

News from Bhavani's Meditation, Music, and More



Hi , Bhavani here

Thanks so much for replying to my email to continue receiving my newsletters. As you can see, I've found a new group email service—MailerLite. Transferring the names to the new service was quite a task—but it was also a great joy to see so many of my dear friends on the list, and I so appreciated all the lovely messages I received. It's wonderful to know that I can stay in touch with you in this way.

Now, November's email:

Here we are already in snow time for some of us—the perfect time to get away to Kripalu for a couple of days. My Introduction to Meditation is soon after turkey day, and will be a lovely chance to relax from the busy holiday.

The date of the program is November 30th through December 2nd, 2018. It's a wonderful way to explore meditation if you're new to it, or if you're an experienced meditator, it provides an excellent opportunity to meditate with a group of like-hearted

others. You can find more information about it on [my website](#) and register [here](#)

[Click here to visit my website](#)

Now for some holiday reading...

Just click on the titles:

[Lao Tzu's Four Rules for Living](#)

By [Azriel ReShel](#)

Many centuries ago, Lao Tzu, spoke of the four cardinal virtues, teaching that practicing them as a way of life can open you to higher wisdom and greater happiness, as they realign you to the source and enable you to access all the powers that source energy has to offer.

[What Meditation Can—and Can't—Do for Your Health](#)

By [Carolyn L. Todd](#)

What exactly is meditation capable of, and should we be doing it? The writer spoke to several experts behind the growing body of research on the health effects of meditation to hear more about what the science tells us—and what we have yet to learn.

[It's not all in your mind: Meditation affects the brain to help you stress less](#)

By Michaela Pascoe from The Conversation

People often turn to yoga or meditation to take time out and manage the stress of their day-to-day lives. Both have been shown to reduce people's self-reported levels of stress, likely due to the effects they have on the brain's stress response system.

That's it for now.

I hope you have a beautiful, relaxing Thanksgiving celebration with family and friends. I will be leading a Gratitude workshop that evening at Kripalu. It would be super to see you at the Introduction to Meditation program—and there's also a wonderful program coming up in December that I'll tell you about in my next email.

Meanwhile, take good care of yourself and your loved ones. Remember that you can email me any time with questions and/or rejoicings about your practice. Peace and blessings.



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