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The Bright Gaze and the Melodious Voice

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Abstract: Cigarette smoking becomes a problem at one or other stage of life. It effects the very essential aspect of life: the breath.
To quit smoking can be easy if we follow the right music. In this paper we characterize different types of songs as per the eternal state of mind of the person.

I. Introduction:

Several measures to quit smoking have been reported but it is the first time that literature related to quitting smoking and song as per eternal state of mind has been reported. In this paper the song genre has been recommended depending upon the state of mind and stage of smoking of the person.

Hypothesis:
In this paper I hypothesise that smoking de-addiction can be done through understanding of the eternal state of mind of the smoker. After doing this it needs to be rhythmic according to body and breathe.

Experiment:
Smoking is a problem for many of us. If we become favourite of ourself we can quit smoking.

How to become favourite of ourself?
We need to give 100 percent. We need to liberate us to our higherself. Discuss constructive concepts. Groom ourselves to the best personality.

Curing smoking:

It is possible Through the Music Therapy: It will fill your heart with forgiveness, love and sacred heart.
My study is based on emotional healing. Emotions can be strengthened through music. At first I will explain about type of music. Secondly I will talk about dream and thirdly I will talk about how you treat others mistakes with love. This is an inspiration from sacred literature.

Starting with there are three types of songs based on hosh i.e. mental space. Mental space is the space we live in when your high self is alone. So starting with three types of songs:
Zero hosh song
Half hosh song
Full hosh song

Zero Hosh Song: It is a song in which there is complete appreciation of beloved. Appreciation filled with shining star similar gaze. This gaze of your beloved can feel you wonderful and heaven like. One who has this appreciating gaze can be an unknown or family member. The unique gaze like beloved for human beings or animals can be 1,2 or more.Connected hearts I call it a constellation.

Our soft speaking style and our outreach among peers, family members or society is our wholistic self.

Those who don't have appreciating gaze for you they are your critics and critics help you.

Beloved is for you. Their love should not be judged. Critics remarks should also be taken as increase of wisdom and they too are lovable. We just have to accept that we lack somewhere and that is why critique is angry on you.

Zero Hosh Song:
https://www.youtube.com/watch?v=kgJ_eN2nHEk

Cigarette elevates you half way. It should be eliminated in young children or aged members.
Breathe… Take a deep breathe…

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So powerful it is.
Breathe stays with us whole day long, whole life.
So why disturb our breathe with cigarette.
Breath is our best friend, keep it happy.

Half Hosh Song:
https://www.youtube.com/watch?v=HXVO-SyVfng
To walk on path of one's inner calling, such songs help us to streamline ourselves.

Full Hosh Song: Bhaag Milkha Bhaag
https://youtu.be/JvokzZTtpCU?si=MFyf5-__ZwVxcQjG

After de addiction we need companion song which can motivate us.

These songs make you your favourite. They help you dream big. You dream and play the song, your companion song will walk along.

Say bye to addiction. Play your song be merry, happy and satisfied.

II. Conclusion:

Full de-addiction of smoking is possible if eternal state of mind is understood and made uplifted through selected music.