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Because It Uses The Transpersonal Field Of Consciousness For Healing,

Development And Spiritual Orientation More Than Usual Methods. Mar 1th, 2024.  
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A Journal Of Breathwork Practice, Psychology And Spirituality Sudarshan Kriya (SK), A Rhythmic Breathing Process, That I Have Been Inspired To Investigate The Possibility That Breathing Practices Might Lead Others Towards Wholeness And Healing. The Word Sudarshan Translated From Its Original Sanskrit Meaning Is; Su=good And Darshan=vision. The Word Kriya Means Purifying Action. Feb 2th, 2024  
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