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physiological effects make it an ideal tool for learning cardiology; studying heart-brain interactions; and dispensing neuro-cardiac therapy ...

## **How Music Can Literally Heal the Heart**

The finding builds on previous studies

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that found that people often sync up bodily functions like heartbeats or breathing when ... level of a given patient's consciousness. Your heart rate is ...

**Two hearts beat as one! People subconsciously synchronise their**

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**heart rates while listening to  
stories, based on the narrative,  
study finds**

This pose is metaphorically compared to a lotus flower because it is believed that practising padmasana leads to the blossoming of consciousness ... by connecting your body, mind and soul

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and helps ...

## **All That You Should Know About Padmasana**

Then I'll begin, and we'll synchronise our heart rates. A good story can pull on the heart strings, but new research shows just how much a captivating

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narrative can affect our bodies. So much so that ...

**A good story, well told, can cause listeners' heart rates to sync up**

You can go to an expensive wellness retreat to get peace of mind. Or you can use some tips from relaxation

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experts to bring the peace home.  
There's no need to spend money in  
pursuit of a ...

**10 no-cost ways to go stress free**  
Yoga Exercise Is The Art Work Of  
Understanding On The Canvas Of  
Body, Mind, And Heart. Given that the

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stay at house order, I appear to have actually shed my thread, my intent.

These quotes brought me ...

## **10 Yoga Exercise Quotes That Will Make Your Life Extra Amazing**

In an extract from her memoir

'Complicity, The United States v. The

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People of the United States', Sharon Premoli shares her memory of the day the World Trade Center was attacked

...

**I escaped from the 80th floor of the North Tower on 9/11 – then it collapsed on me**

*Page 11/25*

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(NYSE: SLG) launches ticket sales today for SUMMIT One Vanderbilt and reveals the first chapter of Air, a story-driven, immersive experience within SUMMIT One Vanderbilt and designed by Kenzo Digital.

**Summit One Vanderbilt, The**

*Page 12/25*

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## **World's Most Immersive Observatory Experience, launches Ticket Sales Today For October 21 Opening**

During rehearsal for the dangerous stunt, magician Spencer Horsman lost consciousness and almost ... When you're holding your breath for four

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minutes long, that's not an illusion." ...

## **Criss Angel Saves Life of Fellow Magician: Holding Your Breath for 4 Minutes 'Not an Illusion'**

Do you often see the time 20:02 on your phone or watch and wonder what the meaning is behind this intriguing

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time? Noticing this reversed mirror hour is the first important step towards discovering ...

## **Reversed Mirror Hour 20:02: A Message From The Past**

The author on his exhilarating research into the human mind,

*Page 15/25*

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teaching creative writing ... You can hear the intake of breath and flexing of muscles in the opening pages. If not now, when?

**Sebastian Faulks on Human Traces:  
'I had no idea I would turn out to be  
3% Neanderthal'**

*Page 16/25*

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In certain philosophical texts, yoga is a state of mind ... dynamic breathing techniques, meditation, and the chanting of mantras, such as Sat Nam, meaning “truth is my identity,” with the goal of ...

**Yoga for Beginners: The Ultimate**

*Page 17/25*

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## **Guide to Starting Your Practice**

Chatting to Mayor of Truro Steven Webb about the challenges which have almost broken him throughout his life is a humbling and inspirational experience. Steven, 48, was left paralysed from the neck ...

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## **From despair to mayor: City leader's fightback from near-death and homelessness**

When I pictured my first music festival of 2021, I can't say this is what I had in mind. With gigs happening across the island of São Miguel, Portugal – with its subtropical climate, dense

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forests and ...

## **Experimental programming in a subtropical paradise: welcome to Tremor festival**

It is that hour when the mind darkens  
... its softness and the weight of my  
breathing. A few minutes later,

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standing up and suddenly dizzy, I  
recover consciousness at the foot of  
the White ...

**Forbidden territory: on horseback  
to the source of one of Earth's  
most formidable rivers**

But he wouldn't mind standing for

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hours for talks ... After traversing the length and breath of the country in service to his fatherland; Rtd DSP Chukwuma Okore has seen the good, the bad ...

**‘I was once insulted for rejecting N3m bribe’**

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