

GUIDED MEDITATIONS

for calmness, awareness, and love

A serene landscape photograph of a forest. In the foreground, there are several evergreen trees, some with reddish-brown foliage. The middle ground is filled with a dense forest of evergreens. In the background, a small cabin is visible through the trees, partially obscured by a thick layer of mist or fog. The overall color palette is cool, with blues, greens, and whites.

Mindfulness of Breathing,
Development of Lovingkindness,
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Guided Meditations For Developing Calmness Awareness And Love

Michael Schuerman



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