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Listen Raja Yoga meditation music and guided audio commentaries in Hindi & in English. Learn RajYoga, through which one becomes Master of the Self. Listen the music to begin (music will calm the mind and make easy to experience 'soul consciousness'). Next - listen the commentary to guide your thoughts and experience a connection with the Supreme soul (Shiv baba). Selected best musics and audio commentaries are given on this page. 'Save' or 'bookmark' this page. RajYoga Meditation and Relax Music. Download all music. Nirwaan (Shanti dhaam) Brahma Kumaris. 00:00 / 08:17. Silence World - Peace Brahma Kumaris. 00:00 / 04:24. Silence Waves for Soul Raj. Mindfulness-based cognitive therapy (MBCT) is an approach to psychotherapy that uses cognitive behavioral therapy (CBT) methods in collaboration with mindfulness meditative practices and similar psychological strategies. It was originally created to be a relapse-prevention treatment for individuals with major depressive disorder (MDD). Focus on MDD and cognitive processes distinguish MBCT from other mindfulness-based therapies. Mindfulness-based stress reduction (MBSR), for example, is a more between the psychotherapeutic models of the East and the West. Based on the insights of both the ancient wisdom and modern medicine, this book presents Yogic science not. Combining MBCT with concurrent TMS therapy and focused attention meditation during the TMS session is a unique approach for TRD but hasn't been studied yet to the best of our knowledge. Objective: To present a case report along with literature review and methodology of this novel intervention. Methods: For literature review, we searched PubMed, PsycINFO, Web of Science, Cochrane Central, PILOTS, Google Scholar and clinicaltrials.gov from 1990 to 2017.