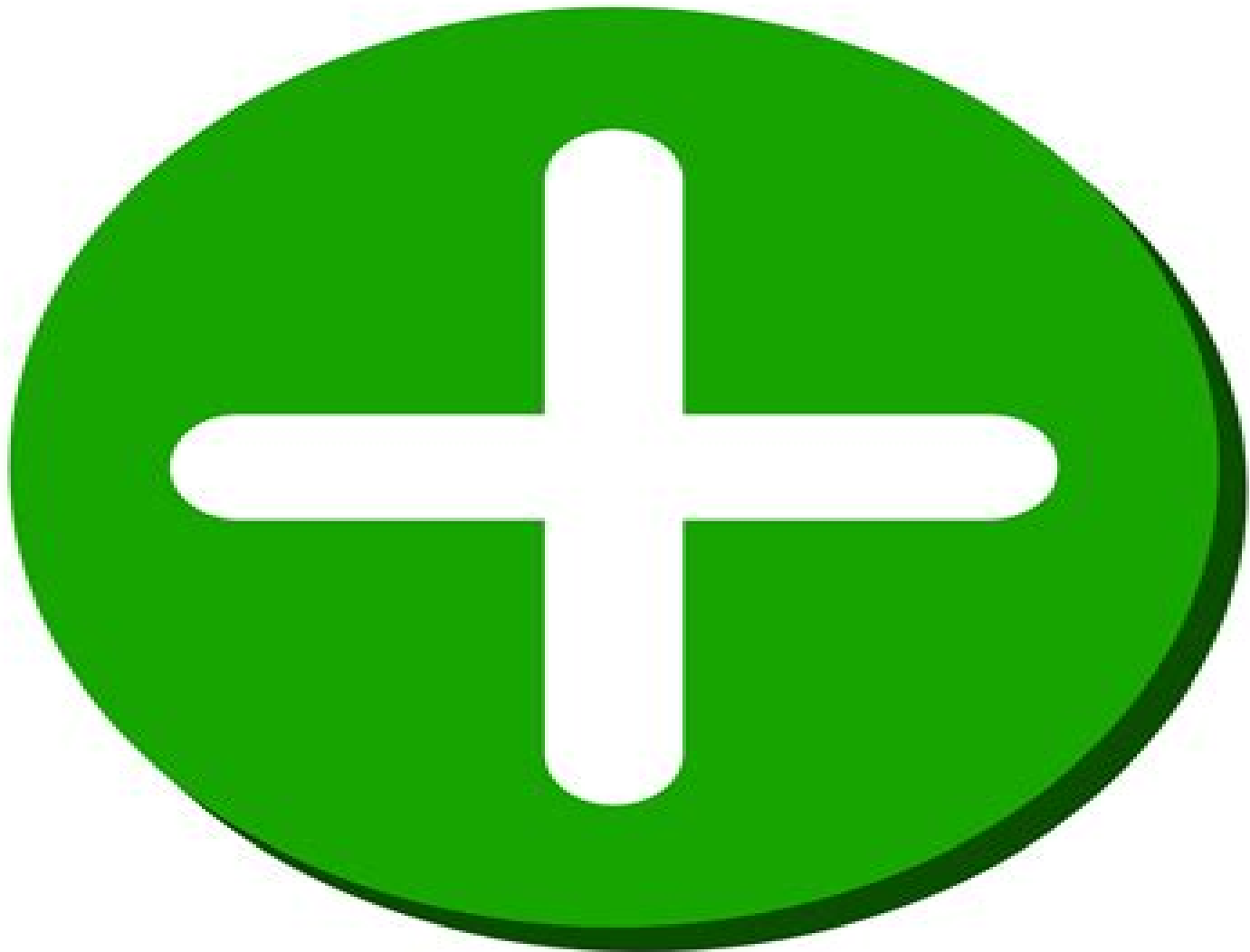




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can flow freely from a spiritual perspective when we practice pranayama the veil of ignorance that covers the inner light is removed the stages of pranayama the four discernable stages of pranayama are inhalation

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