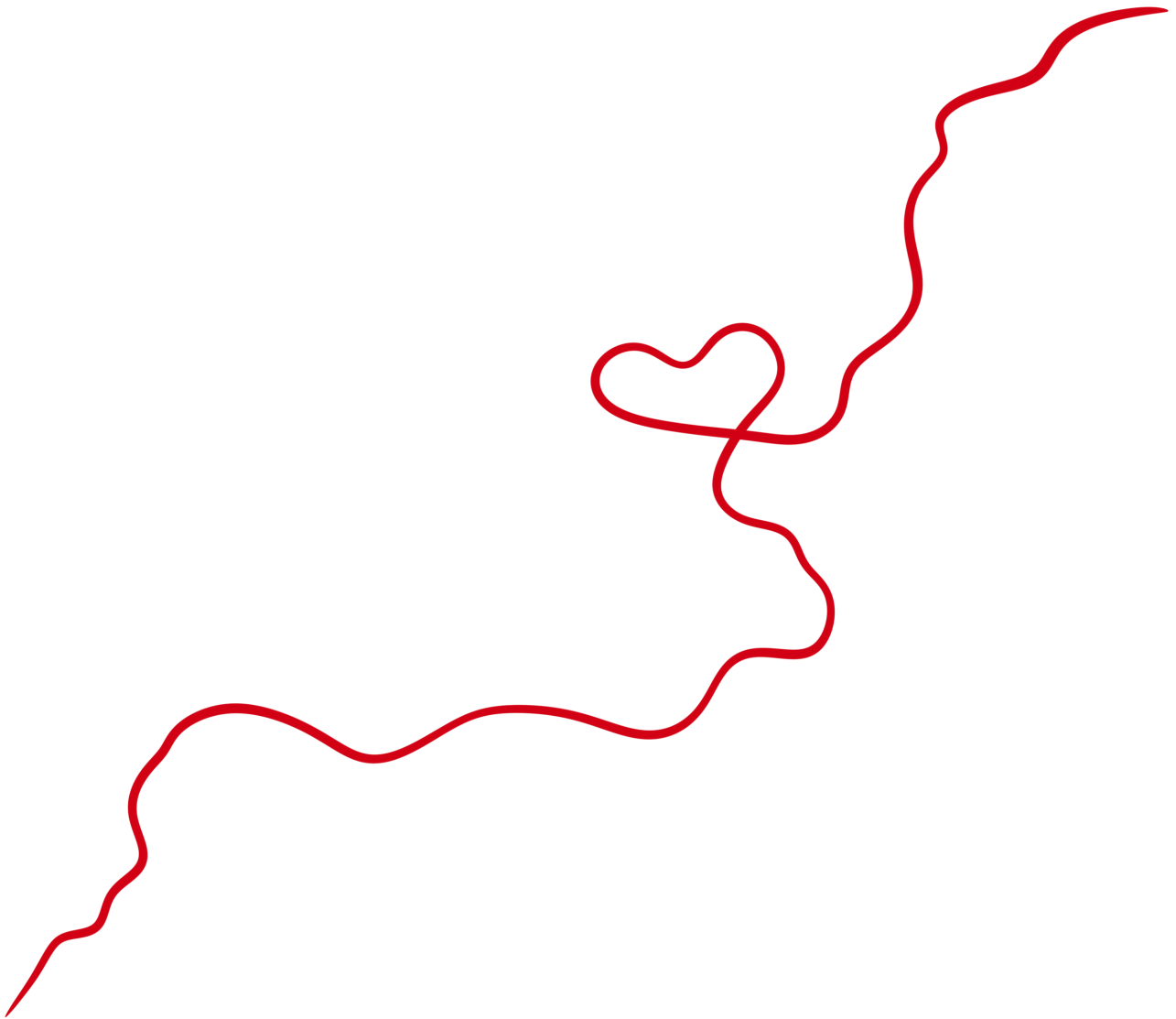


Red thread Tracing Meditation

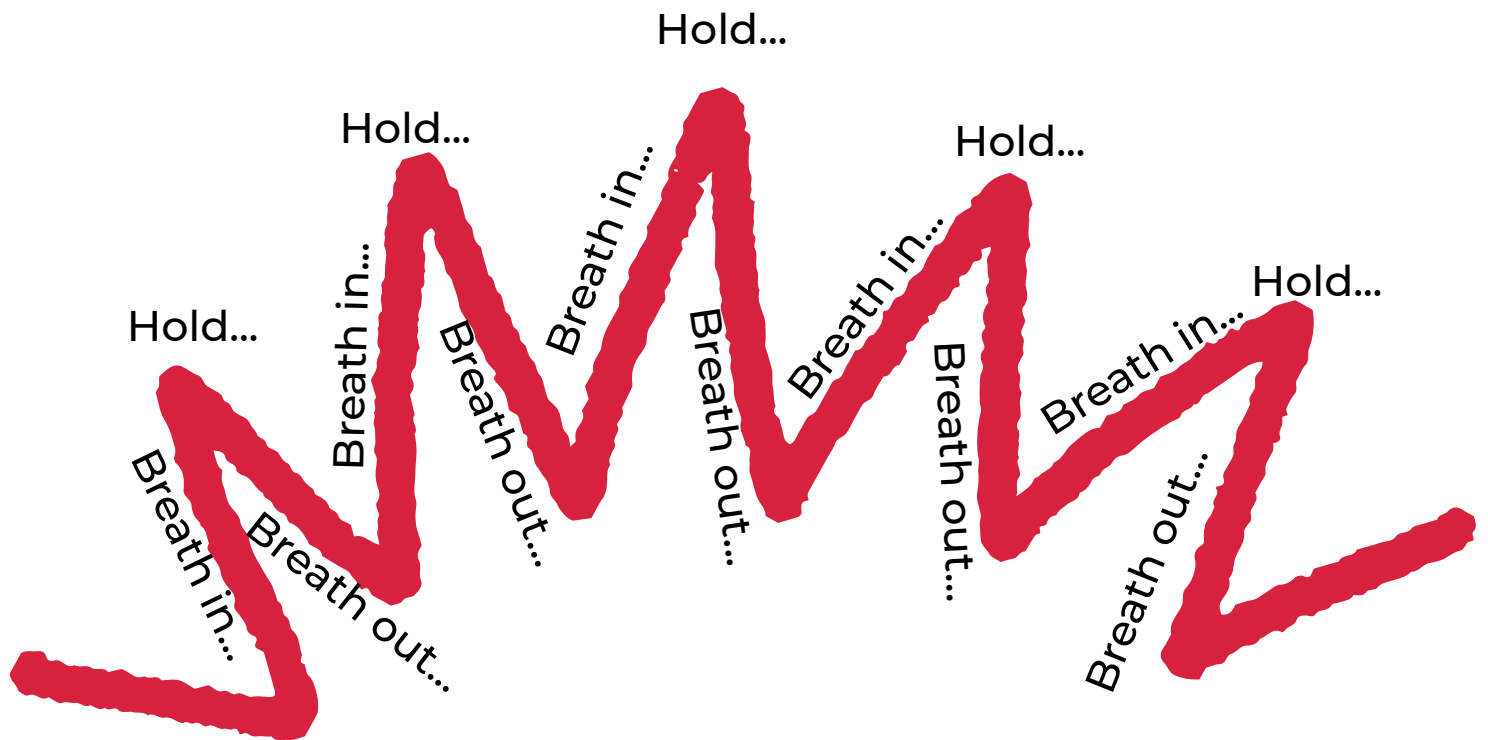


Breath in, breath out, hold...

Follow slowly the thread with your finger
and breath with calm...



Follow slowly the thread with your finger
and breath with calm...



Follow slowly the thread with your finger
and breath with calm...

