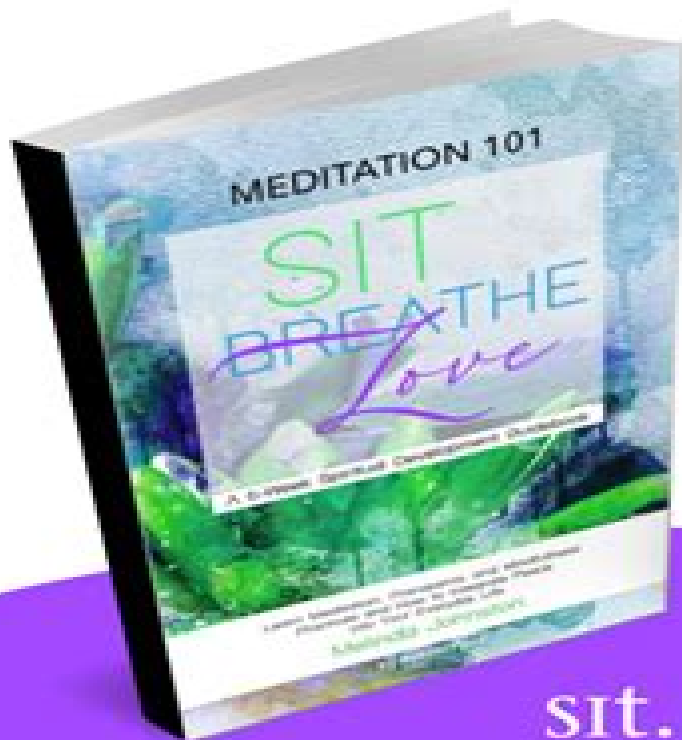


Meditate

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

you are no longer the mind.

You have become the **Observer.**



sit. Breathe. Love

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Mindfulness Meditation Readers Choice

Carl Llewellyn Weschcke, Joe H. Slate



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