



**Gaze at the central white spot (dot) for a
comfortable duration.**

**This helps balancing Left Brain & Right Brain,
Physiological, Psychological & Intellectual functions
and in brief the Purusha & Prakruti aspects of an individual.**



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Dr. S. Ramakrishna Sharma
M.A (Eng.Lit), Ph.D (Eng.Lit), Ph.D (Sanskrit)
Founder & Managing Trustee
Foundation for Indian Scientific Heritage (R) Trust
Surathkal, Karnataka, INDIA