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That Can Create A Deep State Of Relaxation In Your Mind And Body. Reducing The
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Simpler Chants From Cosmic Chants) 20-20-20 Breathing And „tense And Relax“
Exercise: From SRF Lessons: Before Starting Hong-Sau, Practice The Following
Breathing Exercises Six To Twelve Times: Inhale To A Count Of 20; H Apr 3th, 2024.
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Binaural Beats I'm A Person Who Needs A Solid Eight Hours Of Sleep To Function
Like A Normal Human Being—anything Less, And I'm Destined To Spend The
Following Day Feeling A) Exhausted B) Confused C) Unproductive, And D) Kind Of
Mean (sorry, Everyone).And Because I'm A Person Who Needs Plenty Of Zzzs To
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