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In meditation, consciousness
fluctuates to a higher plane in the
state of pranayam, as each breath
inhaled has a corresponding state of
physiological effect on the body

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system. Human mind is no ...

We Will Breathe Freely And Better
Again

I ' ve also come to deeply appreciate
the moments when my breathing
returns to its autonomous function
and takes up no portion of my

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consciousness ... of their work
because of how connected the mind
and ...

Long Covid: how singing helps
overcome it, making it easier to
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philosophy of mind. Its interpreted dimensions are the philosophy of the Religion. , , Hindu Philosophy, consciousness ...

Consciousness, Hindu Philosophy and
Physics

And that was where mindfulness

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meditation turned things around for me. I learned to reserve a minute for myself, which has become a way of self-care. I have made it a habit to take a few moments in ...

Psychology Today

"Tantric sex is a way of combining

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breath, sound, movement and focus
... Tantric sex creates an altered state
of consciousness where I can feel like
I ' m in trance states and merging
with my ...

Sarra Rose Answers 20 Questions
About the Orgasmic World of Tantric

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Sex

Today, post-vaccination, and nearly 4 million global deaths later, I am slowly waking up, like Rip van Winkle, much more than merely a year older, and not at all the same. I feel as though I have been ...

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Untethered, or The Year of Living
Virtually

When our breathing is even and deep, Prana is enhanced, and the mind becomes steady ... This leads us to a higher state of consciousness in which we have a wider world view and an experiential ...

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Viewpoint: Yoga and health

Newsom was enjoying a leisurely float down the river when he was knocked off his tube by a log and swept underwater by the current. Trapped in the cold darkness, he couldn't breathe and everything ...

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River rescue: A breath away from
being a drowning fatality
The session, led by transformational
breathwork facilitator Aubrey
Howard, involved exercises to create
stillness in the body and mind
through a consciousness of breath.

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She was accompanied by live ...

Meditation for liberation in a West
Philly cemetery

I ' ve also come to deeply appreciate
the moments when my breathing
returns to its autonomous function
and takes up no portion of my

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consciousness ... how connected the
mind and body are.

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Yoga leads to a perfect harmony
between mind and body, man and

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between mind and body, man and nature, individual consciousness and universal consciousness ... “ Yoga is very beneficial to enhance breathing capacity and increase your ...

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