

Guided Meditation Words

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Guided Meditation Words

Have you ever noticed that many guided meditations start off with an instruction such as 'you are walking through a forest...'? But what if you can't walk?

Guided meditation apps aren't doing enough to include disabled people

They are a joy to read and seem the embodiment of Fighting Words' inherent philosophy of valuing every individual imagination and celebrating each and every person's creativity. Understandably, there ...

Fighting words: Fragments of wonder from our younger generation

One of the main reasons believers often refer to the Hebrew Bible and the New Testament as "the Word": The pages are filled with words. And contrary to popular opinion, ...

MEDITATION: Words do matter

I examine what the Stoics teach us about moral anguish and how we can heal through self-mercy and the compassion of others. The lesson is most profound, even if disturbing, in Seneca's play Hercules ...

A Surprising Lesson from the Stoics

combining words, music and sound effects to create a dreamy visualization that will help you drift off at night. Narrated by Stephen Fry, Blue Gold is a 24-minute sleep guided meditation.

The best sleep guided meditations for drifting off at night

Popular mental health apps are Calm and Headspace which both guide users in meditations. Other apps connected users to licensed therapists, others helped people fall asleep by playing soothing music ...

APP OF THE DAY: 'Happify' app growing in popularity as tool to help with mental health

It should come as no surprise that meditation and mindfulness apps were downloaded more than any category in 2020. People looking to cope with the pandemic, protests, and presidential election ...

What the Tech? App of the day: Happify

This month and next, New Jersey Symphony Orchestra is presenting an online concert film trilogy featuring recorded instrumental performances accompanied by visual ...

New Jersey Symphony Presents First of Concert Film Trilogy

Faya Dayi" creates a spiritual experience that plays with the senses and marvels audiences with its beautiful cinematography. Ragtag Cinema screened the film Wednesday at 7:30 p.m., although the film ...

'Faya Dayi' captivates audiences with its hallucinogenic experience

The first book to address the long and significant history--and future--of Jesuit rhetoric as the core of a liberal arts education. This groundbreaking ...

Traditions of Eloquence: The Jesuits and Modern Rhetorical Studies

In many schools, meditation advocates have reframed religious practices such as meditation and yoga as secular to avoid legal challenges.

Mindfulness meditation is now a staple in public schools, and thanks to Zoom, widely accessible

The title of Nigella Lawson's new book, Cook, Eat, Repeat, is enough to transport even the most beleaguered of home cooks straight back to the early months of lockdown. (Remember when that string of ...

Nigella Lawson's Philosophy of Food Couldn't Feel More Timely

The author of 'How to Catch a Mole' returns with autumnal meditations on aging, change and a life lived with fingers in the soil.

'Seed to Dust' Review: Shadows in the Garden

"Meditation is a word we give to a family of methods that ... participated in the three-hour online series of guided meditations and lectures. The retreat's trajectory and purpose included ...

In pursuit of mindfulness

In other words, altars are magick ... "Over time, the energy of your spells and meditations adds up and your altar grows in power and good energy." Pichinson suggests practicing meditation ...

How to Create an Altar at Home

Philematology, the science of kissing, is predominantly concerned with microbial, rather than emotional, affairs, and meditations on ... your voice, your word, your name. While I maintain the ...

Player Massimo Recalcati puts the peck in peccadillos

The Impact Center holds corporate prayer calls from 6 to 6:15 a.m. Mondays, Tuesdays, Thursdays and Fridays: 605-475-4700, access code 545792#. Worship and the Word is ...

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