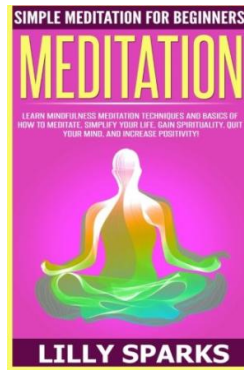# Meditation: Simple Meditation for Beginners! Learn Mindfulness Meditation Techniques and Basics of How to Meditate, Simplify Your

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