Activating the Latent Energy for People with Visual Needs

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The Purpose of the Experiment The project targets the visually impaired and blind. It aims to develop their skills of learning and psychological adaptation using internal energy through focusing on the Seven Energy Centres “Chakras”. Methodology Presenting the merits and problems of each chakra and proposing solutions. Common points between different centres have been pinpointed to facilitate the activation process. This has been achieved through analysing and linking data (models and tables). It has been found that the first and the third chakras (the root and the solar plexus) are concerned with the problems and merits that have to do with phycology, and that the sixth and the seventh chakras (the third eye and the crown chakra) are concerned with the problems and merits that have to do with learning and recognition. Hence, there has been a focus on the mentioned chakras, and they have been activated through: 1.Raising awareness that the energy exists. 2.Direct and indirect guidance. 3.Being certain that the energy exists. 4.Imagining, feeling, and focusing on the energy centres. "Energy lies with focus". 5.Using the power of words and raising awareness about its effectiveness. 6.Deep breathing. 7.Using the technique of breathing colours. 8.Using colours of clothes and the surrounding environment. 9.The methods clarified in the first model of each of the four chakras. The methodology has been applied to 22 university students—studying Business Administration, International Transport and Mass Communication. Outstanding results in learning including distinction have been achieved, which would enhance the society’s impression, and hence eliminate the social gap and achieve psychological adaptation if widely applied.

Awards Won: