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The Biology of Kundalini - www.BahaiStudies.net

Edufever started as a personal educational blog back in 2009. After the success of the blog, we saw a rapid growth in readers and the journey starts from there and now we a family of 300+ writers, editors, career counsellors to provide you with best and most appropriate information.

[Updated] CBSE Class 12th Physical Education Syllabus

When it's time for your sitting session, you can simply sit down and start. That's what I was doing in the first few years of my practice. Or you can take a couple of minutes to center and "prepare" yourself "and your meditation session will be more pleasant and quiet. I took me a long ...

7 Tips To Experience Deep Meditation | Live and Dare

"ALL ABOUT HINDUISM" is intended to meet the needs of those who want to be introduced to the various facets of the crystal that is Hinduism.

All About Hinduism - The Divine Life Society

The relationship between eyes and the brain starts in your first days of fetal life. Your eyes start to develop just two weeks after conception, with the retina and the optic nerve developing as a direct outgrowth of your brain. So the retina is actually a piece of the brain that has grown into the eye, and also share a similar structure (1, 2). On top of that, sight is so important that almost ...

Trataka Meditation: Still Eyes, Still Mind | Live and Dare

Wondering about physical therapy exercises for shoulder pain? Here are top 35 useful exercises for pain relief.

35 Physical therapy exercises for shoulder pain - VKOOL

In Buddhism, buddhahood (Sanskrit: buddhatva; Pali: buddhatta or buddhabhava; Chinese: ½æžœ) is the condition or rank of a buddha "awakened one".. The goal of Mahayana's bodhisattva path is Samyaksambuddhahood, so that one may benefit all sentient beings by teaching them the path of cessation of dukkha. Mahayana theory contrasts this with the goal of the Theravada path, where the goal is ...

Buddhahood - Wikipedia

A mantra (Sanskrit: मन्त्र, translit. mantra, English pronunciation / ˈm ɒ n t r ə m, ˈm ɛ n-, ˈm ɛ n-/) is a sacred utterance, a numinous sound, a syllable, word or phonemes, or group of words in Sanskrit believed by practitioners to have psychological and spiritual powers. Mantra meditation

helps to induce an altered state of consciousness. A mantra may or may not have ...

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