

Guided Meditation Words

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Beyond earning a medical degree, completing residency, and obtaining board certification and licensure, a psychiatrist's career grows to be illustrious with wisdom, curiosity, intellect, aesthetic ...

10 Meditations on a Virtuous Career

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

Early research is finding that even mini-meditations of just 10 minutes may ... You'll connect with a teacher who gives you a mantra, a word you'll repeat over and over to concentrate your ...

10 Types of Meditation: What to Know About Each One and How to Get Started

Stress and money oftentimes go hand-in-hand. A community bank is working to address that anxiety with a new program.

Dealing with money stress | Money Smart

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

All of the sleep headphones we tested fell short in some way, but we still have three recommendations for different uses and budgets.

3 Sleep Headphones We Like

The artist who created the dazzling new East Mound Street mural finds healing in his art, and hopes others will as well.

Seven Questions with "Chakra Mural" Artist Ryan Orewiler

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

Each offers lyric meditations on a gritty urban present populated by, in Christie's words, "bare-knuckled bankers of King Street" and "meat-eating Annex Vegans" alongside nostalgia for a suburban past ...

It Doesn't Matter What We Meant

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

These prose poems have the immediacy of journal entries, but they are rich, allusive meditations by a poet ... "We know the/power of words: those old umbrellas, those respirators." ...

Wrapping up National Poetry Month, new volumes show the power of words to be 'wildly inventive' and offer us 'luminous delight'

1 Front Matter: Placing Descartes's Meditations 1 Front Matter ... 173-200) Sganarelle's experiments with words and ideas, and with the images of which words and ideas are the treacherous lookalikes, ...

The Matter of Mind: Reason and Experience in the Age of Descartes

Michael Muckian walks readers through what he's learned along the way about mindfulness and meditation, and how you can get started, too.

In pursuit of mindfulness

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 ...

Virtual religious services and upcoming events

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