	Purpose and Structure for Daily Bible Reading Notes	1 The Gospels - DBR
	Purposer	2. Letters to the Church - DBR
	The purpose of the daily Bible reading group is to:	
	Lead daily interaction with God's Word.     Clarify areas that have a context to assist in reading.	Thoi DBR
	3) Highlight elements that are open to deeper independent study.	Mentorship
	4) Connect places in God's Word that add understanding to what is written	
	5) Apply God's Word to daily life.	Bible Studies
	6) Bring men and women into a deeper personal relationship with God.	
	Structure:	Devotional Notes
	The daily Bible reading commentary is written to reflect a structure including	9
	1) The Verses to be read for that day.	
	2) An Overview of the entire passage/section.	
	<ol> <li>Notation of the Audience to/for whom it was said or written, (whenever possible).</li> </ol>	
	Responsible, informed, brief Commentary on individual verses in the reading for the day.	
	S) An Application of the verses for today.	
Total D	The same of the sa	

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web pranayama exercises help to clear physical and emotional blocks or obstacles in the body so that the breath and prana can flow freely from a spiritual perspective when we practice pranayama the veil of ignorance that covers the inner light is removed the stages of pranayama the four discernable stages of pranayama are inhalation defining pranayama breath and prana ekhart yoga - Sep 22 2023

web pranayama is often neatly divided into two words prana yama prana meaning life force or energy source and yama as we ve learned already from the yamas week of our eight limbs of yoga program meaning control or restraint pranayama breathing techniques and tips yoga basics - Jun 19 2023

web prana is taken in through the air we breathe and since the pranayama exercises increase the amount of air we take in they also increase our intake of prana for all pranayama except kapalabhati the breath is slow and steady breathed in and out of the nose and down into the belly