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Meditation As You Pause Here In The Ecce Moment With Empty Lungs, The Soldier's Lance Thrusts Through Jesus' Side And Into His Heart, Causing Blood And Water To Flow Out And Down Like A Waterfall, Down Into Your Heart And Soul. As The First Drops Of This Blood An Feb 2th, 2024 Breathing Meditation (5:31) - UCLA Health Just Breathe Soften And Now Begin To Tune Into Your Breath In Your Body Feeling The Natural Flow Of Breath Don't Need To Do Anything To Your Breath Not Long Not Short Just Natural And Notice Where You Feel Your Breath In Your Body It Might Be In Your Abdo May 1th, 2024.

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