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Paperback - January 4,  
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you know that there is  
a condition that  
appears before any  
sort of pain, diseases  
and disorder? It is  
simpler than you can  
imagine right now. My  
dear friend, that  
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When thinking about  
the acupressure, most  
of us think about the  
procedures that are  
somewhat complicated  
to learn. Therefore  
many people never try  
using it, or if they do,  
they give up quickly.

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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

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