






Breathe, you are Alive!

Breathe, you are Alive!, 1988

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[1] <http://mpcmontreal.org/sites/pleineconscience.org/files/Breathe%2C%20you%20are%20alive%20-%201%20The%20first%20subject%20of%20Full%20Awareness-Following%20the%20breath%20in%20daily%20life-Method%201-2.pdf>

[2] <http://mpcmontreal.org/sites/pleineconscience.org/files/Breathe%2C%20you%20are%20alive%20-The%20Second%20subject%20of%20Full%20Awareness%20-%20Awareness%20of%20the%20Body%20%28Method%202-3%29.pdf>

[3] http://mpcmontreal.org/sites/pleineconscience.org/files/Breathe%20you%20are%20alive-5%20The%20Fifth%20Subject%20of%20Full%20Awareness-Observing%20%28Methods%207-8%29_0.pdf

[4] <http://mpcmontreal.org/sites/pleineconscience.org/files/Breathe%20you%20are%20alive%20-%20The%20Sixth%20Subject%20of%20Full%20Awareness-Controlling%20and%20liberating%20our%20mind-Methods%209-12.pdf>