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### **SLEEP AND SLEEP HYGIENE 1. WHAT HAPPENS DURING SLEEP?**

Upon Awakening Each Morning, Block In The Hours You Slept During The Night By Darkening The Boxes That Correspond To Those Hours. If You Took A Nap Or Slept During The Days, Darken Those Hours Also. You C Jan 11th, 2024

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### **Message From Venerable Sonam Tenzin Rinpoche**

Therefore, Rinpoche Would Request That We All Fervently And Regularly Pray To Guru Rinpoche (Padmasambhava) And To 21 Taras For More Benign And Favourable Climatic Conditions For Our Mother Earth During The Entire Year Of 2020. Rinpoche Also Urges You To Make A Strong And Determined Resolution To Engage In Virtuous Mar 2th, 2024

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Green Tara Oral Transmission & Sadhana Practice People Usually Think That There Is Green Tara, White Tara, 21 Taras And So Forth, But In Reality There Is Just One Tara, But In Many Different Manifestations. She Manifests In Various And Different Forms To Be More Fitting And ... May 24th, 2024

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Jessi Ware Scene 1: Crazy Eyes Throws Pie At Alex (Season 1 Ep 3; Lesbian Request Denied) Feb 24th, 2024

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