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"From wuji we move into another standing posture that is called san-ti. The san-ti is the primary posture of Hsing-i. In fact, about 60 % of the Hsing-i student's time is spent holding this posture. Buddhism is an Indian religion attributed to the teachings of the Buddha, supposedly born Siddh?rtha Gautama, and also known as the Tath?gata ("thus-gone") and Sakyamuni ("sage of the Sakyas"). Welcome to the METAtionin Research website. METAtionin is a close cousin of melatonin. Melatonin, as you probably already know, is a secretion of the pineal gland that encourages our consciousness to enter the sleeping state. Subscribe to my channel so that you can be part of the "Community Tab" and access more helpful information. If you get any tutoring from me, I am now giving the Core Nursing Fundamentals for FREE ...