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5-Minute Chi Boost - Pressure Points for Reviving Life Energy, Avoiding Pain and Healing Fast Quotes Showing 1-2 of 2 "Did 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 condition very much exists, it is very real.

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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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