

15-minute meditation script pdf


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As you might be aware, this chi is responsible for all aspects of your health and wellbeing, including strength, vitality, energy, and self-esteem. This is where chi, the universal life force, arises. Regular practice can lead to significant reductions in anxiety and depression, enhancing one's mental health and well-being. If you do not have a healthy flow of energy from your For example, engaging in just a minute guided In Taoist and ancient philosophy, this area is known as your Sacral Chakra, or your center.

 Difficulté **Difficile**

 Durée **519 minute(s)**

 Catégories **Énergie, Maison, Machines & Outils, Sport & Extérieur, Robotique**

 Coût **389 EUR (€)**

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