakra is the right to be charitable.

### ***Mahatala***

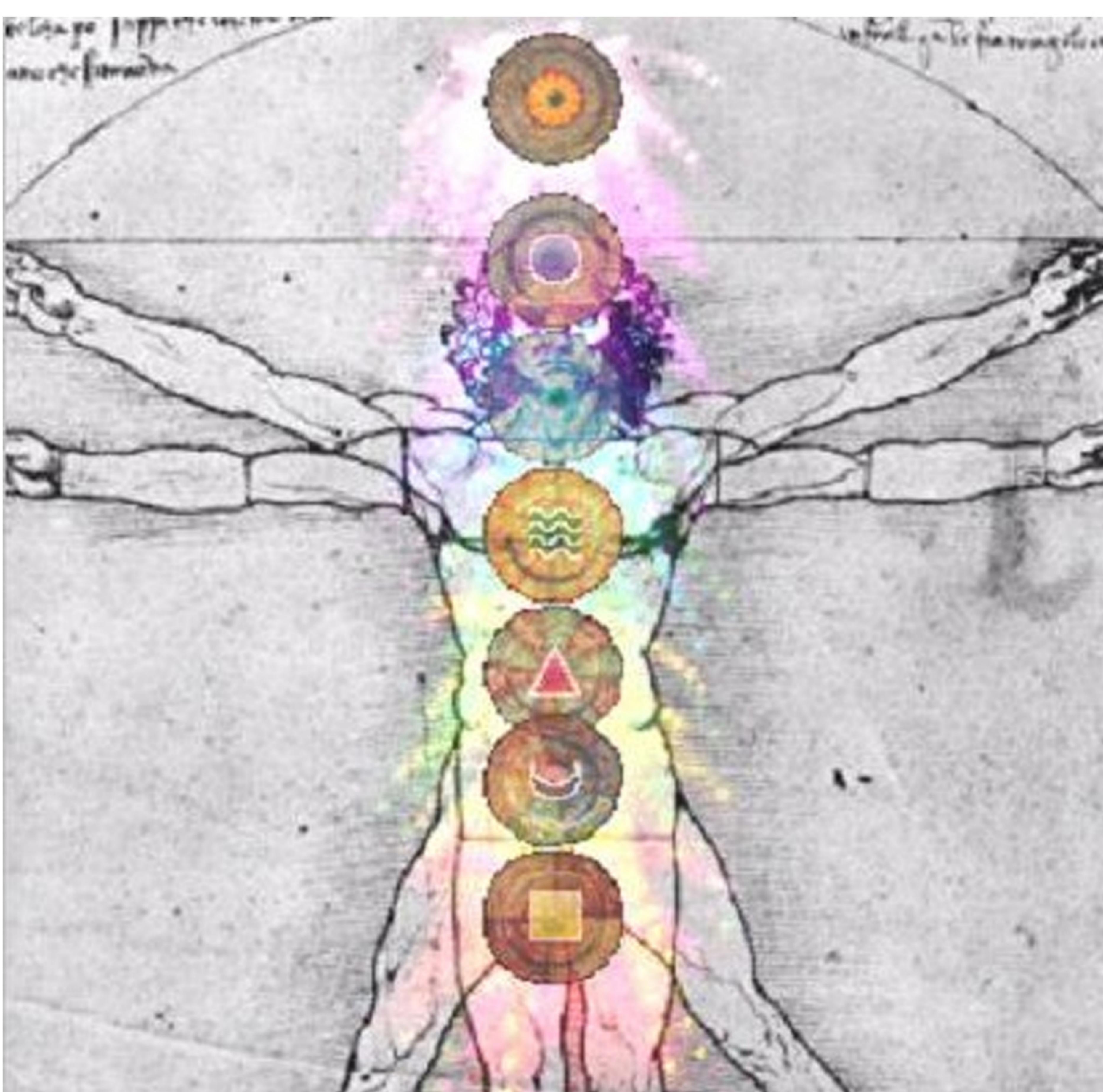
Located in the feet, this is the dark realm 'without conscience', and inner blindness. The opposing attribute to balance this chakra is the right to be expansive and unimpeded.

## **Patala**

Located in the soles of the feet, this is the realm of malice, murder, torture and hatred, and in Hindu mythology it borders on the realm of Naraka, or Hell. The opposing attribute to balance this chakra is the right to be empathetic and understanding.

## **Others**

There are said to be 21 minor chakras which are reflected points of the major chakras. These 21 are further grouped into 10 bilateral minor chakras that correspond to the foot, hand, knee, elbow, groin, clavicular, navel, shoulder and ear. The spleen may also be classified as a minor chakra by some authorities despite not having an associated coupled minor chakra.



# Energising The Chakras

Energy is a theme that permeates many areas of complementary health care, including Reiki. For historic and emotional reasons, two key words have not been mentionable in polite academic research society: "energy" and "touch." Hence it is not surprising that Reiki therapy has been neglected by mainstream biomedical science.

According to one study, reiki produced "10 mGauss order bio-magnetic field strength from the palm" (PubMed, Seto A. et al.: Detection of extraordinary large bio-magnetic field strength from human hand during external Qi emission),

*The fourth chakra stresses something more, which is universal love -- what the ancient Greeks referred to as "Agape," -- a wondrous, non-possessive love as distinguished from the romantic raptures of the second and third chakras. Love at those levels is characterized by seduction and jealousy, dominance and dependence, and attachment to an idealized object. The aim of lower chakra love is to quell a feeling of emptiness, but at the heart chakra one feels an inner abundance that saturates the self with a desire to share freely for the good of all. Saintly figures like Mother Teresa, Mahatma Gandhi, and the Virgin Mary epitomize the consciousness of the heart chakra.*

*John Nelson, M.D.*

# Projection of energy from the hands of healers.

In the early 1980's, Dr. John Zimmerman began a series of important studies on therapeutic touch, using a SQUID magnetometer at the University of Colorado School of Medicine in Denver. Zimmerman discovered that a huge pulsating biomagnetic field emanated from the hands of a TT practitioner. The frequency of the pulsations is not steady, but "sweeps" up and down, from 0.3 to 30 Hz (cycles per second), with most of the activity in the range of 7-8 Hz (Figure 2). The biomagnetic pulsations from the hands are in the same frequency range as brain waves and scientific studies of the frequencies necessary for healing indicate that they naturally sweep back and forth through the full range of therapeutic frequencies, thus being able to stimulate healing in any part of the body. ,

*The first chakra is similar to what Freud called the oral stage of life. During the crucial three-year span that follows conception, the foundations of selfhood form within what is initially an unbounded field of consciousness, which is what I refer to as the Spiritual Ground. Consciousness is everywhere, and the newborn child lives within it in a state of blissful communion and unity. The primary concern at this stage of consciousness is survival and individuation. Western psychologists such as Piaget, Mahler, Kohut, and Grof have described this stage in great detail. Dr. John Nelson*

Confirmation of Zimmerman's findings came in 1992, when Seto and colleagues, in Japan, studied practitioners of various martial arts and other healing methods. The "Qi emission" from the hands is so strong that they can be detected with a simple magnetometer consisting of two coils, of 80,000 turns of wire. Since then, a number of studies of QiGong practitioners have extended these investigations to the sound, light, and thermal fields emitted by healers. What is particularly interesting is that the pulsation frequency varies from moment to moment. Moreover, medical researchers developing pulsating magnetic field therapies are finding that these same frequencies are effective for 'jump starting' healing in a variety of soft and hard tissues, even in patients unhealed for as long as 40 years. Specific frequencies stimulate the growth of nerves, bones, skin, capillaries, and ligaments. Of course Reiki practitioners and their patients have daily experiences of the healing process being "jump started," and academic medicine is now beginning to accept this therapy as logical and beneficial because of these new scientific findings.

# Crystals and the Chakras

## Using Stones and crystals to balance the body's Chakras

Crystal energy is emitted as a vibration, which interacts with the electromagnetic energy field in and around us, in ways that may seem imperceptible. For example, the crystal may emit subtle vibrational colour frequencies, or sound vibrations that resonate outside of our conscious awareness to fine-tune our electromagnetic field. In essence, the energy frequency (or resonating life force) of a crystal is like a wave song that evokes an association, memory or emotion.

*"Specific frequencies and patterns of electromagnetic radiation regulate DNA, RNA and protein syntheses, alter protein shape and function, and control gene regulation, cell division, cell differentiation, morphogenesis (the process by which cells assemble into organs and tissues), hormone secretion, nerve growth and function." 111, ~ Bruce Lipton, Biology of Belief.*

Crystal therapy practitioners state that sickness, stress, and impurities alter the natural frequency of the body, causing some areas of the body to be unable to receive the necessary energy. Therapists assert that crystals have pure and constant vibrations. Therefore, they are able to correct the imbalance in the human body; the Frequency given off by stones is able to balance, clean, and re-energize the energy field of humans. .

# Crystals and the Chakras

## Using Stones and crystals to balance the body's Chakras

It is easy to dismiss the idea of a chakra science, especially if you are one of a completely rational, or really scientific, mind. But the true genius will take the time to see how these ideas relate to each other and not how one is "right" or "wrong." As the scientific knowledge grows, the understanding and power of our chakras grows as well.

Crystal healing pendants can help you measure the flow of electromagnetic energy around the body. Healers often use crystal pendants to detect energy blocks in the chakras. The movement of the pendulum indicates whether or not a chakra is functioning properly.

In a typical crystal healing session, the therapist or healer holds the pendulum over each chakra point, and the flow of energy through that chakra causes the pendant to swing. If the pendulum swings in a wide motion, it means the chakra is open; conversely, if doesn't swing at all it indicates the chakra is closed. Limited swinging motion of the pendulum is a sign of a partially blocked chakra. Most therapists use their intuition to decide whether or not an open chakra needs grounding. If the chakras are closed or partially blocked, relevant crystals are used to expand and ground them.

# Crystals and the Chakras

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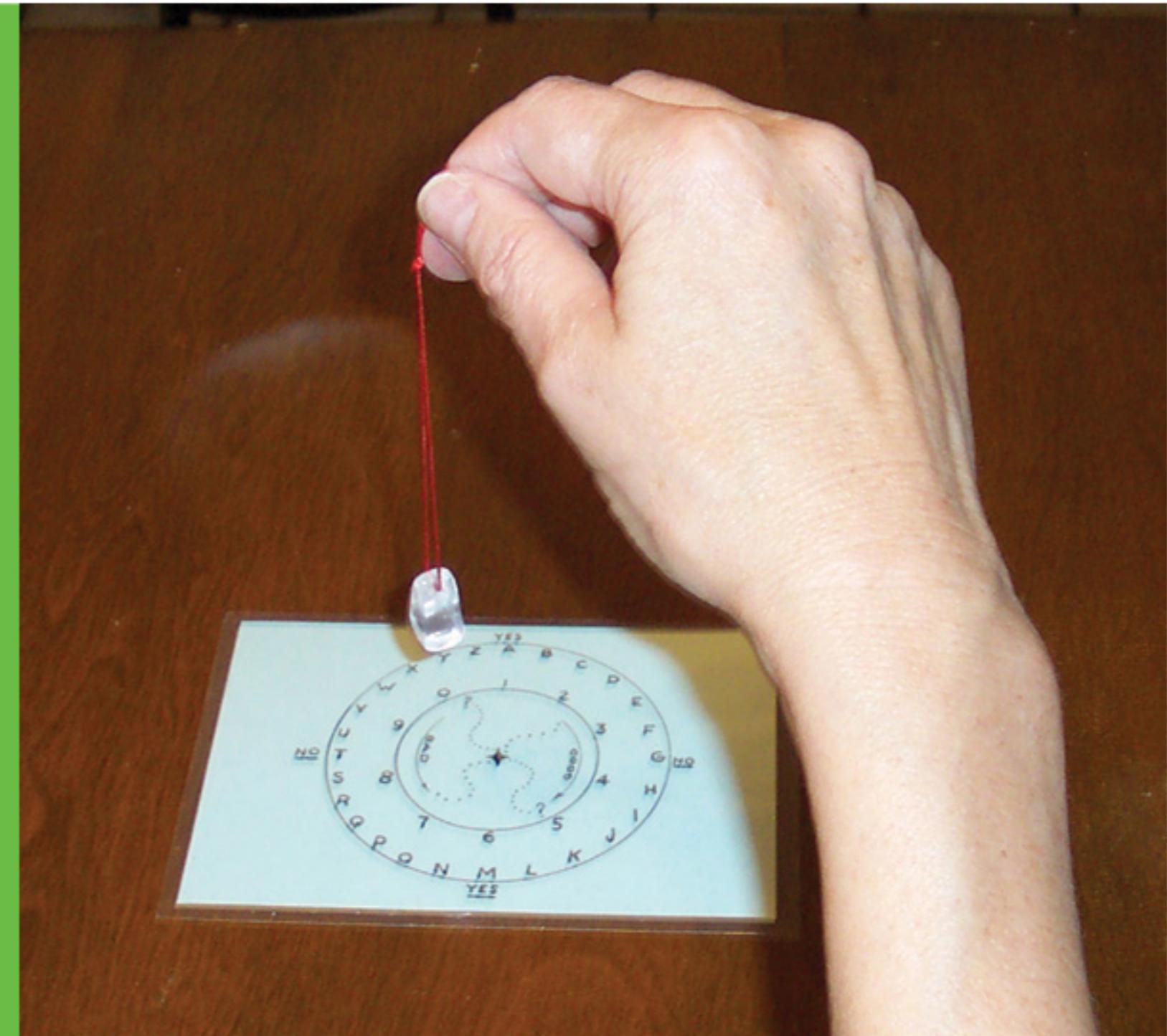
If you wish to use a crystal healing pendulum to check your own chakras, hold the string of the pendulum lightly between your thumb and forefinger as you hold it over your chakra points, remembering to keep your wrist relaxed. Healing pendants can also be used to find out if energy patterns are enclosed as well as open areas like rooms, houses, and gardens. The swing of the pendant can tell you which areas have negative energy concentrations or where all do you need to rebalance energy. You may use either Reiki techniques to correct the energy balance or place a crystal like lapis lazuli, citrine, or onyx, etc., in the area to infuse it with positive energy.

Crystal pendants are also often used by hypnotherapists who work with children, as they can help in relaxing a child's hyperactive mind and put her in a trance-like state. Most therapists find pendulums more effective than guided meditation for healing children through hypnotherapy.

Healing pedants typically use clear quartz, amethyst, or lapis lazuli crystals. To choose the one that will work best for you, you need to follow the voice of your intuition. When you visit a crystal store to buy a pendulum, look around to see which pendulum draws you toward it or attracts you the most; that, perhaps, is the best way to listen to your intuitive guidance.

Thus, crystals are a major breakthrough in determining and improving upon the Energy Index.

# Live Demo of Energy Index Using Crystals!



“ In conclusion to the report, we would like to point out that one can detect the energy index of a human being by various methods. As pointed out and proved already, Happiness Index Energy Index, we could clearly say that

if we increase any one of the happiness or energy indexes, we can get a sweet healthy life. Or we can say that once a person gets sweet and healthy life, he/she is

bound to be happy. Also, spiritual practices are also beneficial for improving the energy index. Thus, we need to work on either of the two : Energy Index or Happiness Index to live a happy, sweet and healthy life. This paper

may help people to work and improve on their happiness and energy indexes and bring back the "SMILE" to the faces, which are needed most in this so called busy world.”

## CONCLUSION