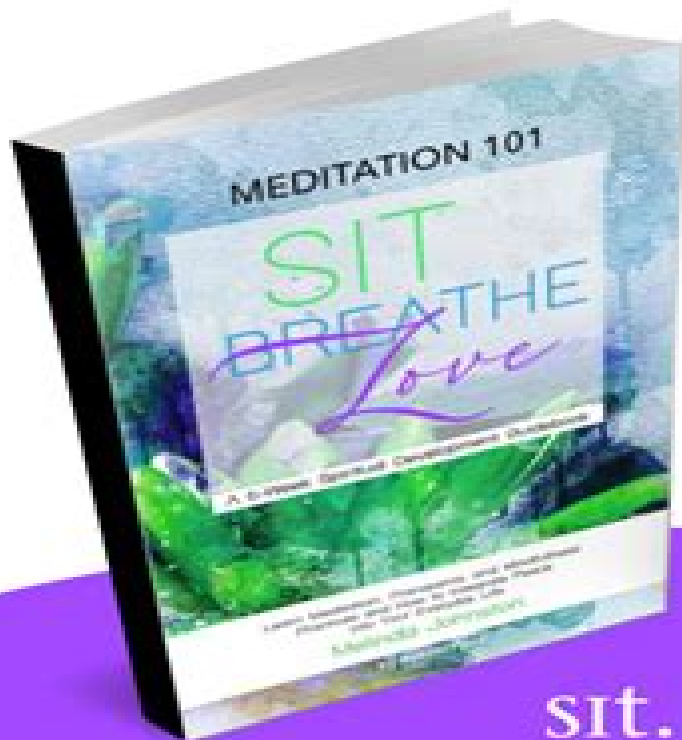


Meditate

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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