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A new study just published last month in the journal IOS Press shows why 12 minutes of meditation can help fight Alzheimer's Disease.

Secret Side Effects of Meditating Just 12 Minutes Per Day, Says Study

Practicing meditation has been known to relieve stress and lessen anxiety, which is why starting your day off with a morning meditation can help set your day up for success. "You're setting the tone ...

Six Morning Meditations to Start Your Day Off Right

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People have been practicing mindfulness meditation for centuries. And it's especially popular now. In fact, according to the Global Wellness Institute, the number of people practicing some form of ...

Why meditation can be great for kids, too

Under each of these religions there are as many types of meditations as there would be prayers. Prayer and meditation do go hand in hand in spiritual practice, with many practitioners saying that in ...

Learn The Benefits Of Meditation From Master Danny Gorgonia

A journalist and author, Jacinta Tynan was used to facts and stats, yet she embarked on a journey to place her trust in a 'higher power'.

How to get in tune with your spiritual self

When we watch athletes or hockey players who successfully win championship titles we marvel at their talents and how gifted they are. We observe great sportsmen win one tournament after another ...

Meditation to Achieve Success

(RNS) — In all Zen traditions, meditation is the ... physically intense form of spiritual training goes counter to what many people expect from Zen practice. "It's not mystical.

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'All-in' Buddhist practice combines meditation and martial arts
Whichever technique of meditation that you practice you will receive the benefits corresponding to that specific technique. (The author is a spiritual yogic master. Founder, chairman and course ...

Guiding Light: Contentment comes from spiritual awareness
There are even specific strategies, including the use of crystals, that may help make it happen. While there's no scientific evidence to support this, there are still plenty of believers. Read on to ...

Crystals for Manifestation: The Best Ones to Use and How to Do It
A controversial Korean spiritual leader and businessman has been fined \$1.2 million for purchasing several Northland properties without the proper consent. Seung Heun Lee was ordered to pay \$1,246,625 ...

Controversial Korean 'spiritual leader' fined \$1.2 million for purchasing Northland properties without consent
Shadow work is the magickal tool that every esoteric bad bitch needs in their practice. Here's the ... Shadow work is introspection made spiritual. It's a method of uncovering what psychology ...

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Wait, What Exactly Is "Shadow Work"?

We spoke to 3 experts to get their recommendations on the best mindfulness books that can help boost your happiness and wellbeing.

The 10 best mindfulness books, according to 3 psychologists

What Gen Z is turning to for answers seems to be astrology, mediums and tarot cards. But is it really helpful?

Expert defends Gen Z's obsession with a spiritual trend: 'It's not a magic trick'

Black history and yoga history meet in a new book by Dr. Stephanie Evans that shows the power of the practice for African American women's health.

This Yoga History Book Chronicles Black Women's Journey to Inner Peace

When Erykah Badu creates a new song, she begins with instruments that are usually treated as accessories, like singing bells, shakers, mallets and tuning forks. It's been that way since "Baduizm," the ...

Meditation apps want us to chill out. Musicians are happy to help

A spiritual guide, meditation teacher ... like a spiritual workout—a way for me to creatively express theory into practice. I was dancing uninhibited, from a place of inner-stillness and ...

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Inside The Ibiza Wellness Retreat Hosted By A World-Renowned Spiritual Guide
Many Jewish sources suggest that the practice of yoga is permissible ... When we can't find spiritual answers within our own tradition, some people will look elsewhere, and there are several ...

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