

Download From Depression To Wholeness The Anatomy Of Healing

The next Yoga Nidra practice will be held on: • Saturday, May 25th from 1:30 - 2:40 pm (Vendome/NDG-Westmount) Based on the ancient teachings of meditation, iRest® Yoga Nidra is a transformative practice that leads to healing and well-being at all levels – physically, psychologically, and spiritually. The benefits of celibacy (sexual abstinence) are obviously not widely understood nor fully appreciated. With all the erotic opportunities, sensual photos, sex oriented e-mails, and other media of the sort flashing over the internet, there seems to be a universal obsession with trying to use up as much sexual energy as soon as possible and as often as possible. Crown Chakra Color - violet is the color of cosmic awareness and cosmic consciousness. It is a unifying color, the color of oneness and spirituality. The energy of this color is very healing and can soothe away pain. Learn more about this powerful spiritual color. Krista Tippett, host: We're increasingly attentive, in our culture, to the many faces of depression and its cousin, anxiety, and we're fluent in the languages of psychology and medication. But depression is profound spiritual territory; and that is much harder to speak about and can only be traced years onward.