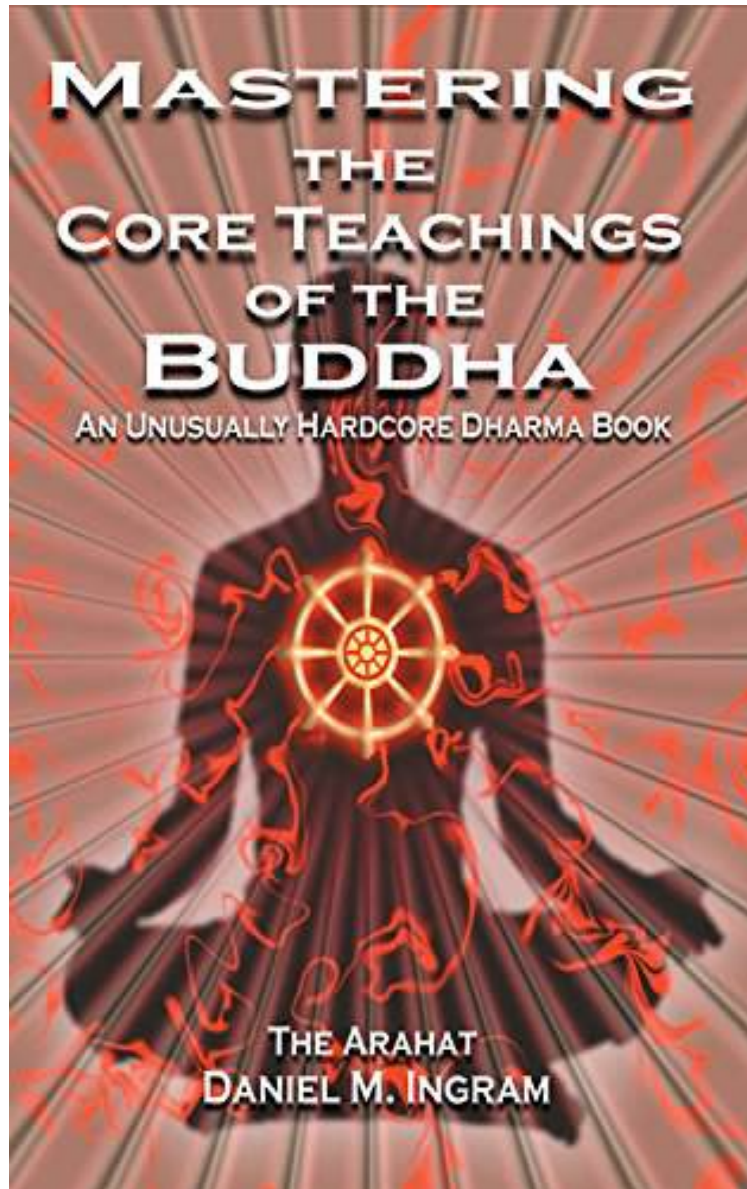


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By Daniel Ingram

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concentration based and insight vipassana meditation he provides exam About the Author Daniel M Ingram began
entering into classical meditation territory as a teenager quite by accident and without knowing it crossed into territory
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