

## The Mind Illuminated

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Discussing a , book , that has completely transformed my meditation practice, , The Mind Illuminated , by Culadasa John Yates.

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meditation called \"Isha Kriya\" by Sadhguru and I'm

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York Times Bestselling author. His , books , Your Best Life Now and

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down a solid foundation is essential. It has been a very challenging year, and

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