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emotional health of the
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main intent of the Preksha
Meditation is to develop
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(meditation) a light meal
should be taken. On fast
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By practicing Preksha
there is improvement in
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It cleanses and relaxes
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The main intent of the
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the mind and purge
negativity out of the body
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aim of Preksha Meditation
is not just to achieve all
round development
spiritual growth, wellness,
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