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Between Meditation And Neidan Has Also Been Examined In Studies By Sakade Yoshinobu And, Most Recently, By Kato Chie. While Sakade Has Clarified How Neidan Compares To The Two Main Types Of Daoist Meditation (visualisa-tion Of Inner Gods And 'inner Contemplation' Or Neiguan),<sup>5</sup> Kato Has Shown. 4th, 2024

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-Mantak Chia 1. Sit Comfortably, Either On A Straight-backed Chair, Or On The Floor. If Sitting On The Chair, Sit On The Edge

Of The Chair. The Important Thing Is For Your Spine To Be In An Upright Position, And Your Head Arranged To A 4th, 2024

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