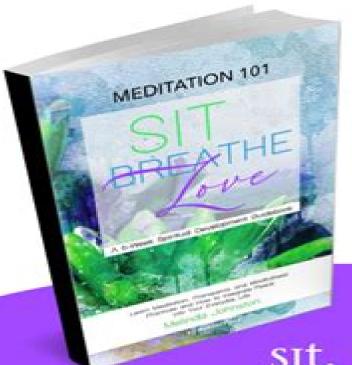
Meditale

Once you become Aware of the contents of your Mind...



you are no longer the mind.

You have become the Observer.

sit. Breathe. Love

A GUIDEBOOK from BUDDHI WINSTITUTE

Mindfulness Meditation Readers Choice

Ella Berthoud



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