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Through The Practice Of Presence By A. H. Almaas**

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She has a private practice in Carmel, where she lives with her husband and son. Unfolding Now: Realizing Your True Nature through the Practice of Presence

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A.H. Almaas is the pen name of A. Hameed Ali (born 1944), an author and spiritual teacher who . The Unfolding Now: Realizing Your True Nature through the Practice of Presence, 2008, Shambhala, ISBN 978-1-59030-559-1

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