"A Revolutionary Paradigm Shift Providing a New Scientific Understanding Towards Achievement Of Sound Mental & Physical Health, Freedom of Mind, Spirituality & Realization of Self."

Dr. Ajrawat's Air Pulse Meditation™

Copyrights © 2006 P.S. Ajrawat, M.D., 2006. All Rights Reserved

A Nondenominational Khalistani Meditation Providing Instant Relaxation; and Restoration of Homeostasis, Leading To *The Autonomic Bliss, Balance & Enlightenment*, Through A Unique Scientific Technique.

Paramjit Singh Ajrawat, M.D

A Self Administered Cognitive Therapy, Based on Dr. Ajrawat's Concept Of **"Bidirectional Psycho-Somatic Feedback"** i.e. Regulation of Mind and Body's Function through Central & Autonomic Nervous System Utilizing Central, Cardiac, Respiratory & Sense of Touch Component. It also Includes Dr. Ajrawat's Image Therapy, Strengthening and Stretching Exercises, Alternate Walking With Running, Correction of Skeletal Disproportion (Short Leg, Short Hemi-Pelvis), Ergonomics and Nutrition.

It Helps With Relief of Pain, Stress, Anxiety, Depression, Panic Disorder, Post Traumatic Stress, Fibromyalgia, Myofascial Pain, Memory, Asthma, Fatigue, Drug Addiction, Alcoholism, Cancer Pain, Irritable Bowel Syndrome, Hypertension & Smoking Among Others.

for more information:

PainManagement.com or PainSpecialist.com