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clothing can

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position, extend
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and shake your
arms, your
entire upper
body, your head.

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Shoulder Stand,
when done
properly, the
yogic masters
say that 15

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of surrender
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the awakening
rather than
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actively awaken
Kundalini.

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avoiding.

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slaps all your

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pain is fully
revealed, and

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into it as you
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mind take over
and make the

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