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It increases the general mood and level of energy and also helps one to relax. Sukha-Gurj in Bengali means "healing joy", usually applied to babies, infants, or children. Gur-j means "someone" and sukha-guru means "healer". The traditional gur-j sukha-guru is a lady who is known to be a great healer. It is also related to breathing and movement and is related to the concept of seed-prana. This is well-attested in the ancient texts of India and Greece as "pleasurable breath". It is related to the ancient yogic practice of pranayama. The effects of Gur-j sukha-guru include healing and purification and the aim of the practice is to produce a balance between the left and right hemispheres of the brain. By doing so, the practitioner may be able to help treat specific conditions, such as epilepsy. The Sukhawati Bhakti Sutta, part of the Majjhima Nikaya of the Pali Canon, and the entire Chapter 7 of the Brahmajala Sutta of the Digha Nikaya say that the Sage Asanga said in his Medicine, Cures, & Advice that "Sukha-guru is a lady who lives next to a river or waterfall, who is always surrounded by people." Each practitioner has their own approach. Some may speak aloud, while others may whisper. Different music may be played. Some may move their hands while others may simply hold the person and feel the energy. Precautions and contraindications Sukha-guru is not harmful if performed in appropriate amounts and without causing harm. Sukha-guru is often done in hospitals and other places where medical equipment, such as X-rays, are used. Modern machines are able to detect such procedures and alert the user. Usage Modern researchers, such as Richard Davidson and David Denton, have explored the use of healing touch in the modern day. Davis Klarik, M.D., of the Mayo Clinic, gives a description of his experience as a mother bringing her son to a Sukhawati Gurj Gurusamma Therapist. The Buddhist description of motherly care is a notable one and may serve as a model for studies of motherly care in 82157476af

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