

# My Body Is A Temple Yoga As A Path To Wholeness

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## CREATING A HEALTHIER LIFE - Substance Abuse and Mental ...

A healthy body. Good physical health habits. Nutrition, exercise, and appropriate health care. These make up the physical dimension of wellness. A few ways we can get there might be choosing things that

make our body feel good and trimming back the things that bring us down. We can also feel better by creating a routine that balances activity with

## 108 Upanishads - Gita Society

Hindu Temple, Indonesia  
Compiled by Richard Sheppard  
... then study the Ten  
Upanishads. Getting

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knowledge very soon, you will reach my abode. If certainty is not got even then, study the 32 Upanishads and stop. If desiring Moksha without the body, read the 108 Upanishads. Hear their order. (Muktika I-1-26-29). Kaivalya: Emancipation; state of ...

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### **Holistic Meal Plan for EMPOWERED**

Ingredients . 10 cups of cold water . 2 sheets of 5"x5" dashima, dried kelp . 10 dried shiitake mushrooms . 5 ginger slices . 1/4 head of green cabbage