

Swami Vivekanandas Meditation Technique

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Hong Kong-born Dino Hira had a big house and fancy car, but felt unfulfilled and fell into depression. Meditation set him on the road to self-discovery.

How meditation helped a former miner beat his mental health problems and start a new career as a mindfulness coach

The practice of meditation comprises a range of techniques whose goal is to encourage ... Meditation and Mantras by Swami Vishnudevanada is a great introductory book to Mantra Meditation.

The beginner's guide to meditation (because WFH burnout and Covid stress is real AF)

We need to manage our stress more than ever and meditation is undoubtedly one ... answers to life's challenging questions. It was Swami Vivekananda, who first penned his meditative experiences ...

Why Kasar Devi is Perfect for Meditation

Amisha, who also moonlights as a yoga enthusiast and a disciplined meditator, will be driving global awareness and marketing for Black Lotus.

Strategy leader Amisha Sethi joins Black Lotus meditation app

Award-winning Global Marketing & Strategy leader Amisha Sethi recently joined the 'Black Lotus' Meditation app team as the Chief ..[News Track ...

Leadership Hiring for Meditation

Attempts by theorists of transpersonal psychology to explain the place of meditation within an overall framework ... a student of the Hindu teachers Vivekananda and Ramakrishna. This correspondence, ...

Psychotherapy without the Self: A Buddhist Perspective

It is my pure wish that you yourself become your own Guru", His Holiness Shree Shiv Krupanand Swami ... meditation path since 2001 and found it to be an easy, simple and extremely powerful ...

'Guru Tattva' Sets Out to Help the World Achieve Bliss By Offering 8 Days Online Mega Meditation

It is rooted in ancient Hindu spiritual teachings and wasn't officially introduced to America until the late 1800s, when Indian yogi Swami Vivekananda ... in a period of meditation.

What to expect in a hatha yoga class and why the practice has become so popular

It was at this congress that Swami Vivekananda, a disciple of saint ... Maharishi Mahesh Yogi introduced Transcendental Meditation to the west. He was associated with the Beatles.

MODERN YOGA

Why did Swami Vivekananda preach Advaita to his disciples? [An online spiritual discussion was conducted on February 20, 2021, in which several devotees participated. Some of the questions of ...

Why did Swami Vivekananda preach Advaita to his disciples?...

Baba Ramdev of Patanjali Yogpeeth, Ayush Secretary Rajesh Kotecha, and Swami Vivekananda Yoga Anusandhana ... for people to easily learn yoga and meditation. I urge everyone to take the time ...

Yoga not associated with any religion, says President

How can Swami Vivekananda be called a saint when he was a non-vegetarian? [Śrī Anil asked: Padanamaskaram Swami! The above question was raised in an internet discussion forum. Please grace us ...

How can Swami Vivekananda be called a saint when he was a non-vegetarian?...

Ayush Ministry joining hands with some of the leading Yoga institutions on the virtual platform to take the health benefits of Yoga to the citizens at their homes, a special one-day event focussed on ...

Ayush Ministry, Leading Yoga Institutions Come Together for Online Event on 'Yoga Towards Wellbeing in COVID-19 Pandemic'

Rajneesh's unique contribution to meditation technique is "chaotic" meditation ... cinematography and business. Met Guru Sri Swami Sivananda in the Himalayas and received the sannyasi ...

Flashback Friday: Guide to Gurus

The Ashrams arrange meditation camps for stress and anxiety generated disorders utilizing ancient techniques. It is likewise residence ... in India and also it was built in the remembrance of Swami ...

Rishikesh 2021

It was in an open-air corner of the ancestral house of Swami ... Swami Vivekananda and eight other disciples of Ramakrishna Paramahansa lit a sacred fire on Christmas Eve of 1886 for meditation ...