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Human Transformation through Sahajyoga

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ABSTRACT A new and unique approach to human development and transformation through "Sahajyoga" has been discussed. In several thousand human being spread over 75 million of the world, this transformation and its beneficial effects have been noticed. Application of Sahajyoga techniques in medical and agricultural research and their positive effects have also been presented in the paper. The paper highlights the need of adoption of Sahajyoga, for an overall desirable changes in the present day situation.