

Working With Your Chakras A Physical Emotional Spiritual Approach

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Spiritual Nutrition: How Food Affects Your Mind, Body and ...

every food we eat has a spiritual and energetic effect on the body, mind and spirit. becoming aware of this fact and working with it consciously is the foundation of spiritual nutrition. - Thu, 14 Mar 2019 14:55:00 GMT

Earth Energies & Natural Healing - Gem Guides Book Co

Mormon Testimony & Spiritual Witnesses

The Great Shift Book Summary

Great Shift Table of Contents/Summary Preparing Yourself No Catastrophic Earth Changes Skeptic's Corner Your Soul Origins Links About Russell Newsletter/Activities Contact Us . This page contains the table of contents for the Great Shift Books with links to summaries of each chapter and appendices.

What Is Human Aura? - BioField Global Research Inc.

As described above we have different layers in our aura which all constitute to what we know as "Our Subtle bodies", namely they are called physical body, emotional body, mental body, spiritual body and the last is our Astral body. So all in all our aura is made up of 5 basic layers out of which the physical body we are able to see with our naked eyes because it vibrates at a relatively ...

Waitlist - Love & Light School of Crystal Therapy

I'm Ashley, Founder & Educational Director of the Love & Light School of Crystal Therapy... and I'm so glad you're here! With more than a decade of professional experience with crystals, I'm excited to pass this knowledge on to you as your guide and mentor in my Crystal Healing Certification program.

Meditation - Wikipedia

In Jainism, meditation has been a core spiritual practice, one that Jains believe people have undertaken since the teaching of the Tirthankara, Rishabha. All the twenty-four Tirthankaras practiced deep meditation and attained enlightenment. They are all shown in meditative postures in the images or idols.

Body-Mind Integration Home Page

MAIN ESSAY Link INDEX (on this page) for this site Here you can choose between sets of links to *Mind-Body Integration* pages at this site, as well as sets of links for pages on and off site: for many different levels of health. Including naturopathic health, spiritual healing, self-help psychology, consciousness, etc.

Sahaja Yoga - Wikipedia

Sahaja Yoga believes that in addition to our physical body there is a subtle body composed of nadis (channels) and chakras (energy centres). There is no biomedical evidence of chakras. Psychoanalyst Sudhir Kakar writes that Nirmala Srivastava's additions to this widespread traditional 'tantric' model include giving it a scientific, neurological veneer, an elaboration of the health aspects and ...

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