Culture
Spirituality



(Unsplash/Martin Murphy)

by NCR Staff

View Author Profile

Join the Conversation

Send your thoughts to *Letters to the Editor*. Learn more

October 6, 2017
Share on BlueskyShare on FacebookShare on TwitterEmail to a friendPrint

In this episode, NCR contributor Julie Bourbon explains kriya yoga and the Assisi Institute's inaugural kriya yoga conference. Devotees and teachers say that practicing this form of meditation can bring one into deeper relationship with God. Then, a conversation with theologian Deanna Thompson on her book *The Virtual*

Body of Christ in a Suffering World. Deanna talks about how a journey through illness led her to embrace her digital connections as a vital example of the body of Christ.

Show notes

- The Assisi Institute's Kriya Yoga Conference will blend Catholic and Eastern spirituality.
- We say: A deeper focus on encounter can erase fear of the unfamiliar.
- Perspective: Yoga makes me a better Catholic.
- Virtual connectivity helps us attend to life's pain, writes Deanna Thompson.

How do I listen?

From your iPhone or iPad: Open the preloaded app called "Podcasts." It has a purple icon. If you're reading this from your phone, tap this link, which will take you straight there. (You can also use the magnifying glass icon to search; type "NCR in Conversation.") Once you're on the series page, you can tap on an episode title to play it. Tap on the "subscribe" button to have new episodes sent to your phone. If you prefer another podcast player, you can find "NCR in Conversation" there. (Here's the RSS feed.)

From your Android phone or tablet: You can listen and subscribe using the preloaded Google Play app. If you're reading this from your phone, tap this link to play the latest episode and learn more about the app.

From your desktop or laptop: You can also simply press the play button above to listen on this page. Make sure to keep this window open on your browser, or the audio will stop. You can find the latest episode of NCR in Conversation at NCRonline.org/podcast.

Advertisement