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## Be Not Afraid BEHÜTE MICH, GOTT Be Not Afraid

1. You Shall Verse 1 '(( )' )'((' Cross The Bar-ren' '( \* & ' ' Des-ert, But You! # ' '(' +' Shall Not Die Of \*(& ' ' Thirst. Apr 11th, 2024

## Not Afraid Not Afraid [F#, 79 Bpm, 4/4]

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1 Sanskrit: Consisting Of Two Words, Man (mind); Tra (to Deliver). Astral Dimensions, And Therefore Our Words And Thoughts Affect The Food We Prepare. With This In Mind, It Is Actually Not The Physical Substance Of Food That Has The Power To Unite, But Rather The Intention That It Carries Feb 8th, 2024

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## When The Body Says No: Stress And The Mind/Body Unity

--the Autonomic System Helps Modulate Blood Flow, Muscle Tension --the Hypothalamus As The Apex Of The Autonomic System (and Also Of The Hormonal Apparatus) 3, The Endocrine Glands: --endocrine: An Organ That Secrets A Substance Into Circulation To Affect Another Organ: E.g., Thyroid, A Jan 10th, 2024

# Summary Of The Body Keeps The Score Brain Mind And Body ...

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