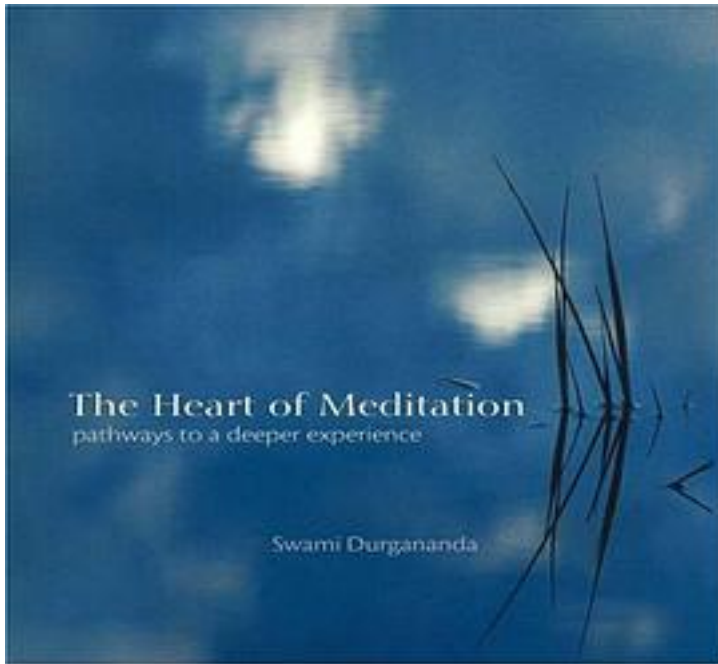


The Heart of Meditation



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This guide to the inner being reveals techniques for moving beyond troublesome thoughts, finding keys to unlock practices like mantra repetition, and learning how to troubleshoot your own meditation practice.

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