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5-Minute Chi Boost by Sifu William Lee, takes a very pragmatic approach into the discipline of Chi and how to learn simple ways of employing it. Like his previous two books, Total Chi Fitness [review here] and

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“Did you know that there is a condition  
that appears before any sort of pain,  
diseases and disorder? It is simpler than

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you can imagine right now. My dear friend, that condition very much exists, it is very real.

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Check out this great listen on Audible.com. When thinking about the acupressure, most of us think about the

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procedures that are somewhat 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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5. With your eyes still open, now become 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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