

Healing Mantras

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But ancient traditions like Hinduism, Buddhism & Jainism answer that it's pretty much possible to eradicate such suffering through the healing power of your mind, mantras & medicines. Happiness ...

Mantras for Healing illness

a mantra meditation group specializing in mantra meditation healing. "Mantras have a rich history in some of the most ancient cultures of the world," Preeti says. "At their core, they ...

Mantras for Anxiety: Harness the Healing Power of Chanting to Ease Fear, Stress, and Depression

You Good Sis? is a wellness collective disrupting the fitness space, providing physical, emotional and spiritual wellness to black and brown women along with non-binary persons. Hannah Donnelly sat ...

'You Good Sis?': The Mantra of a Wellness Collective for Black and Brown Women

That is the motivating mantra behind Self Care Naturals ... also vera and Vitamin E oil and other natural oils known for their healing, soothing and restoring properties. Self Care Naturals ...

St. Louis Entrepreneur Redefining Self-care with Natural Skincare Line

Besides the healing rays of the moon touching the earth on Sharad Purnima, the day is also perfect for the conduct of Dharmaraja mantra japa. Dharmaraja ritual also has great curative powers providing ...

Kick start celebrations for upcoming festive season with Sharad Purnima 2019

Listen to soothing Tibetan mantra healing by Tibetan yogi Drukmo Gyal Dakini, a form of holistic sound therapy and healing method used in traditional Tibetan medicine that helps deep relaxation ...

Tibetan Mantra Healing Concert

Spa, eat, repeat is the mantra many are chanting with leisurely ... allowing an organic healing process to naturally unfold," says Sayantani Chakrabarti, who runs a travel blog called Banjara ...

In the lap of well being: Here's a list of places that should be on your bucket list

Mantras and soft music both complement each other and can be approached to use on alternative days in your practice session. A healing sound of a waterfall or Tibetan singing bowl or chimes are ...

Energize your chakras with magical healing power of reiki meditation

As businesses and schools shuttered in March 2020, millions stopped commuting to work. Fewer emissions allowed many city dwellers to once again see the stars. Stories broke across the globe of animals ...

VIEWPOINT: Continue Sustainability Beyond Pandemic

Mantra has gone mainstream, and Deva Premal & Miten have been on the leading edge of this global chant phenomenon for over 20 years, propelling the ancient healing power of mantra chanting into the ...

Deva Premal & Miten with Manose

The Na Nach movement is best known for its eponymous mantra, which is repeated by followers ... rooted in the belief of the protective healing powers of amulets." "The key to their power ...

Kim Kardashian shows off 'Na Nach' 'Blesslev' jewelry

It was just a few months ago when I found myself repeating this mantra after discovering I had a torn tendon ... can help in the process of visualizing and ultimately realizing your healing goals. Get ...

RIH: Preparing for surgery

The startup incorporates traditional Indian and Egyptian methods in its products to facilitate the healing process ... She started Mantra Herbal to fulfil the dual aspects of appealing to a ...

Glam up with these five eco-friendly cosmetics brands run by women

Mikao Usui, the founding father of spiritual healing of Reiki ... Dharani are longer than mantras and each syllable is soaked with the essence of the universe, our true Self, therefore, when ...

Poetry calms the savage

In distant healing, as explained in the article YPV ... (Dwell on the Gayatri Mantra and the statement from Bible, "For in Him, we live, and move, and have our being: Acts 17:28) Get Healed ...

Rancho Koshas: NJ Reddy, YPV Sadhana

During her time in prison, the British-Australian academic repeated a daily mantra "I am free" as she ... "Right now I just want to focus on healing, recovery, rest." With Evan Young.

Australian academic Kylie Moore-Gilbert reveals the 'psychological torture' she endured in Iranian prison

Ranjim Prabal Das, another topper for the February session of JEE mains examination from Delhi, told news agency ANI, "When I tested COVID positive, I focused on healing. Once the fever was down I ...

JEE Main toppers 2021: Rajasthan's Saket Jha, Gujarat's Ananth Kidambi share their success mantra

Episode 39: A 25-Minute Hypnotherapy Session for Releasing Past Traumas with Mark Stevens This week on the Practice, meditation and hypnosis expert Mark Stevens guides us through a 25-minute ...

Yoga Journal Podcasts: The Practice

Last week, a Vatican decree doubled down on the longtime church mantra that homosexuality is ... "I thought he was on the path of healing the Church and embracing the LGBTQ community," Valle ...

Pope Francis gave every 'child of God' hope – and now he has let them down

Mantra is a patterning of sound vibrations and ... As a sister science of yoga, it is the world's oldest organized health/healing system with origins in India from over 5,000 years ago.

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