

**City Dharma: Keeping Your Cool In The Chaos By
Arthur Jeon**

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The hell of conditioning: all things change, nothing perishes

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Meet Arthur Jeon, in this month's author interview, discussing his new book, City Dharma: Keeping Your Cool in the Chaos, Random House

Straight from the heart - our show with arthur jeon

"City Dharma, Keeping your Cool in the Chaos" was born. He presently holds monthly Dharma Conversations and teaches yoga at YOGA WORKS in Santa

The tyranny of expectations | dharma wisdom

Without realizing it, your expectations may be undermining your happiness. Expectations are so insidious that you can persist in maintaining them even after you have . her own plans and move to another city to care for her daughter full- time. . Center and the author of Emotional Chaos to Clarity and Dancing with Life.

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Climate chaos, world conflict, species extinction, income inequality, financial insecurity... Keeping your Cool in a World on Fire: Catherine Ingram 1993 and is founder and president of Living Dharma, an educational nonprofit and Director of Community Portals for Mission Markets in New York City.

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Global animal team

Om Base Productions, and the author of two books published by Random House: City Dharma: Keeping Your Cool in the Chaos, and Sex, Love and Dharma.

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He is the author of two books published by Random House: City Dharma: Keeping your cool in the chaos and Sex, Love and Dharma. Arthur began his career in

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The following has been excerpted from my new book Eternal Dharma: How to Find Spiritual Evolution Through Surrender Keeping Your Cool in Chaotic Times.

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of all the holiday chaos and demands on your time, do one small kind thing. Having defined reasons and goals before setting out helps you keep yourself Don't make your practice so sacred there is no room for regular life to come in. . of a Yogi 200-Hour teacher training at the Dharma Yoga Center in New York City.

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