

## Breath By The Liberating Practice Of Insight Meditation Larry Rosenberg

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### Breath By The Liberating Practice

Ulcers and stomach cancer could in future be spotted with a simple breath test, replacing the practice of inserting tubes down the patient's throat, medical experts said today. If the new method ...

### Breath test could help detect cancer

We invite you to participate in One University-One Breath, a PMC project with an aim of bringing ... attention to what it feels like simply to exist in time and space. This practice in awareness reaps ...

### In this Section

Health care professionals offer tips for those who look to brush back health challenges they let fester during the last 18 months.

### Get back on track: What to expect during your next health care visits

Every time I would sit with a therapist, it was like I couldn't breathe. I wanted to tell them ... Moore's model is grounded in the practice of dramatherapy, a form of creative arts therapy ...

### Psychology Today

Kids love getting dizzy, spinning, they'll fool around choking each other, or hugging each other so tight, they can't breathe ... a commitment to meditation practice. I learned to meditate ...

### Michael Pollan is Back with Mind-Bending Thoughts on Drugs, Ego Death, and the Healing Power of Plants

However, you don't need to be staring down death to create more breathing room in your life. The practice is liberating at any age, says Virginia Onufer, 52, of Chevy Chase, Md., a writer who ...

### Decluttering in Retirement (or at Any Age) Frees Space and the Soul

Led by artistic director Noorinah Mohamed, this year's edition of the Festival of Women, N.O.W., which takes place online from July 13 to 31, anchors the conversation on making the invisible visible, ...

### Festival of Women, N.O.W. 2021: 5 Artists You Need to Know

The union of writing and yoga is liberating a new dynamic of understanding ... Yoga teaches us to be calm when we are uncomfortable and to breathe through the twinge of pain in some poses.

### How To Improve Writing With Yoga

What does it mean to watch and move through space, in dance and in life? As we emerge from the pandemic, we still have a moment to hold on to all that's slow.

### Using the Wisdom of Dance to Find Our Way Back to Our Bodies

\*With the breathing and the going inside ... has been meditating since her late 30s, a practice that first aimed to heal her back pain and now serves to ground her in Hollywood. For her role as ...

### Salma Hayek, 54, on aging in Hollywood: 'I don't think I am some hot tamale'

But coming to the stage of forgiveness requires practice. It involves letting go of self-built walls of multiple ego-identities. To forgive and seek forgiveness is a liberating experience.

### Meditate with Urmila: Practicing emotional simplicity

This column has been like breathing — every week an inhale of inspiration and ... I also want to improve on the guitar, practice more on the piano, read more literature and philosophy, and get ...

### Paul Andersen: Farewell, readers, this is my last column after 36 years

Aperťs babies have difficulty breathing, so they could regurgitate ... "It's really liberating when you stop thinking about what others think about you," she adds with a smile." ...

### MEET THE HEROIC MOTHERS WHO RAISE CHILDREN WITH SPECIAL NEEDS

\*With the breathing and the going inside ... has been meditating since her late 30s, a practice that first aimed to heal her back pain and now serves to ground her in Hollywood.