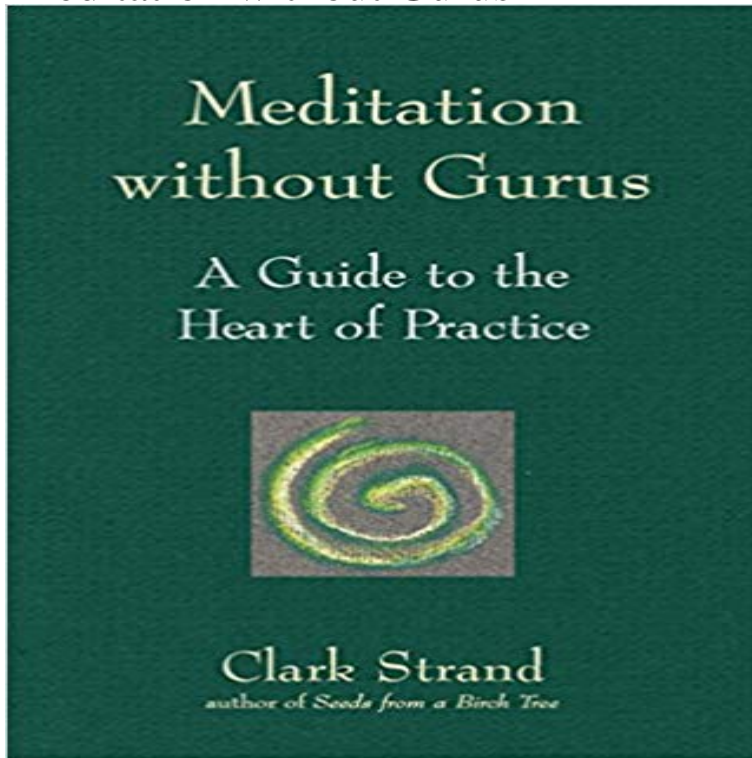


Meditation without Gurus



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thoughts, feeling and sensations without judgement.

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