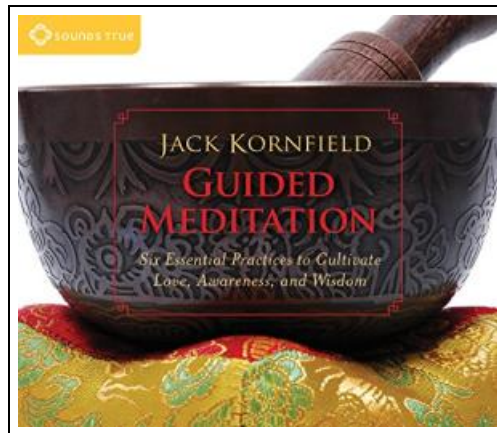


## Guided Meditation: Six Essential Practices to Cultivate Love, Awareness, and Wisdom



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