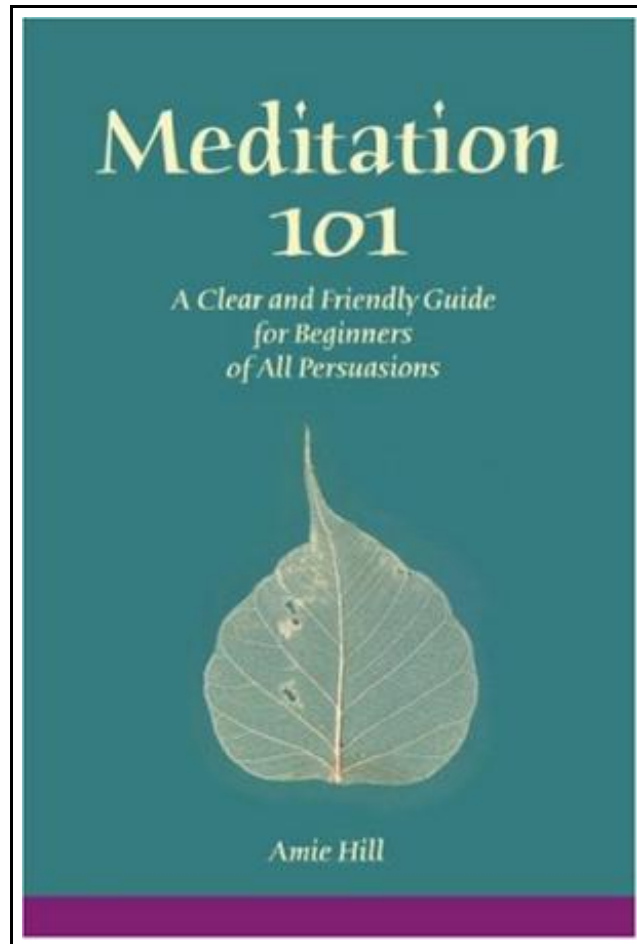


## Meditation 101 A Clear and Friendly Guide for Beginners of All Persuasions



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