

# SPIRIT GROOVES / DHARMA GROOVES WEB SITE

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By Michael Erlewine ([Michael@Erlewine.net](mailto:Michael@Erlewine.net))

Here is the look of our new web site for all of the Spirit Grooves and Dharma Grooves videos, as well as my books and about 1000 or so articles being assembled thanks to help from my friend Patricia Williams. It should be live pretty soon.

There has been quite a bit of mid-level solar activity lately, including a CME (coronal mass ejection) event that broadsided Earth recently, so this suggests that this time (the last week) could bring new information (read: increased creativity) into our lives. Watch for that.

No signs of spring here, yet. Continuing very cold, with occasional snow. As the Sun moves northward there is a little more light each day, which is about the only sign that (someday) we will have warmth and walking outside and sitting in the woods. Imagine that.

Videos hosted by Astrologer Michael Erlewine

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How to combine the techniques of meditation off-the-cushion with whatever work you are already doing.

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26:18

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