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that appears before any sort of pain,
diseases and disorder? It is simpler than
you can imagine right now. My dear

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friend, that condition very much exists,
it is very real.

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acupressure, most of us think about the
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complicated to learn. Therefore many people never try using it, or if they do, they give up quickly. However, the acupressure (ancient art of healing by simple u...

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aware simultaneously of both your inner world and the outer world. Become aware of both objective and subjective experiences arising in awareness. Concentrate on the spacious quality of awareness for a few seconds. 6.

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