

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

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## 108 Upanishads - Gita Society

Hindu Temple, Indonesia Compiled by Richard Sheppard But by what means is the Kaivalya kind of Moksha got? The Mandukya Upanishad is enough; if knowledge is not got from it, then study the Ten Upanishads. Getting 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 ...

## 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