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Secrets Of Meditation A Practical

The secret of meditation is returning ... or you get some flash of intuition you can use in a practical situation. Much of the time, however, you don't feel anything. That doesn't mean ...

Meditation 101

That's the secret. About Lama Surya Das Lama Surya Das is one of the foremost Western Buddhist

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meditation teachers and scholars. The Dalai Lama affectionately calls him “the American Lama”.
Lama Surya ...

The Joy of Meditation & Integration Into Daily Life

Greg Sazima, M.D., is a psychiatrist, faculty at the Stanford/O'Connor Family Medicine Residency Program, and author of Practical Mindfulness: A Physician's No-Nonsense Guide to Meditation for ...

Psychology Today

A Slow Food Manifesto A longtime champion of the Slow Food Movement, renowned chef Alice Waters tackles how food defines us. In her new book, Waters looks at how food has negatively impacted people ...

10 Books about Food and Farming to Read This Summer

This is a time when Muslims step away from work to attend a midday jumah, a prayer service at a local mosque, where imams offer sermons on a range of intellectual, spiritual and practical topics ...

In times of stress, turning to contemplation can be helpful - here's why religions emphasize rest

There I was, a guest at a local meet-up group, expecting to hear a speaker share ideas about how they approach health, healing and spirituality. Instead, the topic that evening was the “M ...

Debra Chew: The “M” Word

It was late spring, a week or two before the May Vipassana meditation retreat at the Regina ... basis see that its applications are plainly practical. Who would not see the benefits of "a clear ...

Mind Game

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'I didn't want it to feel like a book but more like a meditation or mantra ... 'We need to talk about practical solutions. We need to talk about the health service more, the parity between ...

Matt Haig shares life hacks to bring you comfort and change your perspective

From immunity shots to one "magic in a bottle" product, Ricky Martin shares what goes into his daily skin-care and wellness routine. Shop this beauty routine: When you buy something through our retail ...

Ricky Martin Reveals His Daily Skin-Care and Wellness Routine

The GT3 proudly bucks every trend, but it remains beloved as its reputation has only grown along with its sales over 22 years ...

The 2022 Porsche 911 GT3 remains an unlikely success, and it's as good as driving gets

Treatments start with inner purification and can include changes in diet, herbal remedies, meditation ... system that uses ancient wisdom for practical everyday living. "So within that, Ayurveda ...

Holistic healing system offered as antidote to virus, stress

Mindfulness meditation - concerned with focusing on ... Cognitive Behavioural Therapy This form of therapy focuses on practical techniques to use when depression, as well as feelings of anxiety ...

How to deal with depression

People practice 'manifesting' in different ways, but most commonly it is achieved through practical steps, meditation and ... bestselling self-help book The Secret in 2006. Since then, more ...

What is manifestation and can it make me rich?

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Using the secret and sacred wisdom of the cosmos that is scientific, practical, result-oriented ... Not only he is the originator of 'Modern Meditation Techniques,' but he has also ...

Dildar Virk, CEO of Enliven Group, guides about seven chakras of human body

This 3,120 sq ft home is hidden away in Kensington (Picture: Metro.co.uk/ Daniel Lynch) When given the chance to design our own family home, most of us would end up erring on the practical side ...

Hidden House in Kensington goes on sale for £4 million - complete with underground dancefloor

Once practical matters are settled, however, this is a great day for spiritual studies or meditation. Creative projects can also benefit from your increased concentration. Discover the wonderful ...

Libra: Your finance horoscope - July 14

This is a time when Muslims step away from work to attend a midday jumah, a prayer service at a local mosque, where imams offer sermons on a range of intellectual, spiritual and practical topics ...

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