



Living Your Values

How to Harmonize Your Life with Your Beliefs

with Rev. Jaganath Carrera

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Learn practical ways to bring clarity, direction, and joy into your life. Let's look at how to develop meaningful goals based on vital values that enrich your well-being and explore how to develop the motivation and commitment to achieve your spiritual goals. Discover how the teachings of Yoga, as presented in the Bhagavad Gita, can help you face the challenges and obstacles that cause you to shift direction and how "failures" can be used to re-establish your zest for the goal.
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