
Meditation And Its Methods Mceigl De

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meditation and its utility in daily life - ning - meditation and its utility in daily life meditation is not for a few but is necessary for all human beings. the inner self of a person touchesthehigherself(theparam-tattwa)duringdeepsleepdailyisunknowntouchrecharges the battery of man. so, when he gets up from his sleep, he feels that he is refreshed, full of strength and relaxed. this is a natural process for all persons alike. if one ...
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