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Hi Deb, To tell you the truth, I've been really sporadic in my practice, both of Tai Chi Chih & the Six Healing Sounds. But I'm reading Deepak Chopra's book "Quantum

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Six Healing Sounds van Mantak Chia vind je op [zoekboek.nl](#) Taoist Techniques for Balancing Chi Mantak Chia 15.06 | Engels | Paperback | 2009.

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Master Chia states the practice of the Six Healing Sounds is vital to restore and maintain your calmness and good health by restructuring the cooling system of the body.

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