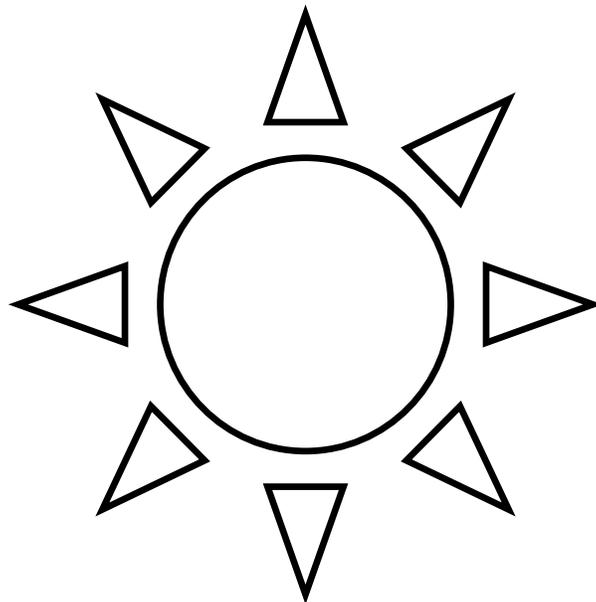
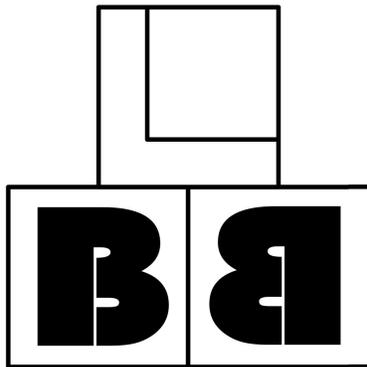


*The
Meditation
Notebook*





The Meditation Notebook

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Congratulations!

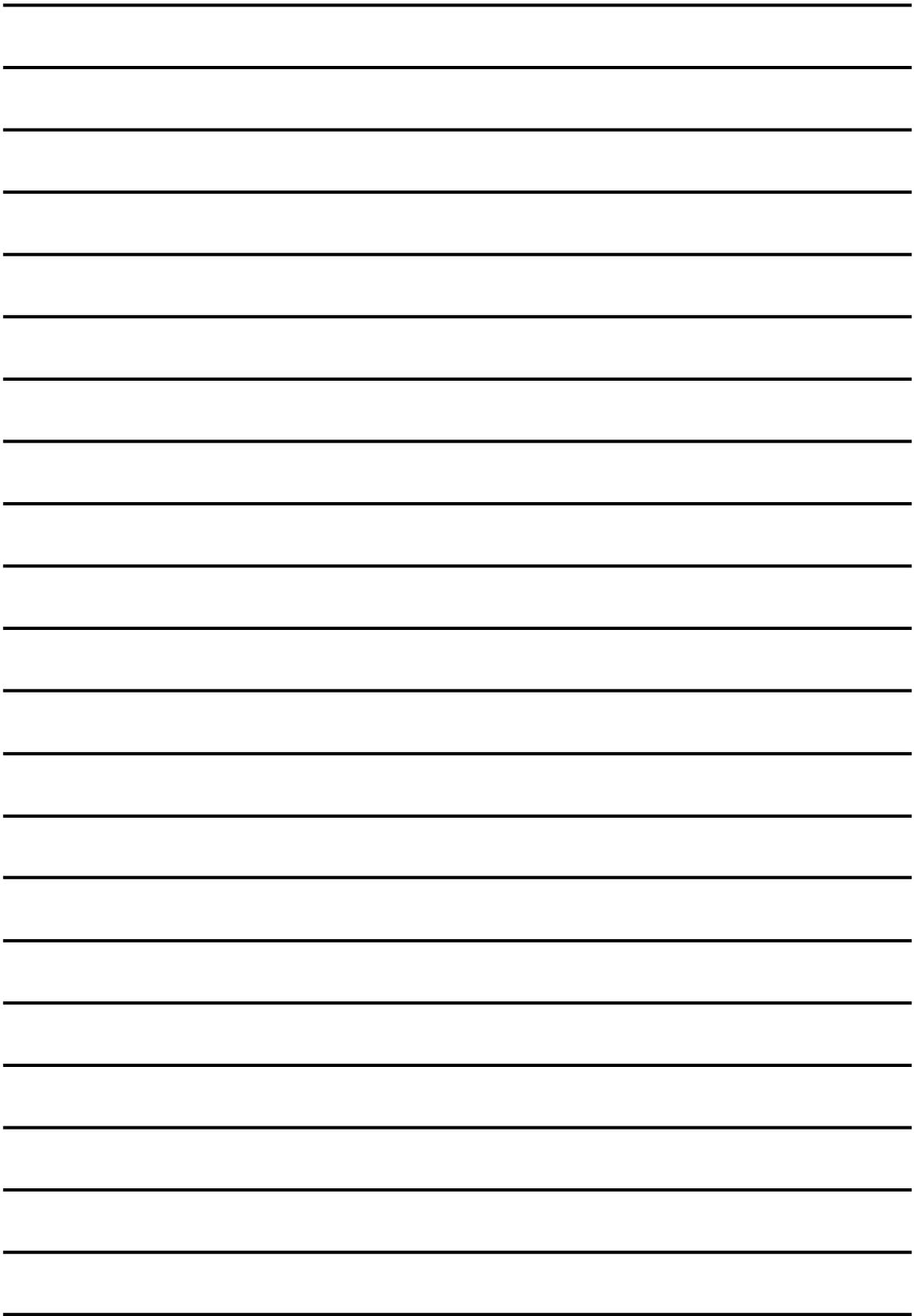
You decided to meditate. If you are unsure about what to do then this "Meditation Notebook" is here to help.

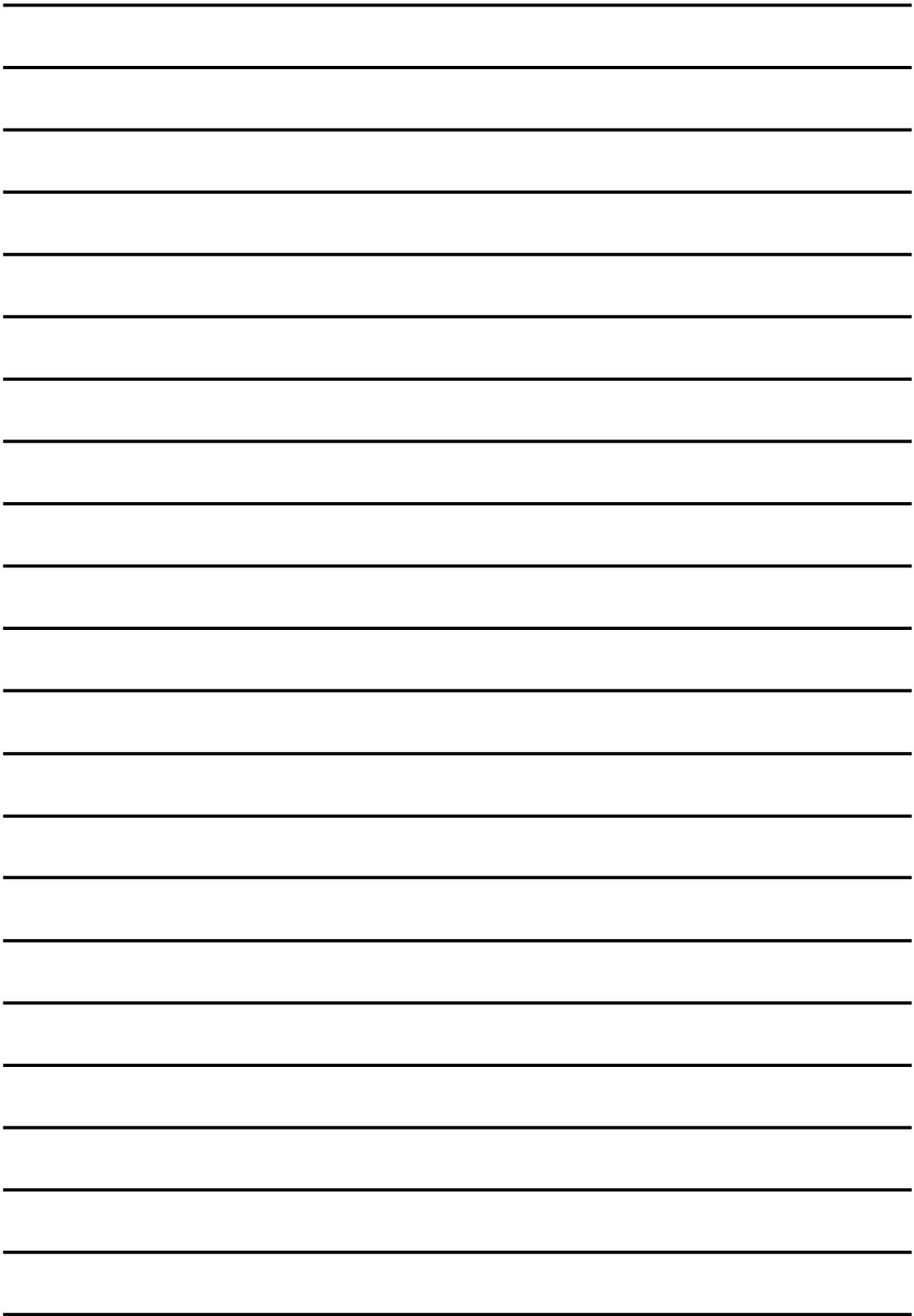
A successful meditation is all about recording your thoughts and feelings and improve as you go.

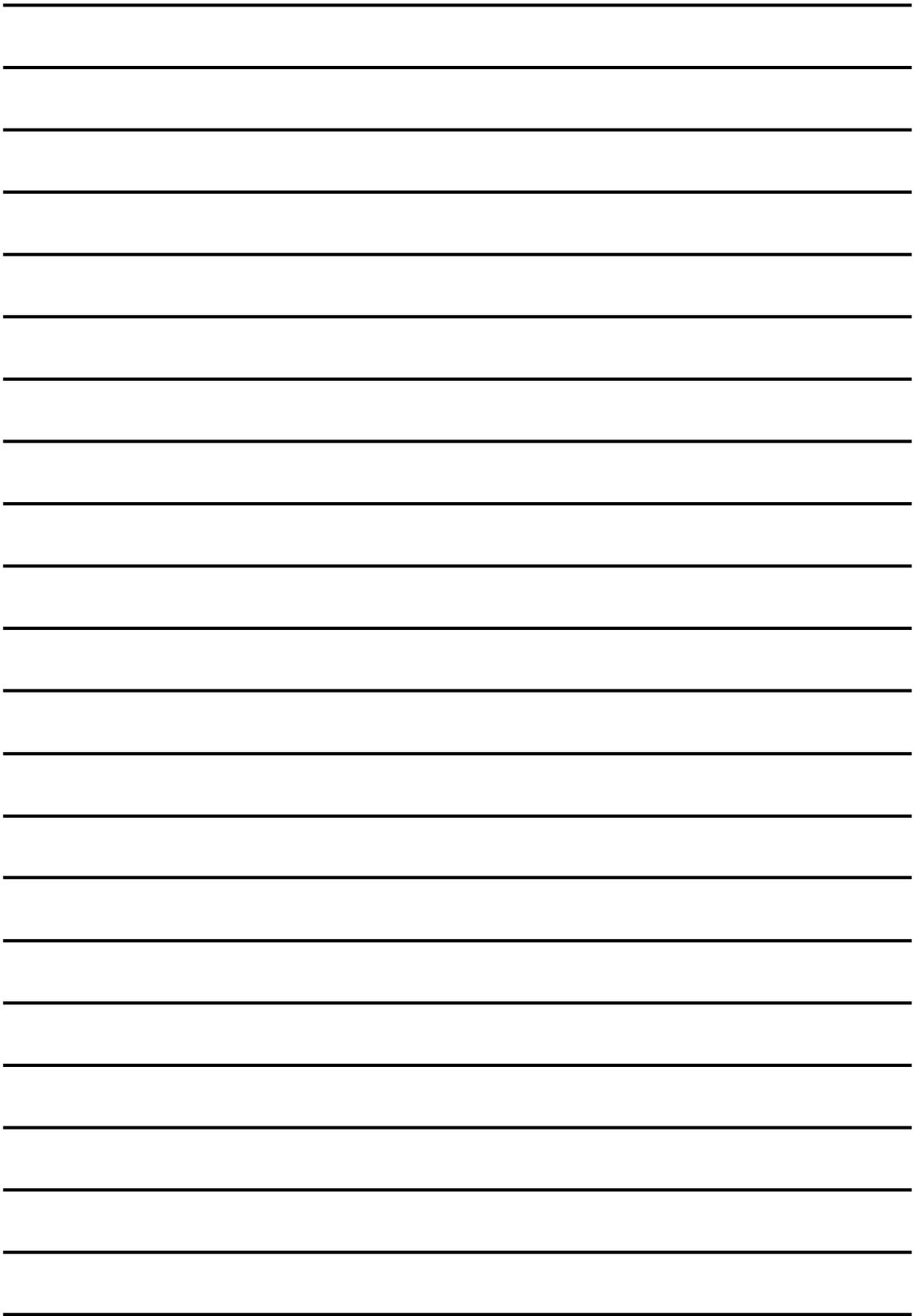
Follow the 12 steps described in the notebook, keep your own notes (really important) and discover how powerful meditation can be.

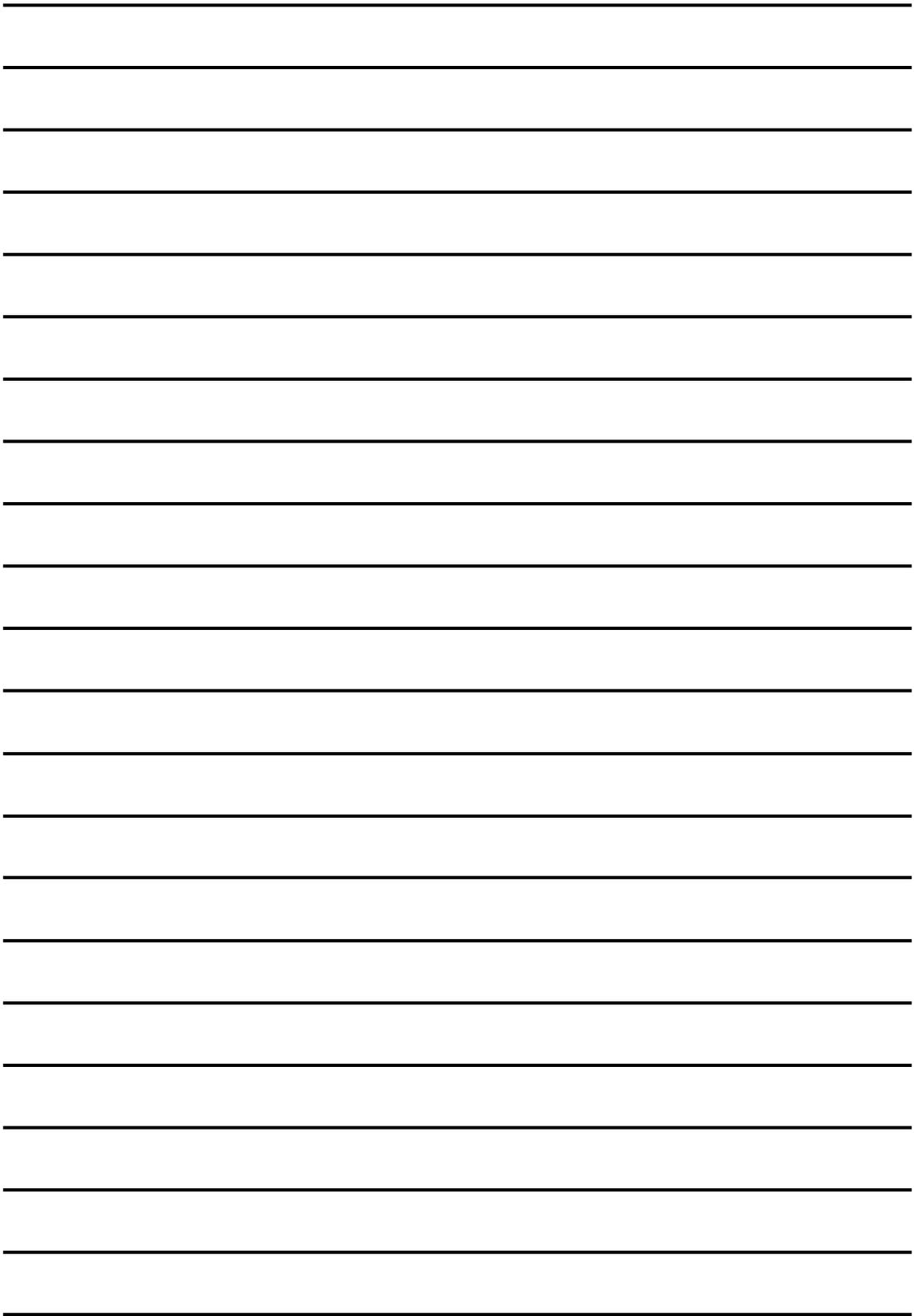
Are you ready?

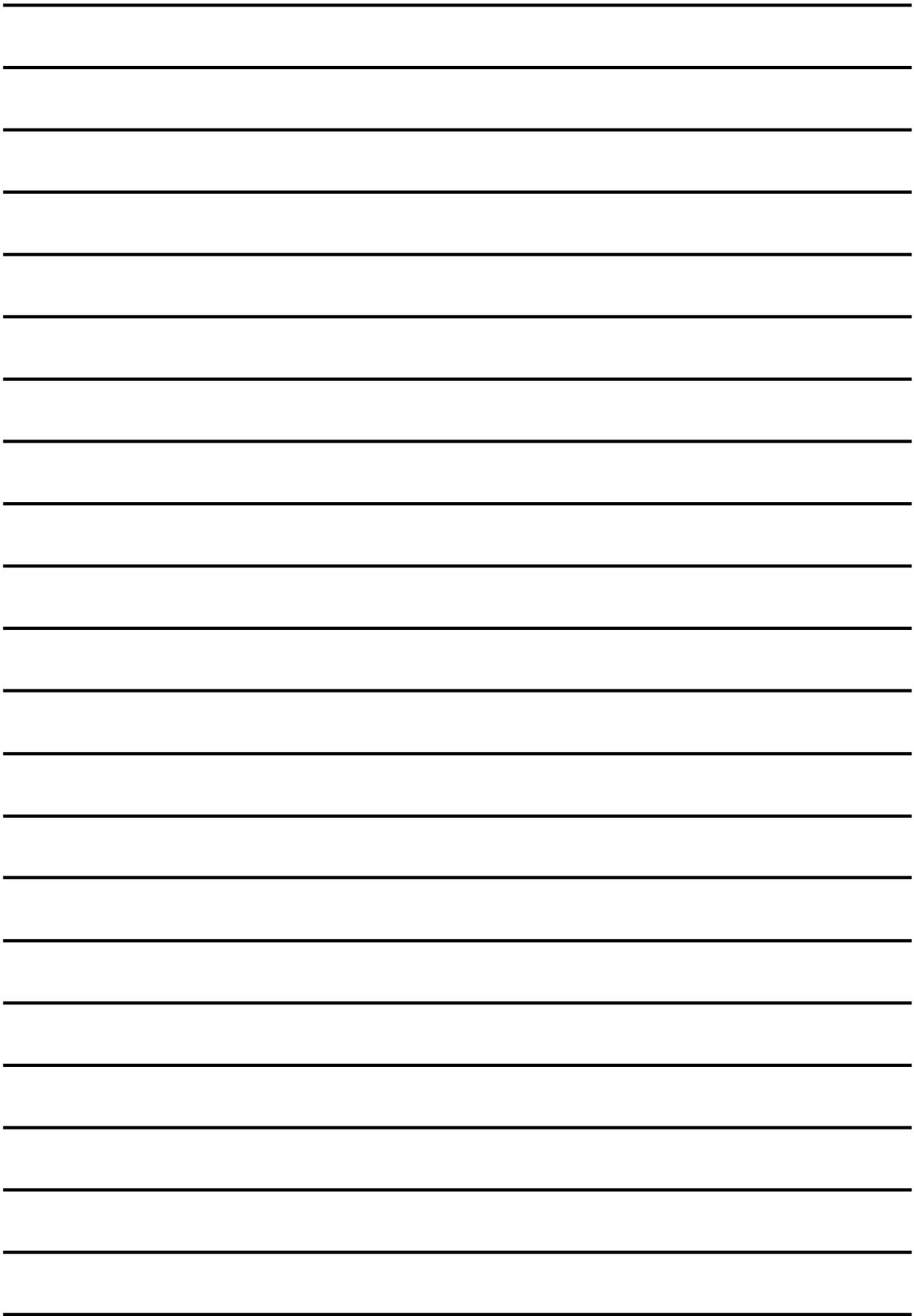
*Let's make the practice of meditation more accessible so you
can finally enjoy it!*

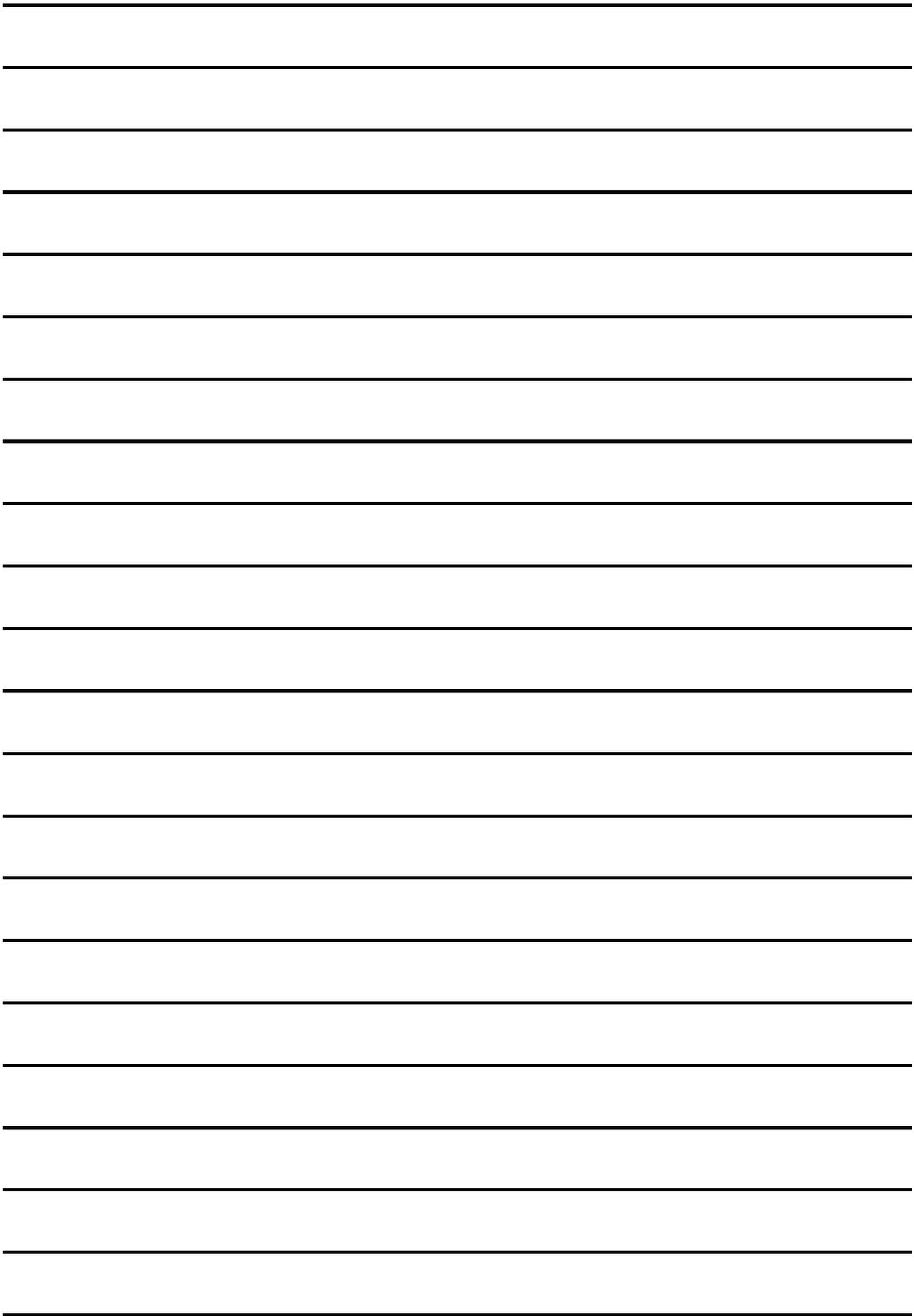


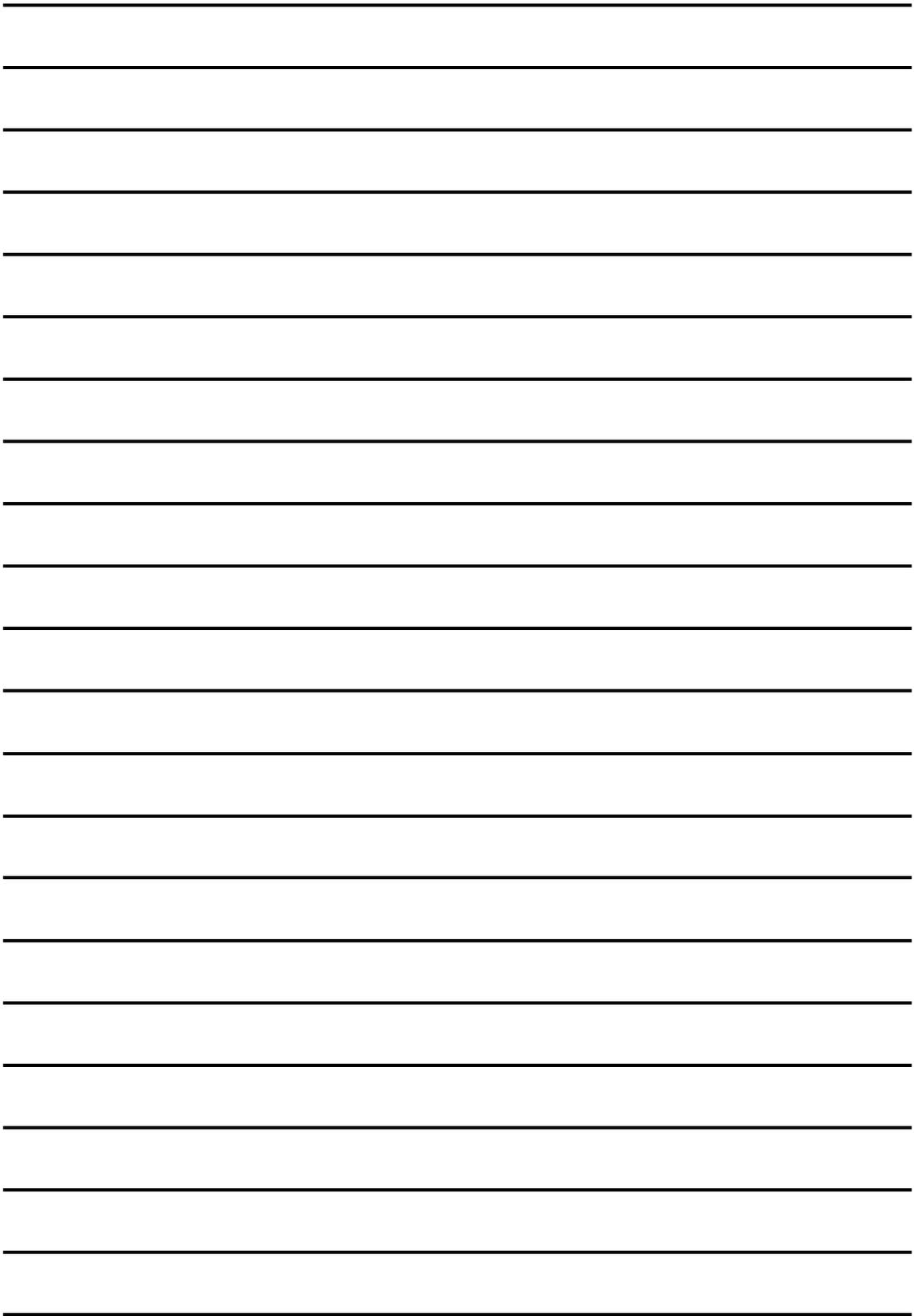


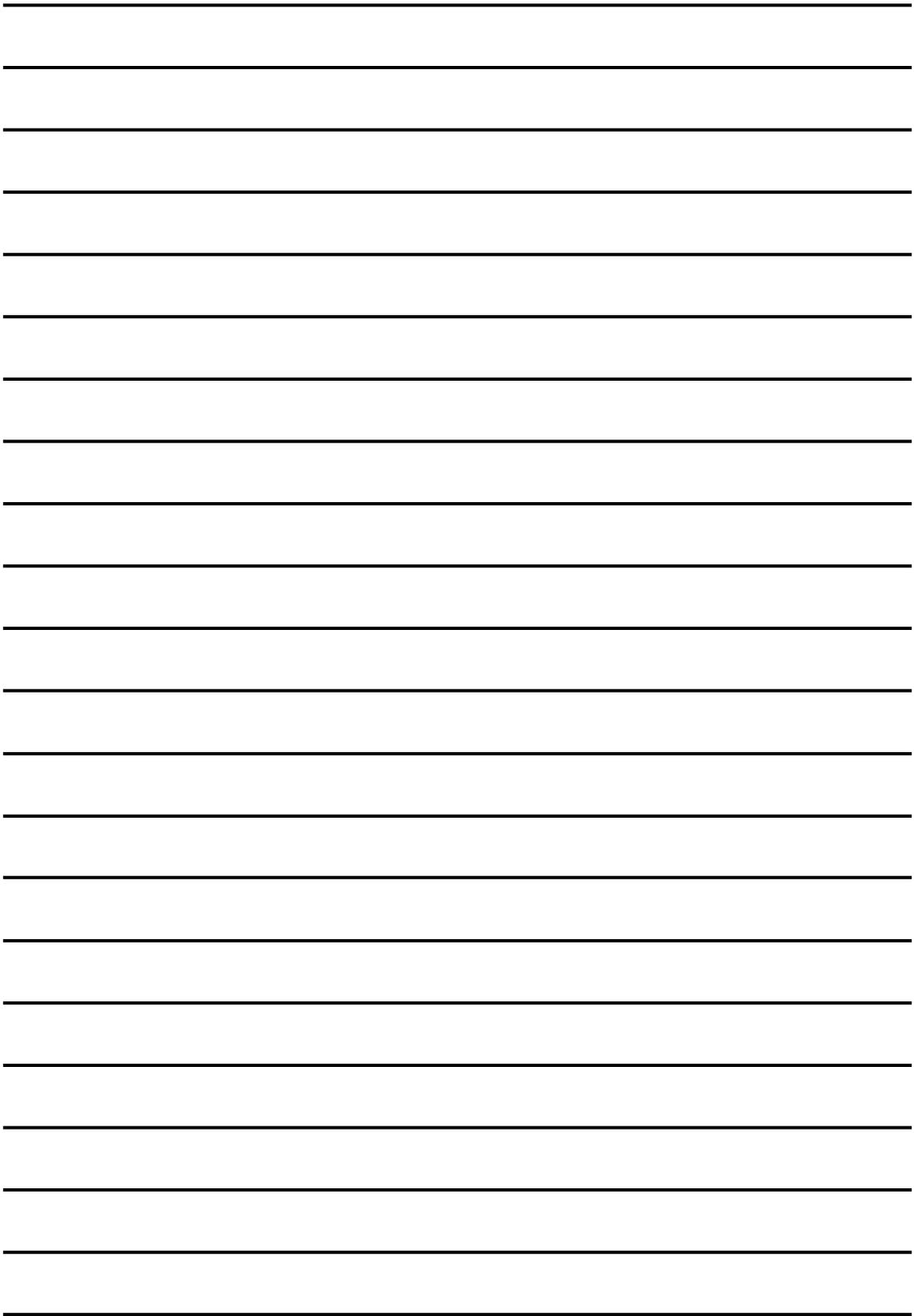


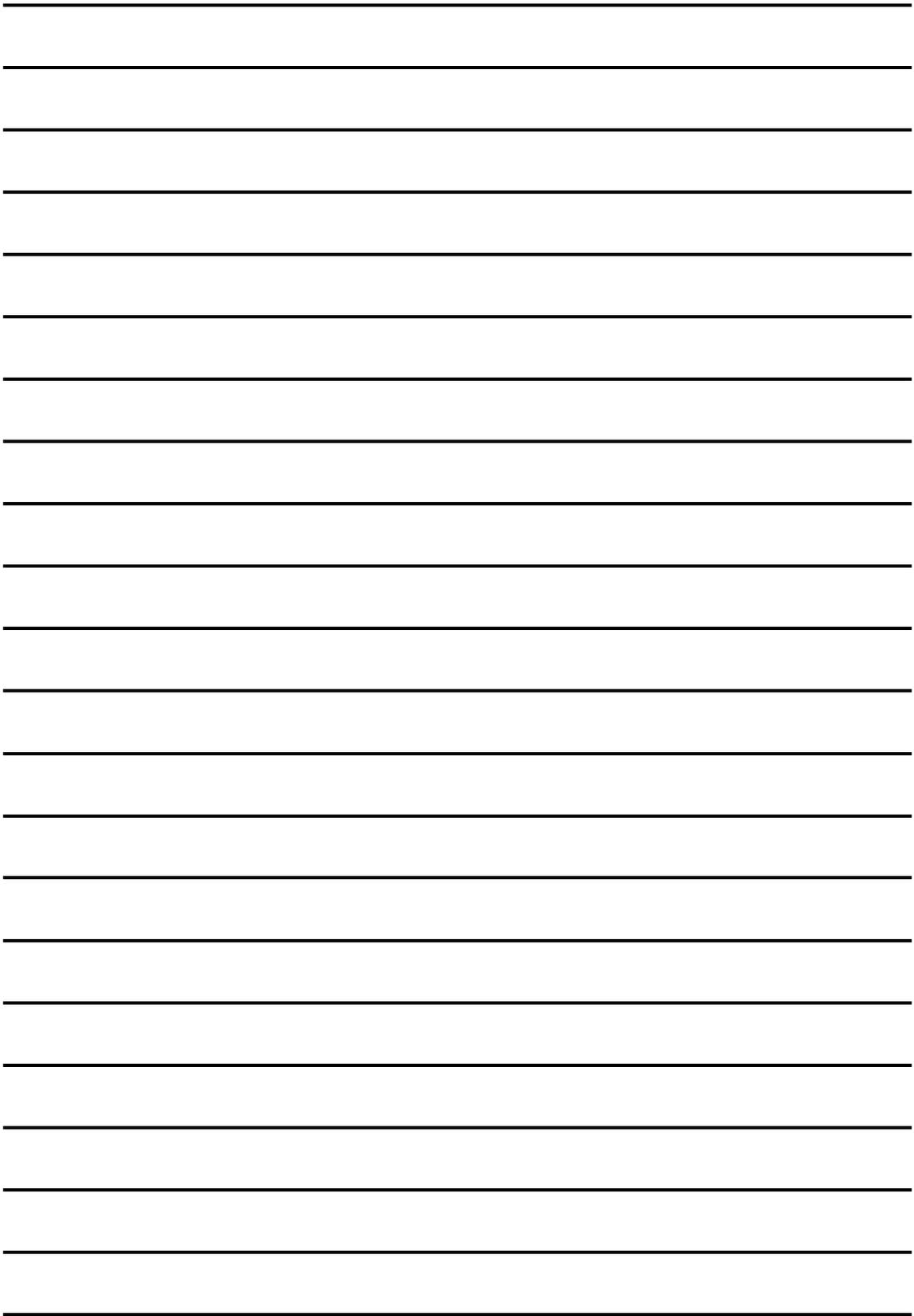


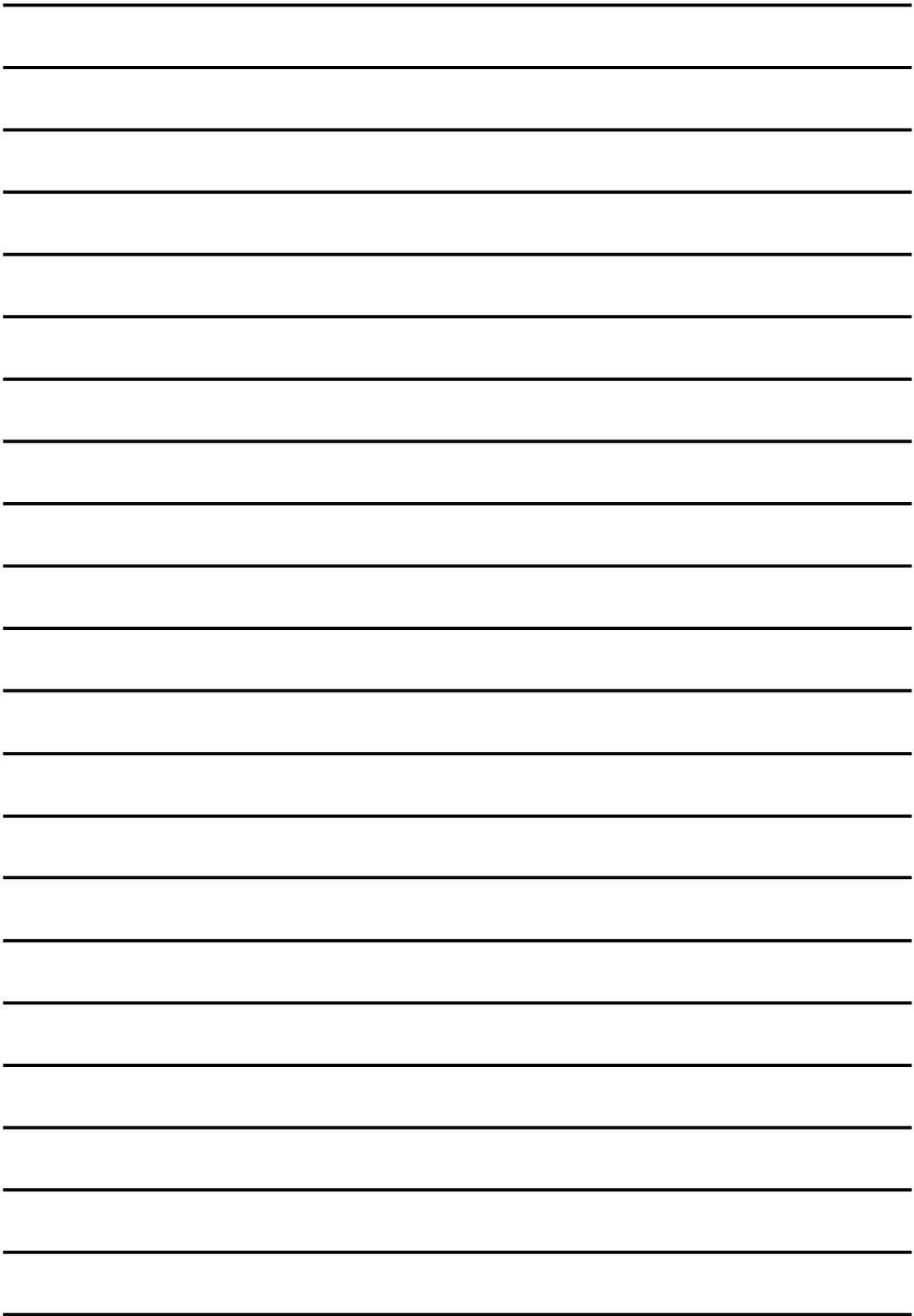


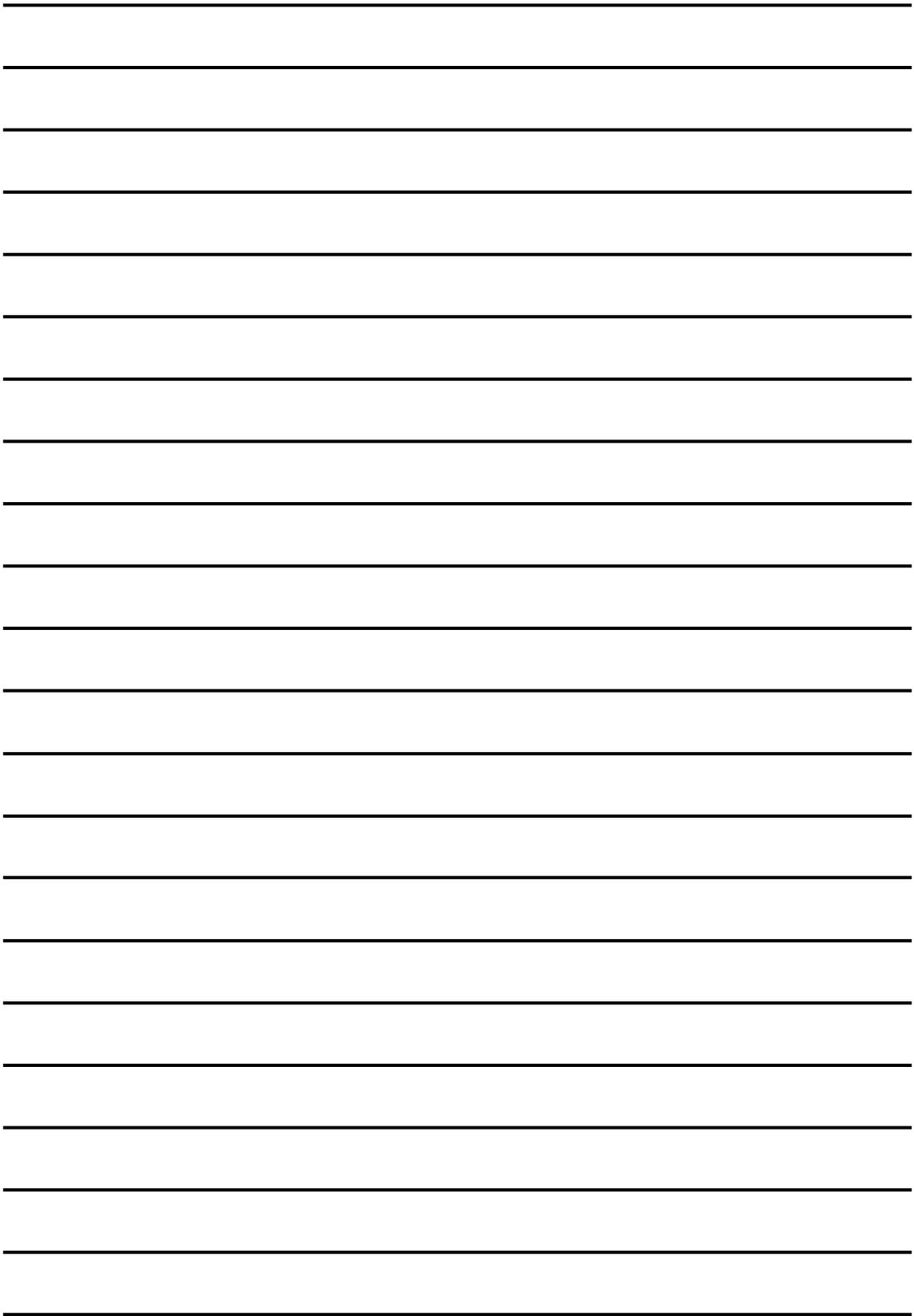


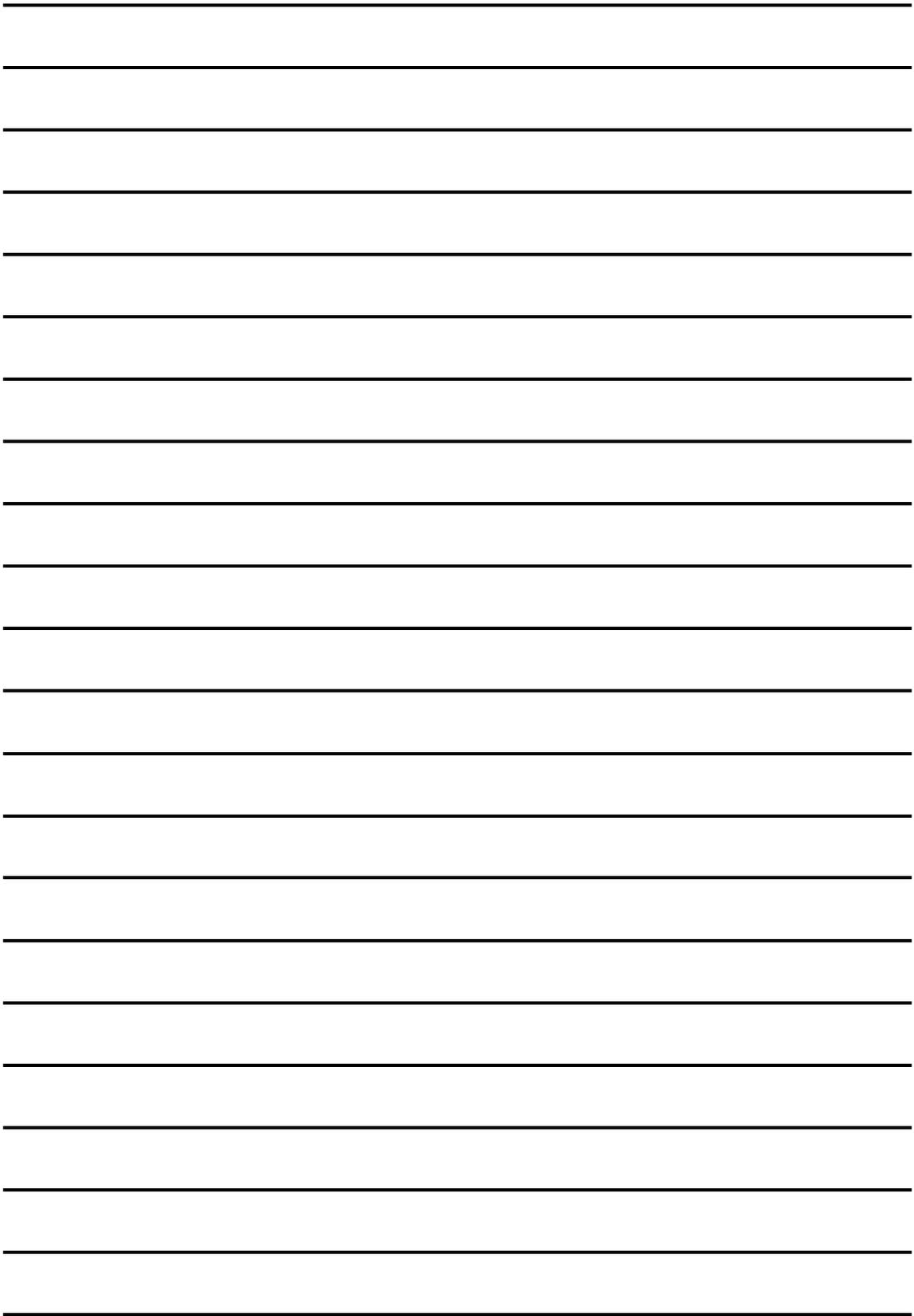










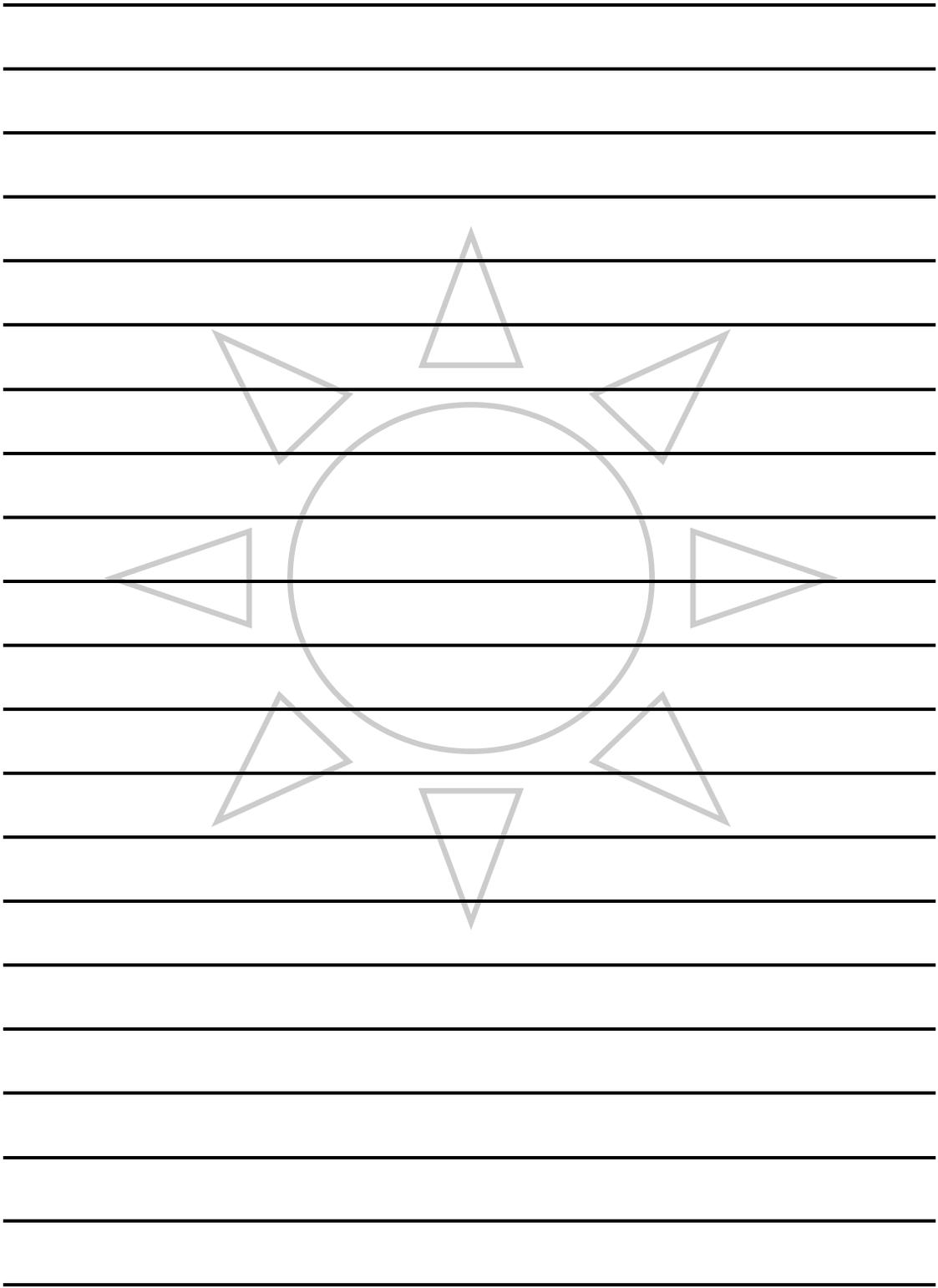


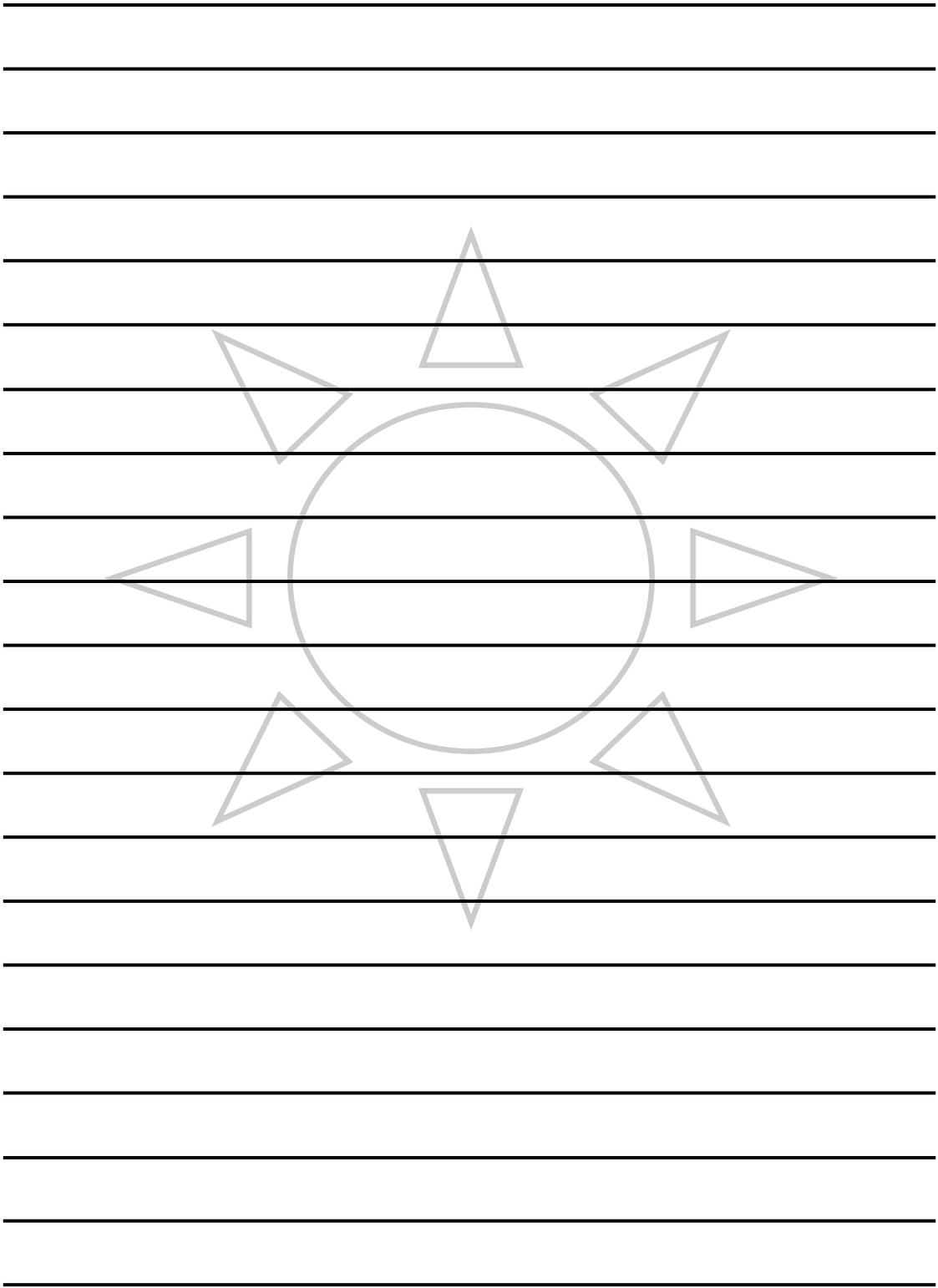
Conclusion:

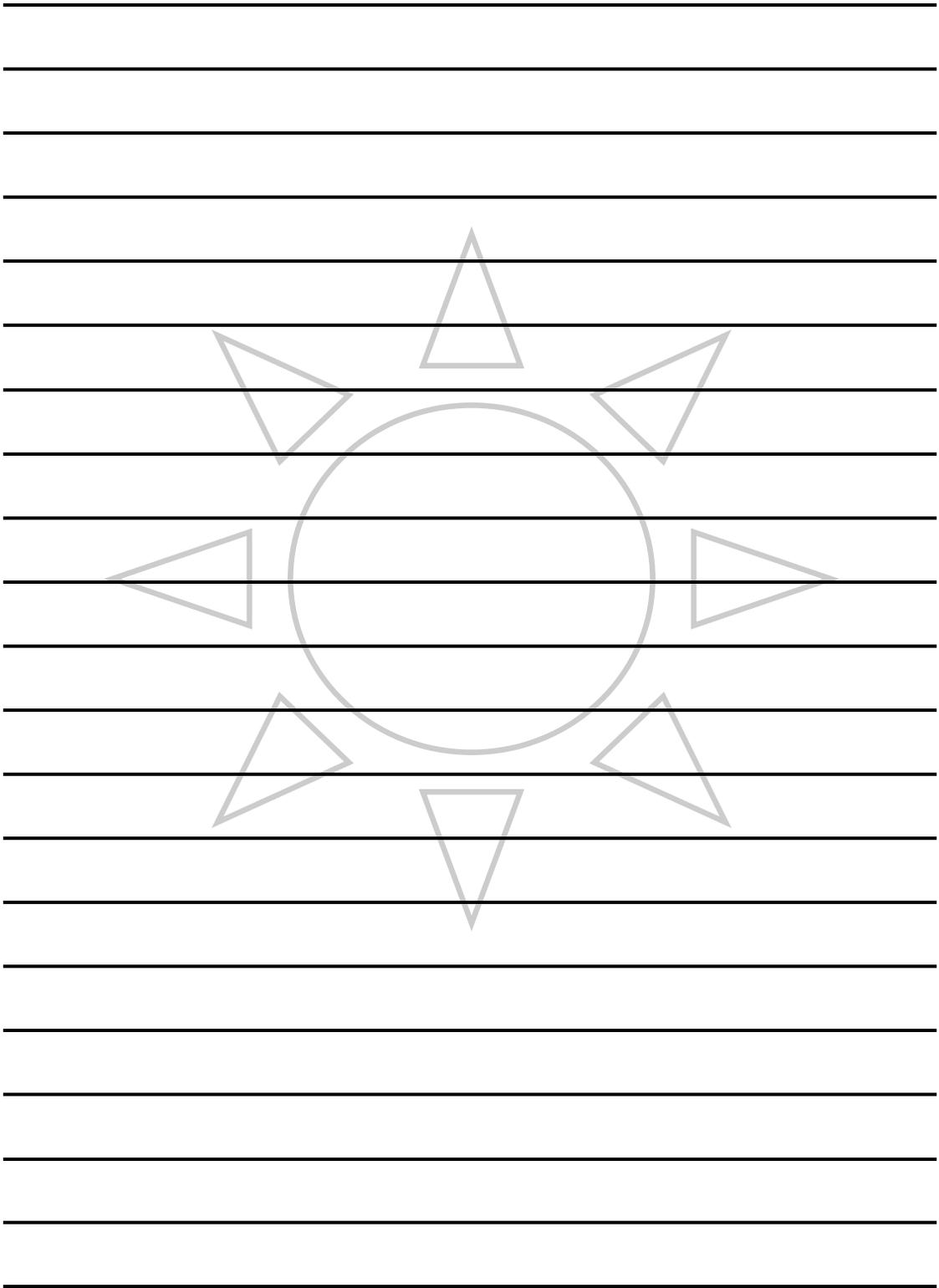
If you want to start meditating successfully, start small.

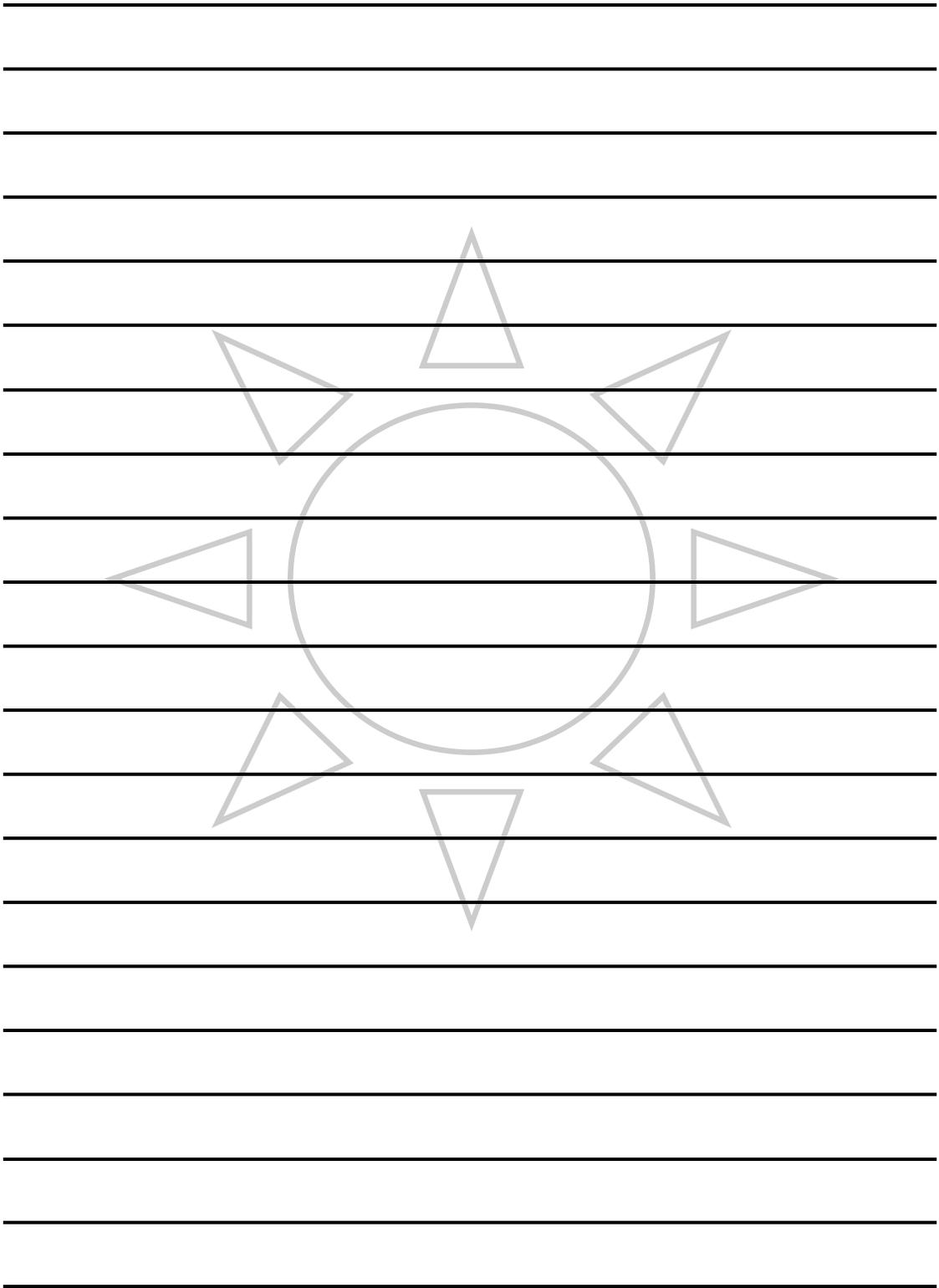
Spend 10-15 minutes per day and you will see how rewarding this is and how great it feels. Be patient. A successful meditation takes time. Slowly unfold your inner self, take deep breaths, stretch out. Remember, meditation should be a fulfilling experience not a torture.

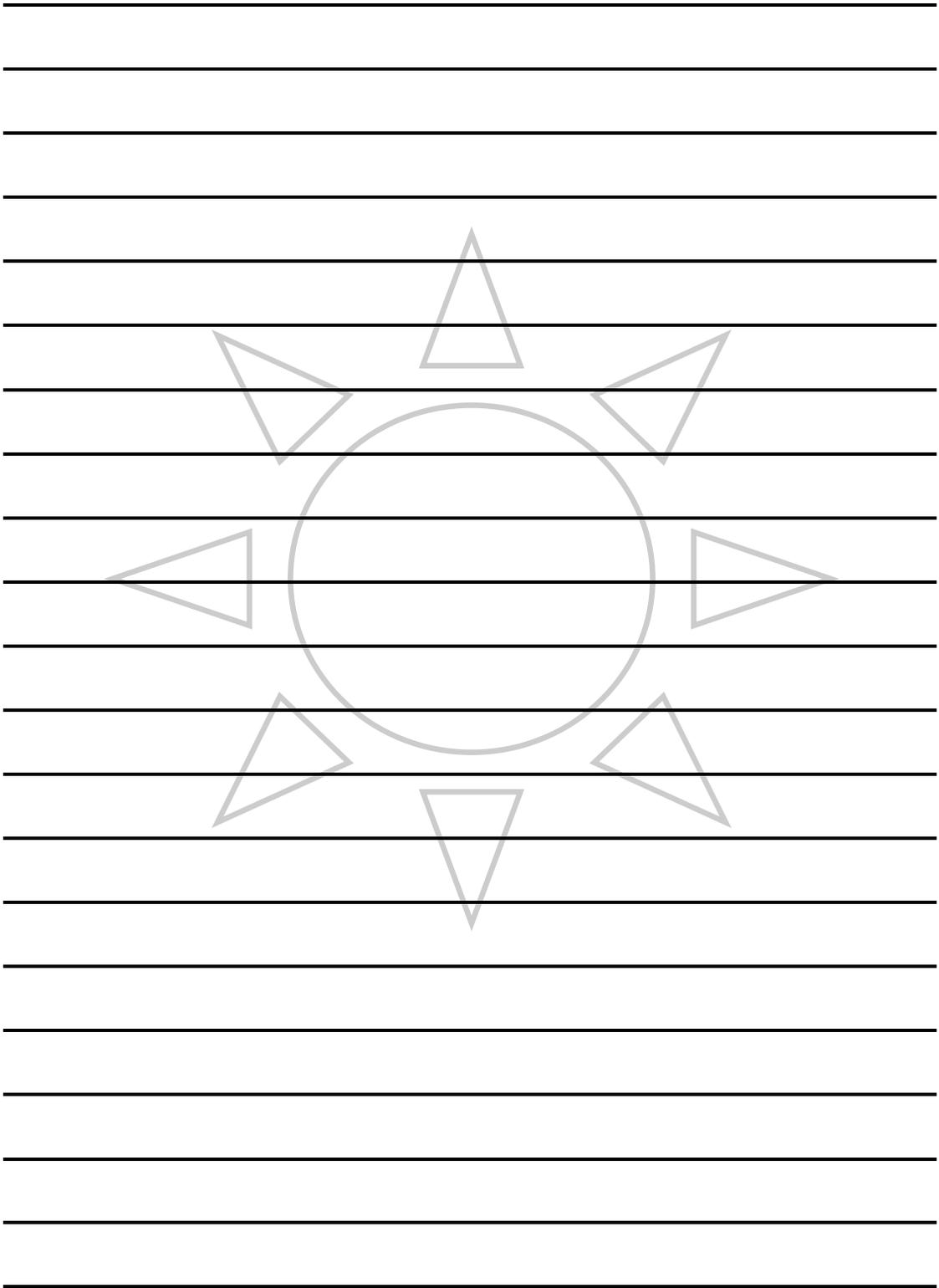
Keep writing your thoughts and meditation experiences like you write in a diary or journal. Read what you've written often so you can recall the positive side of your experiences.

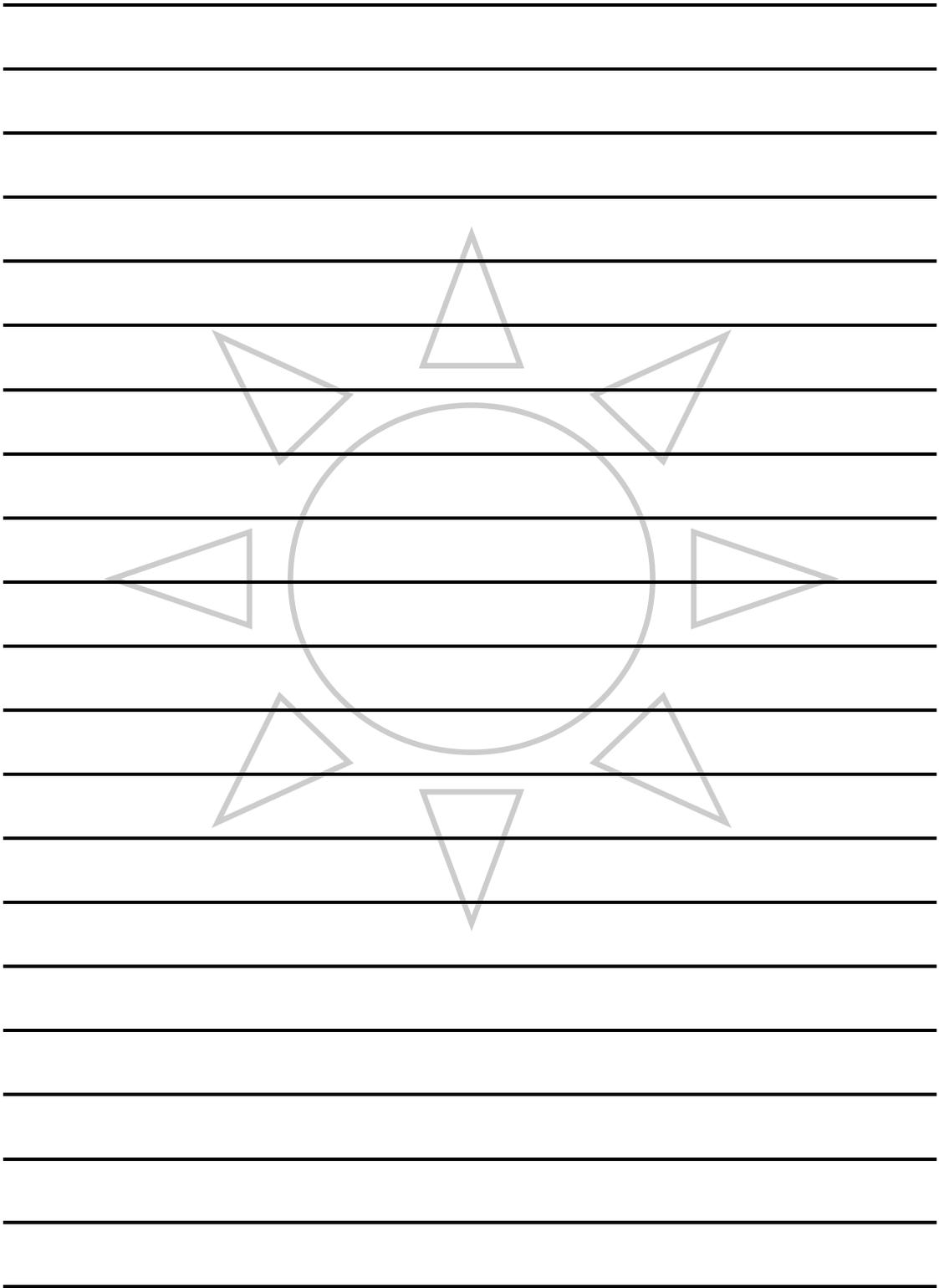


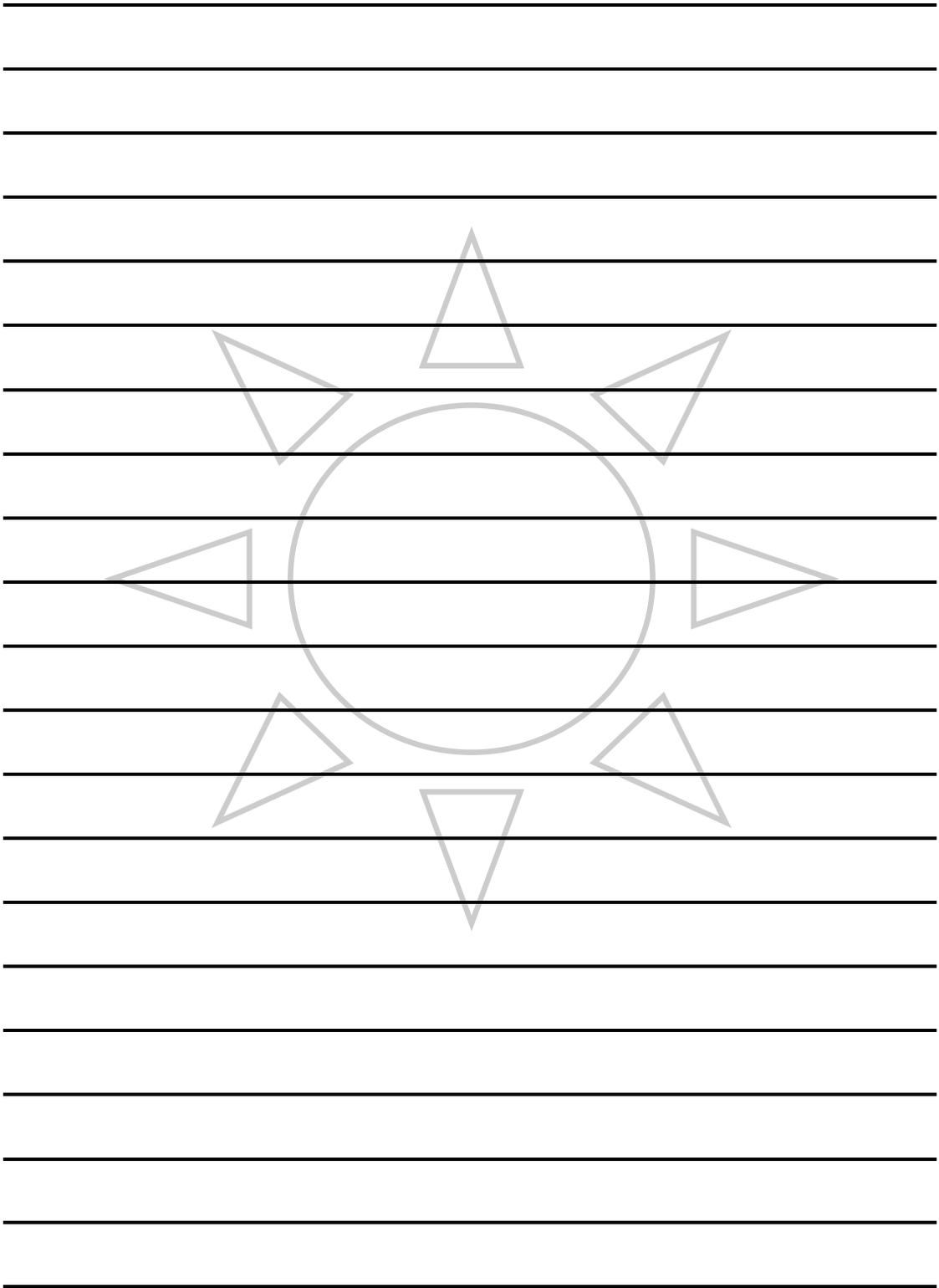


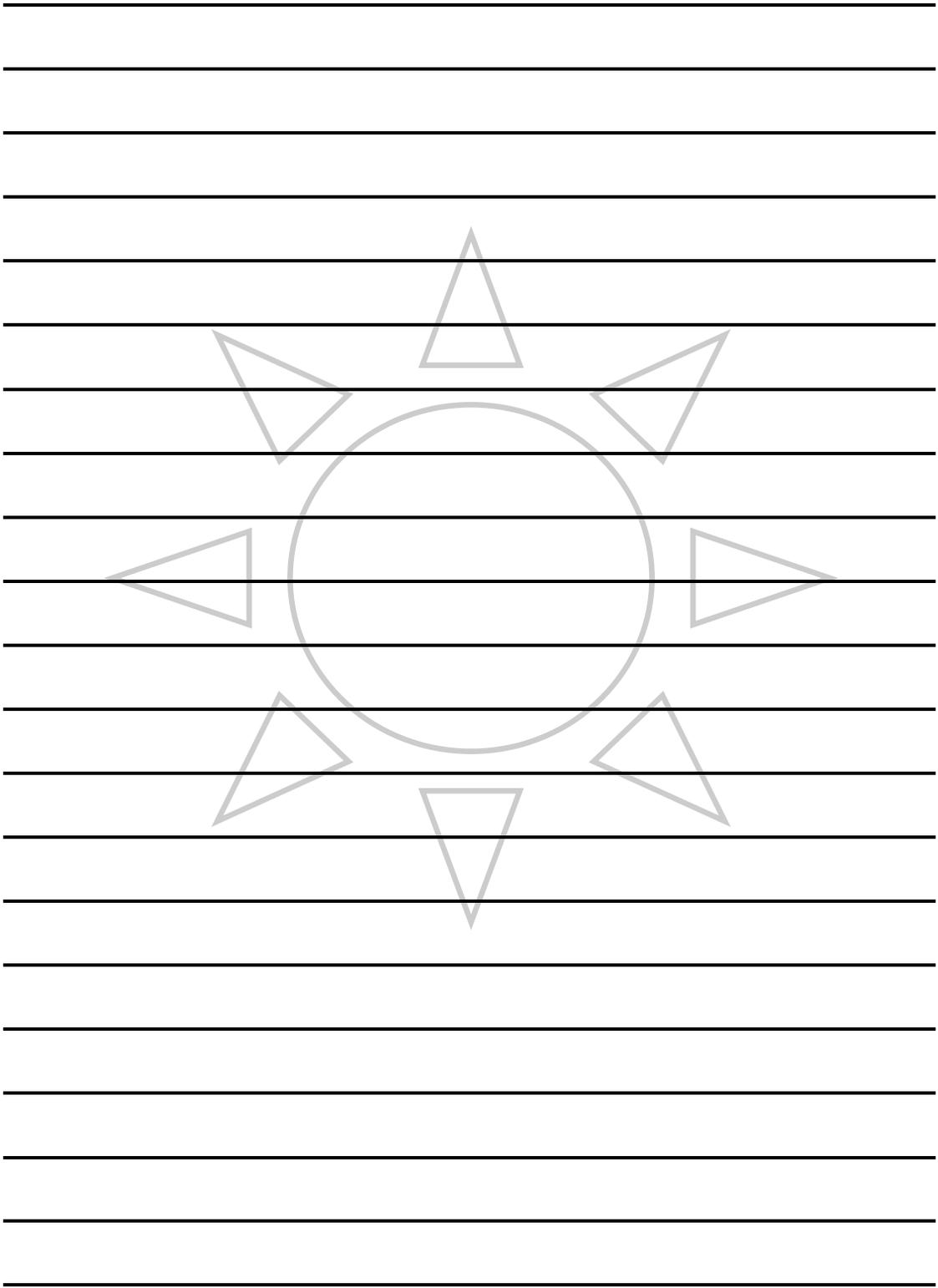


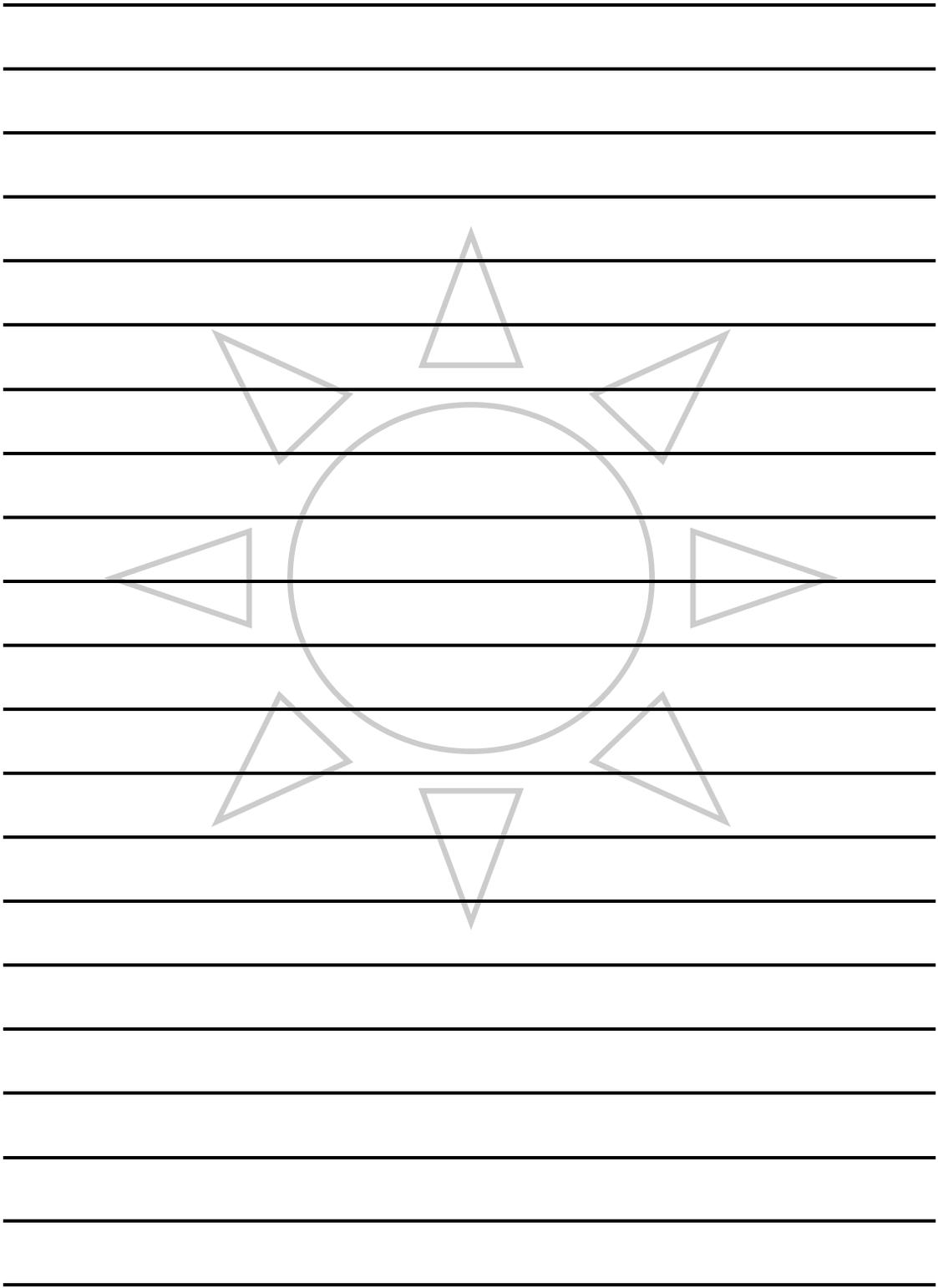


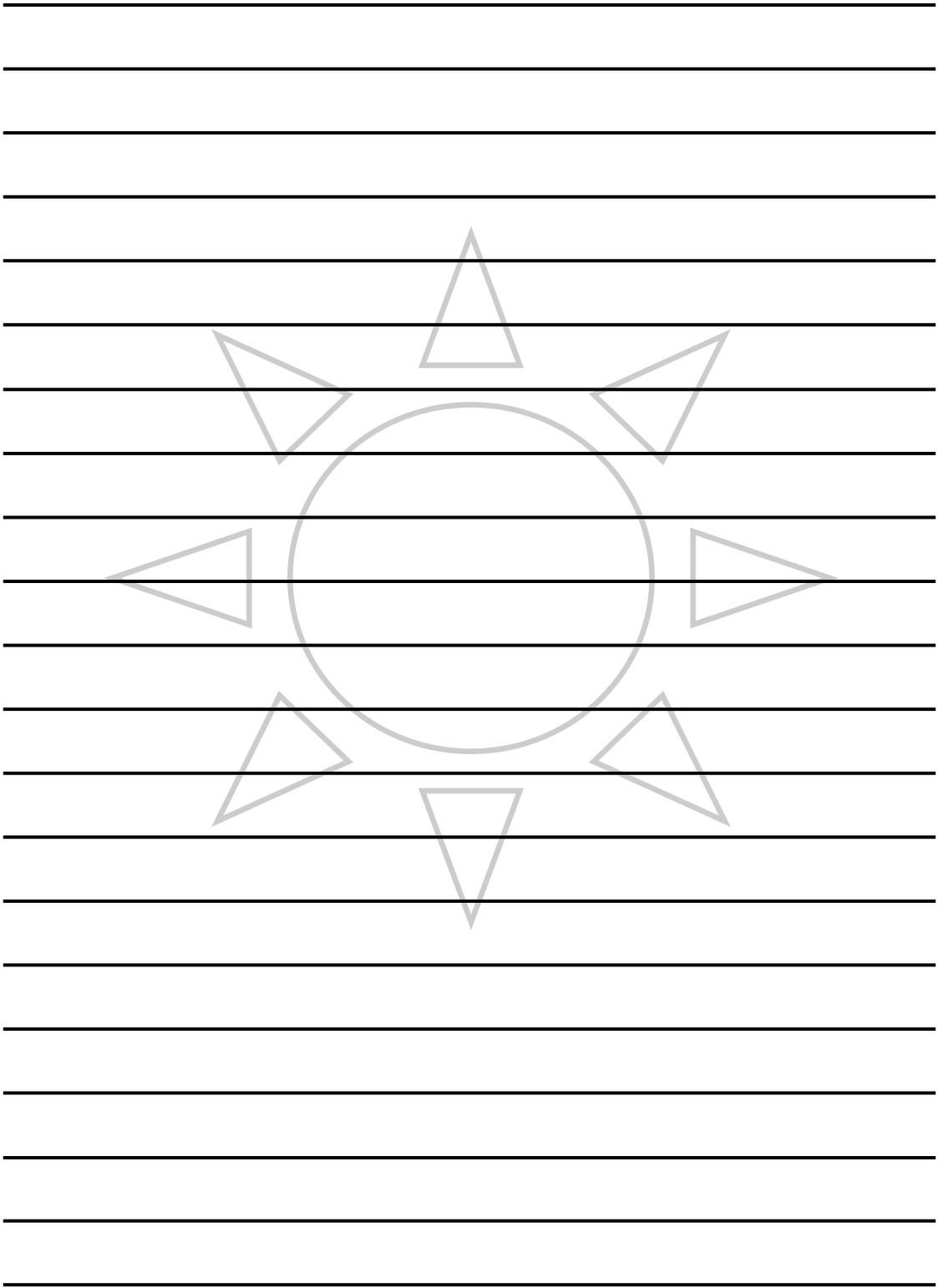


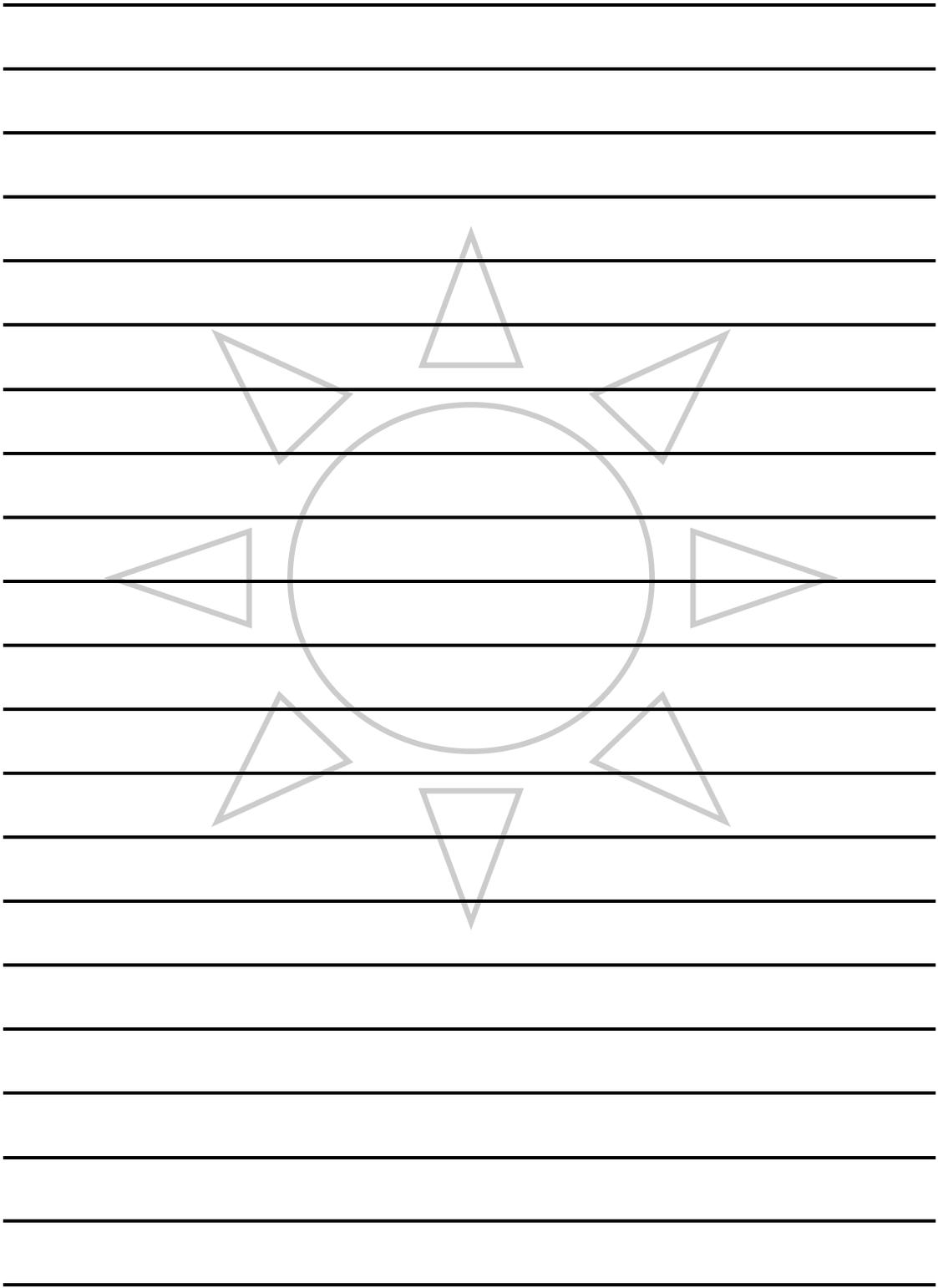


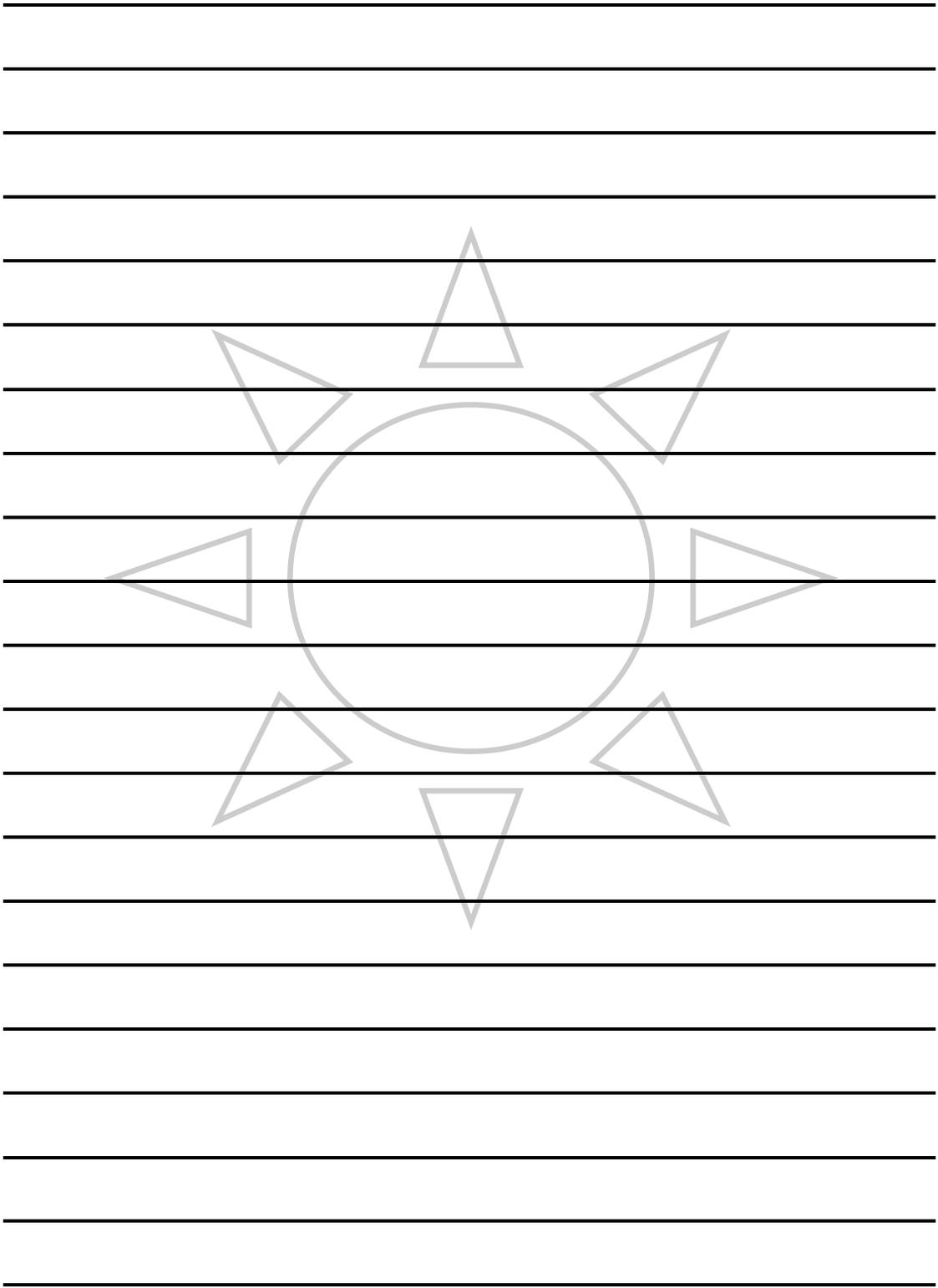


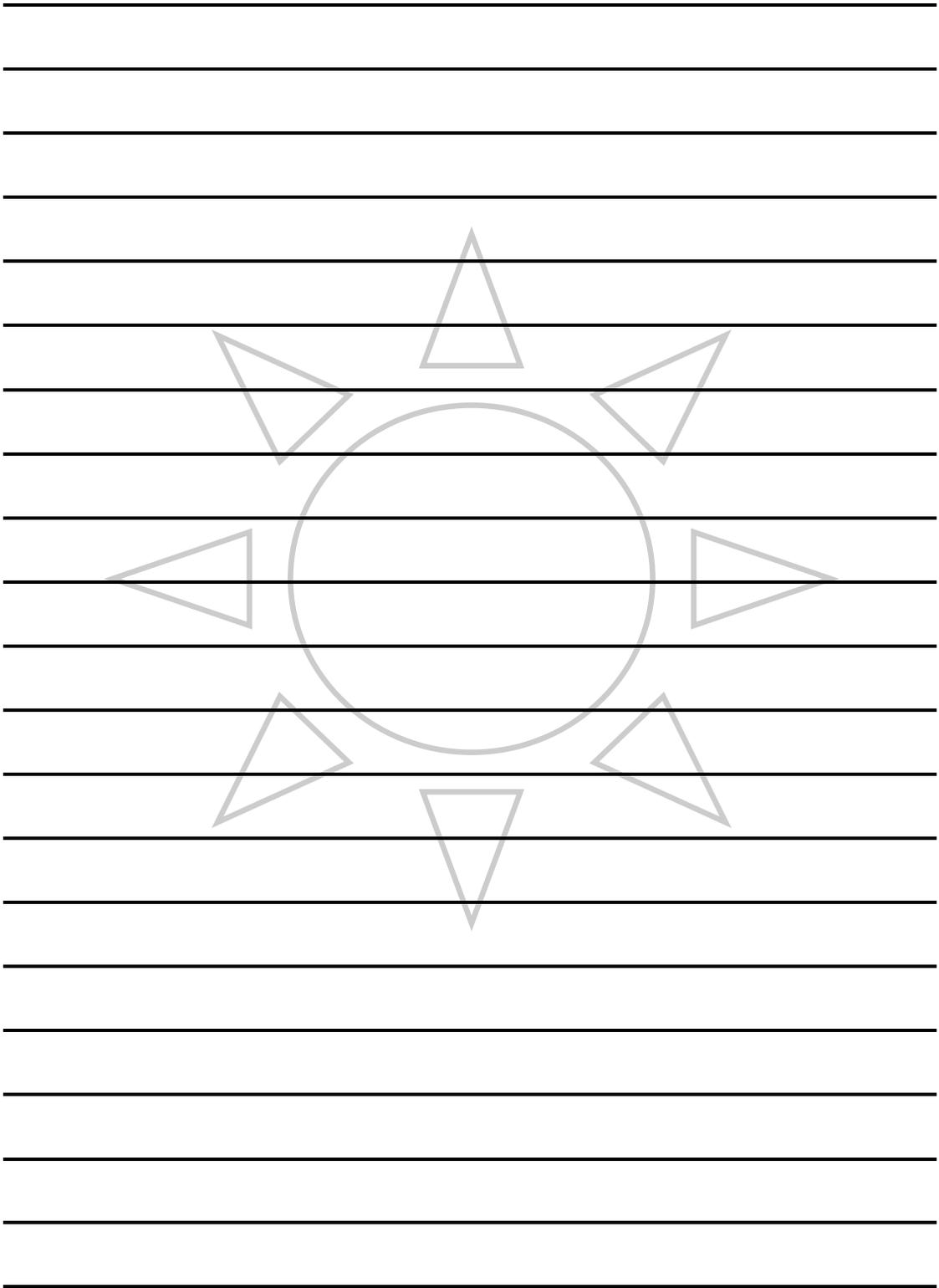


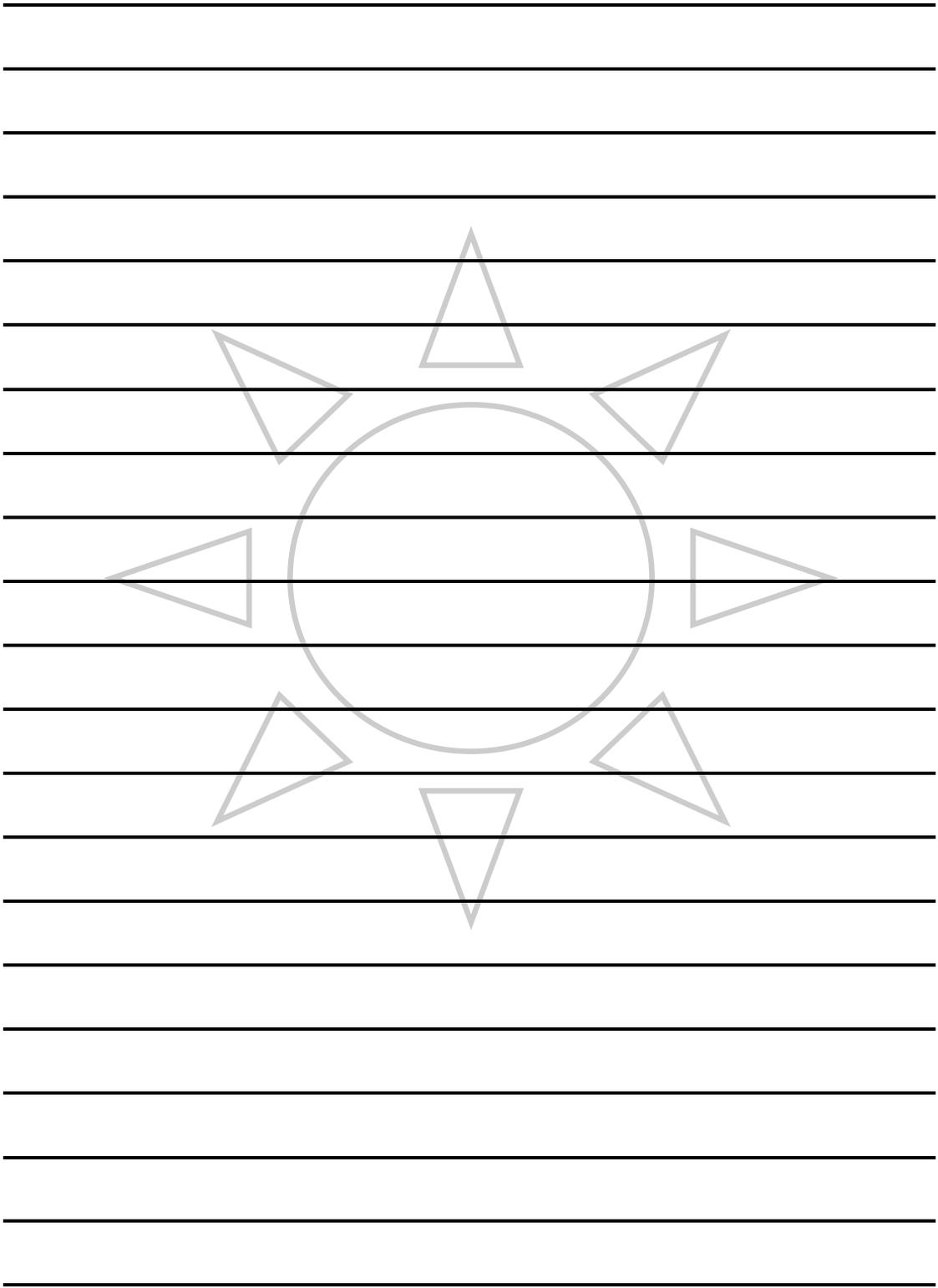


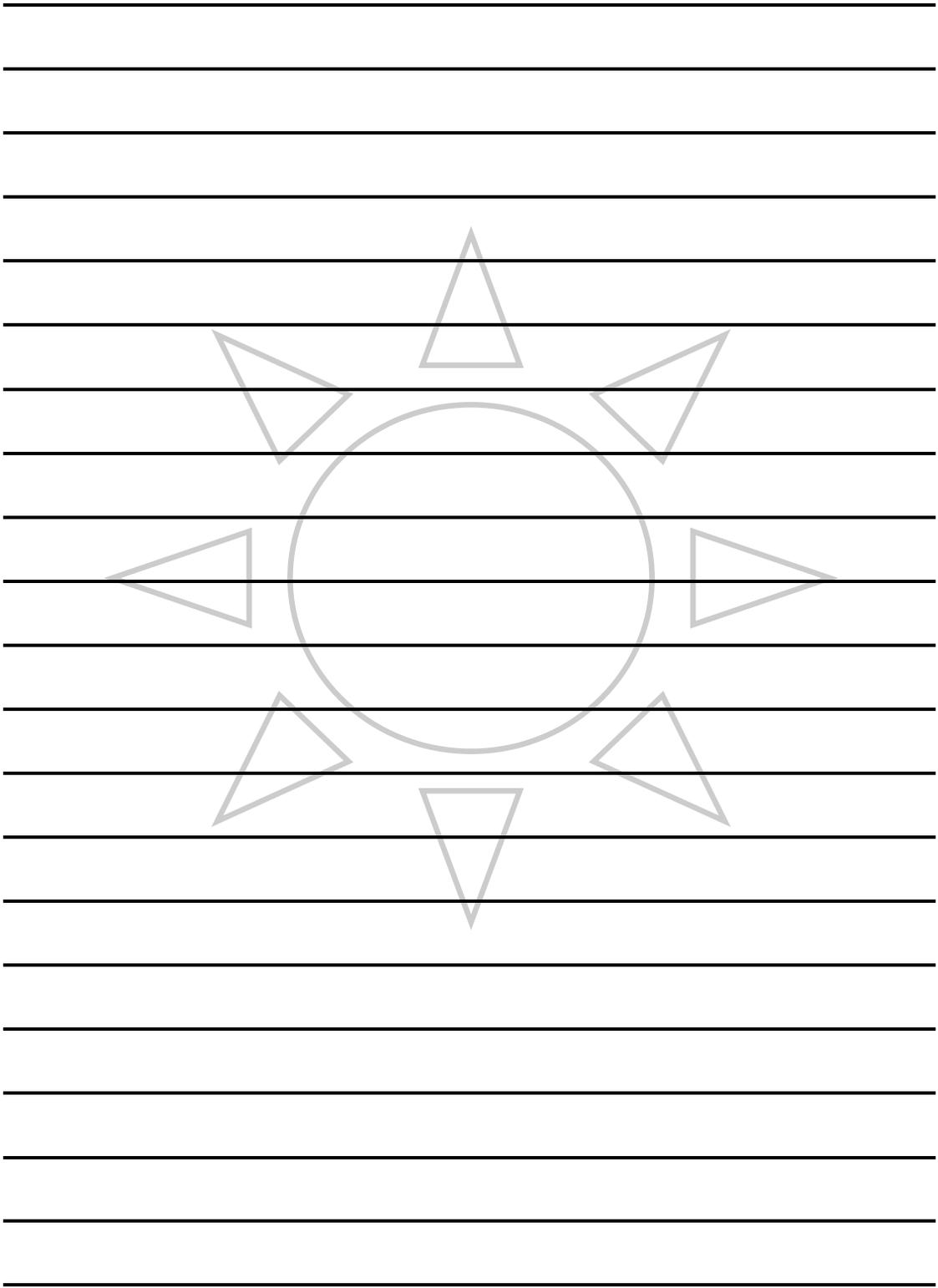


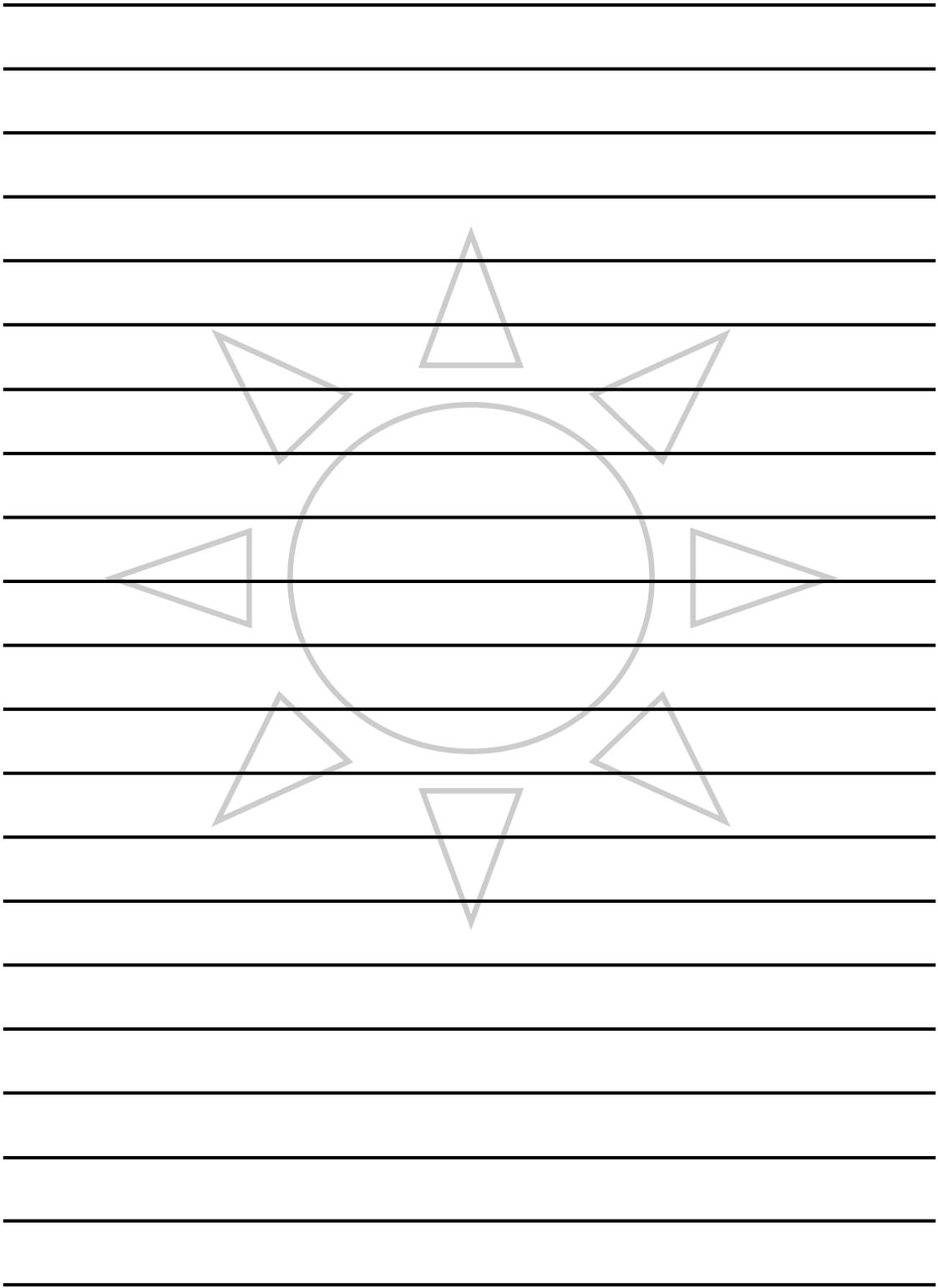


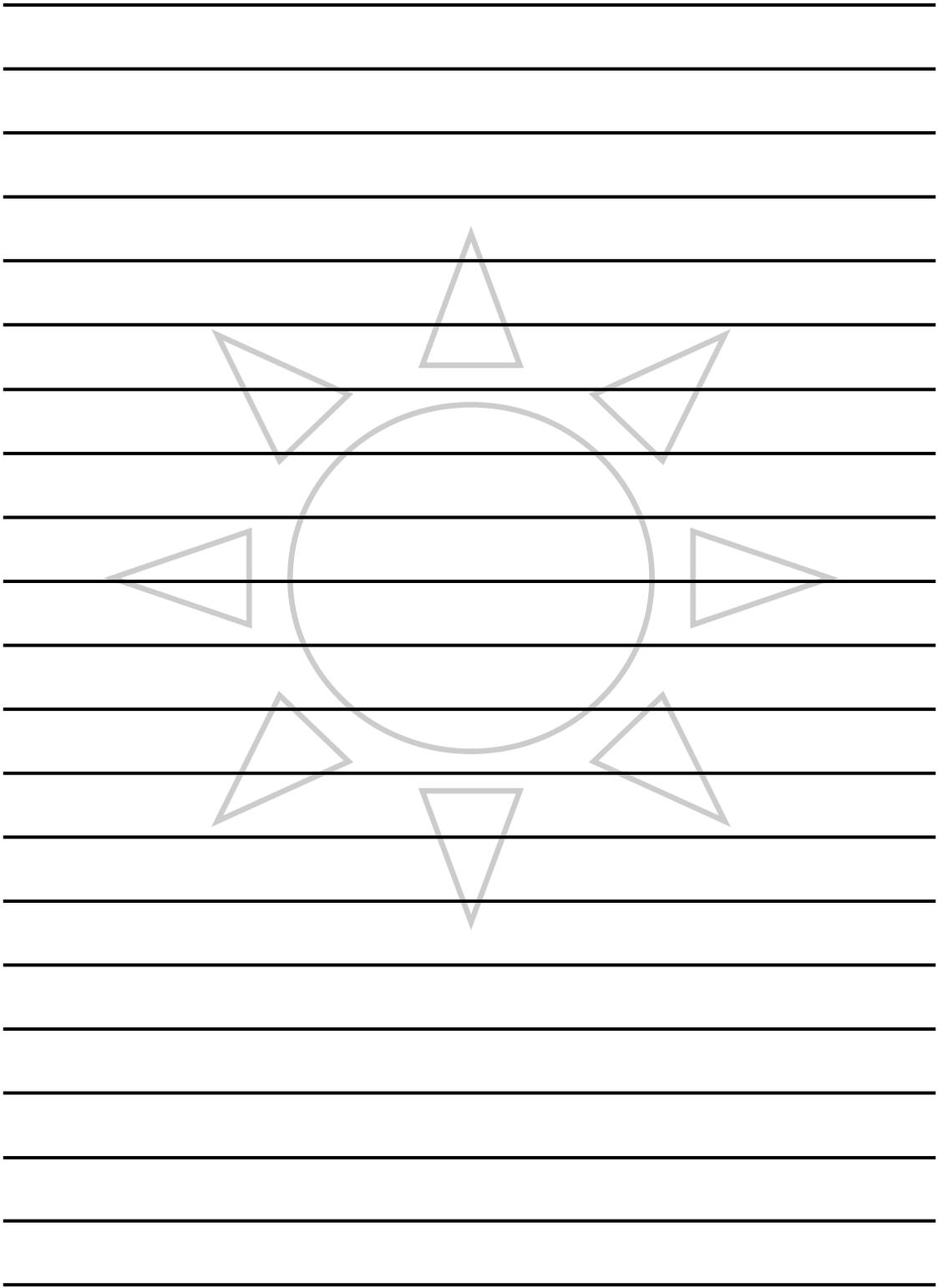


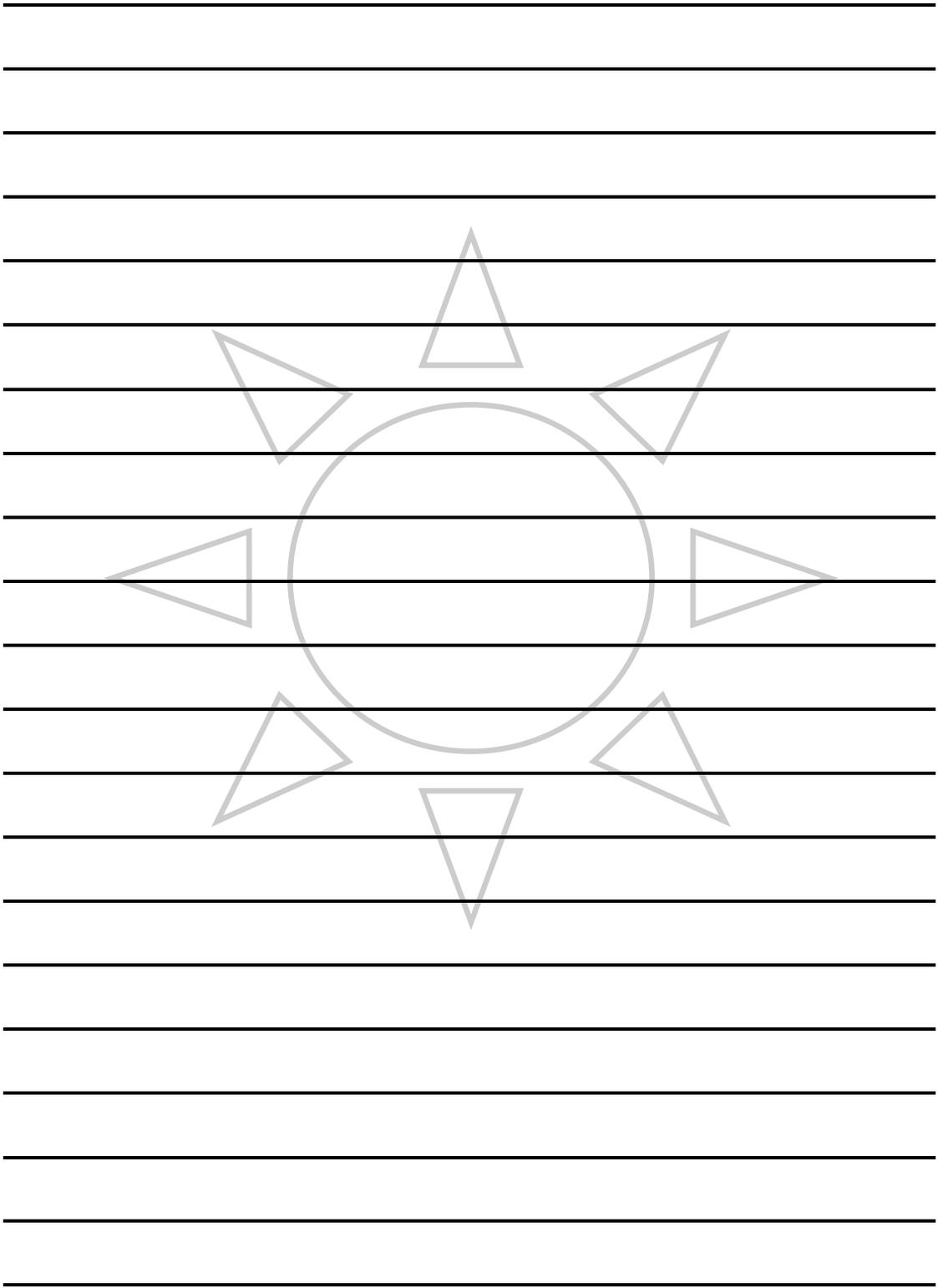


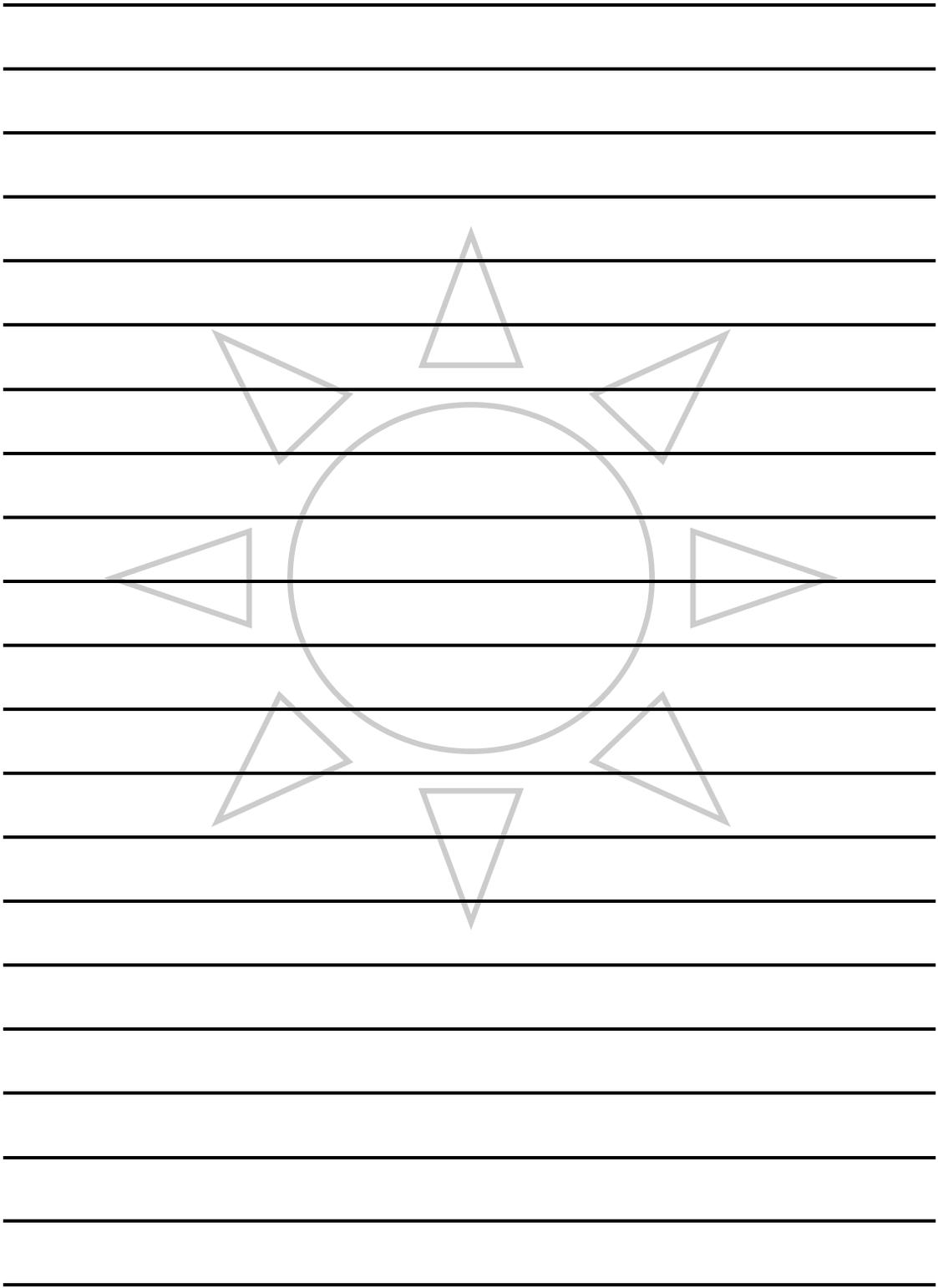


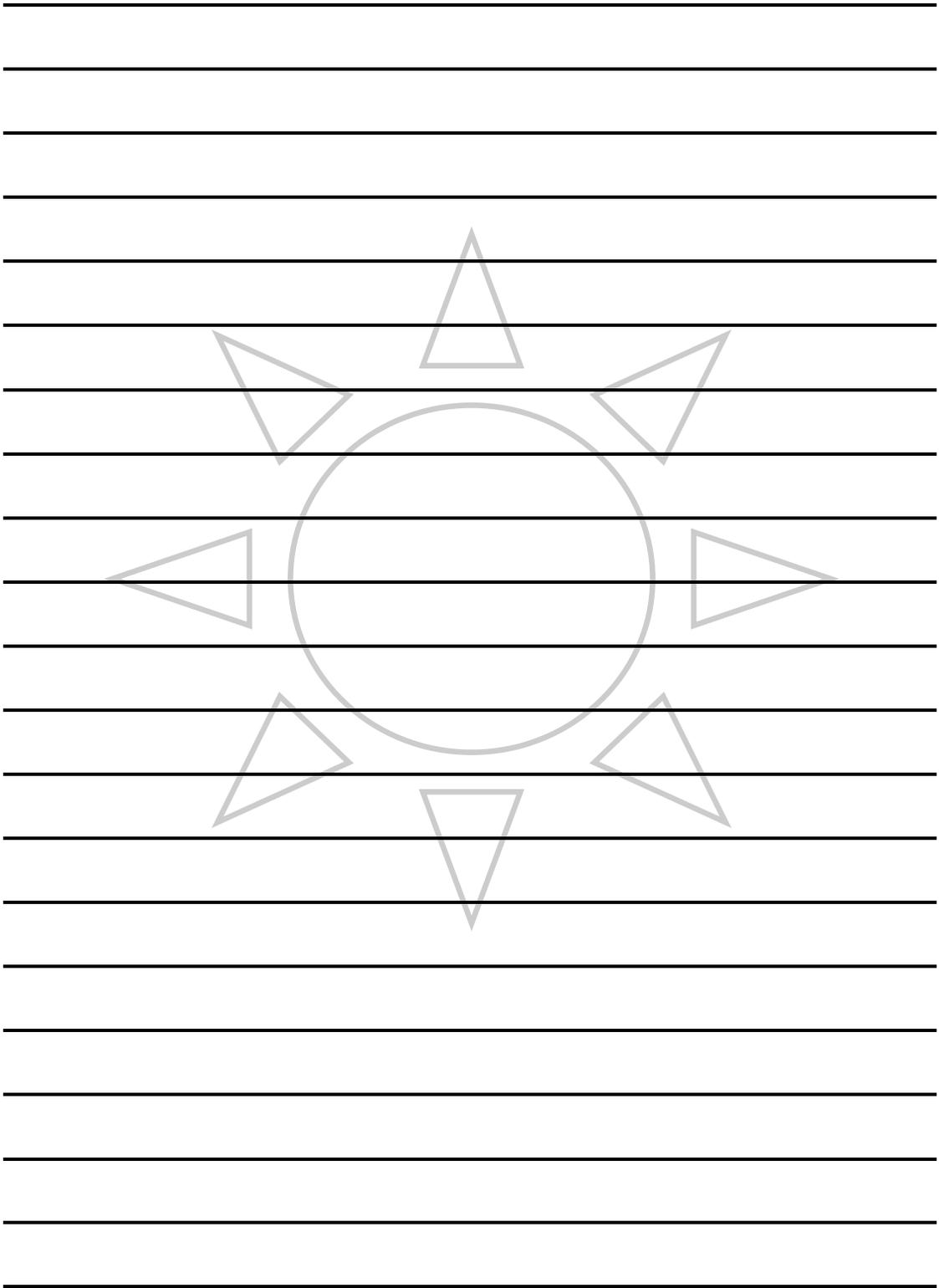


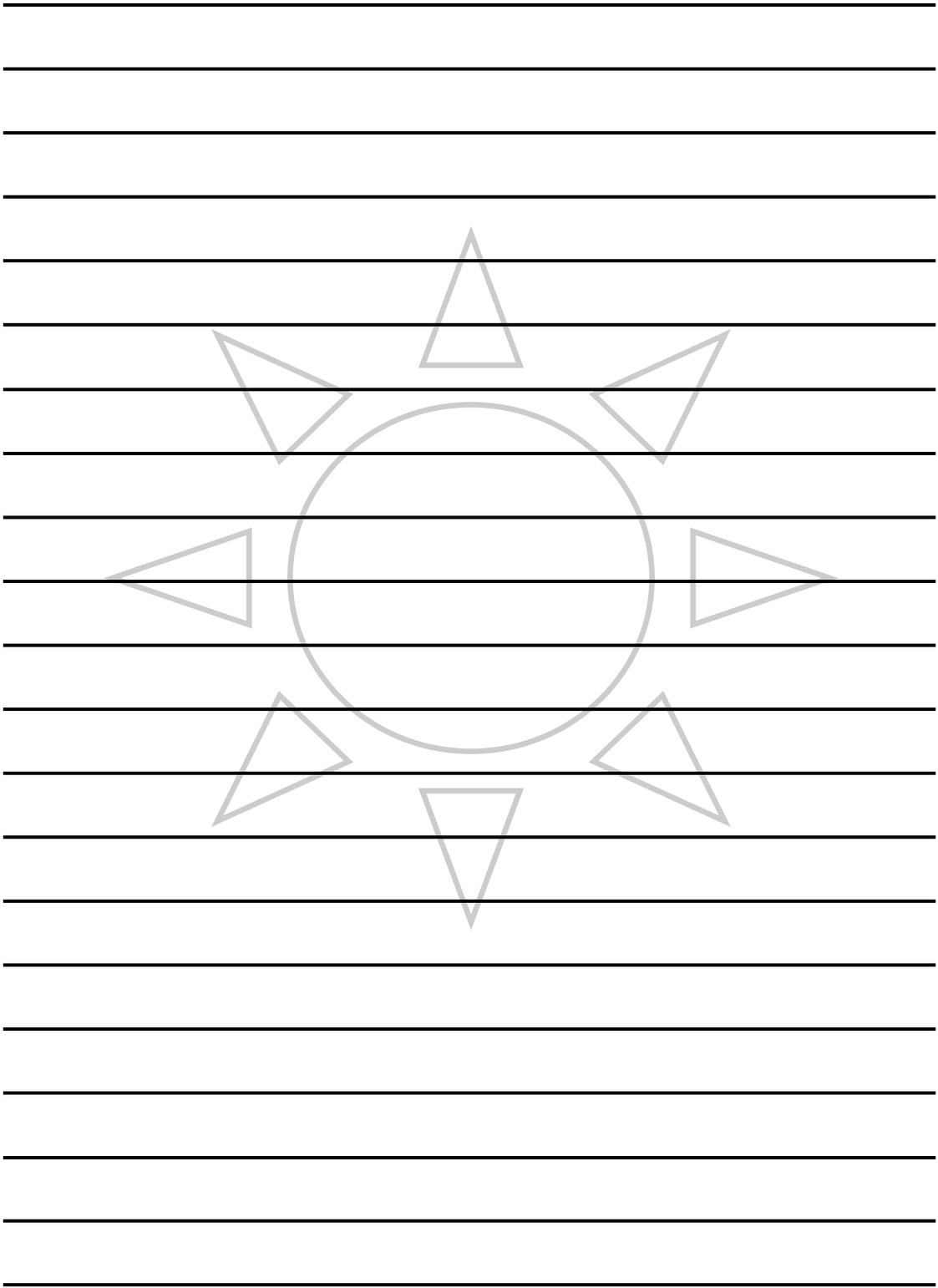


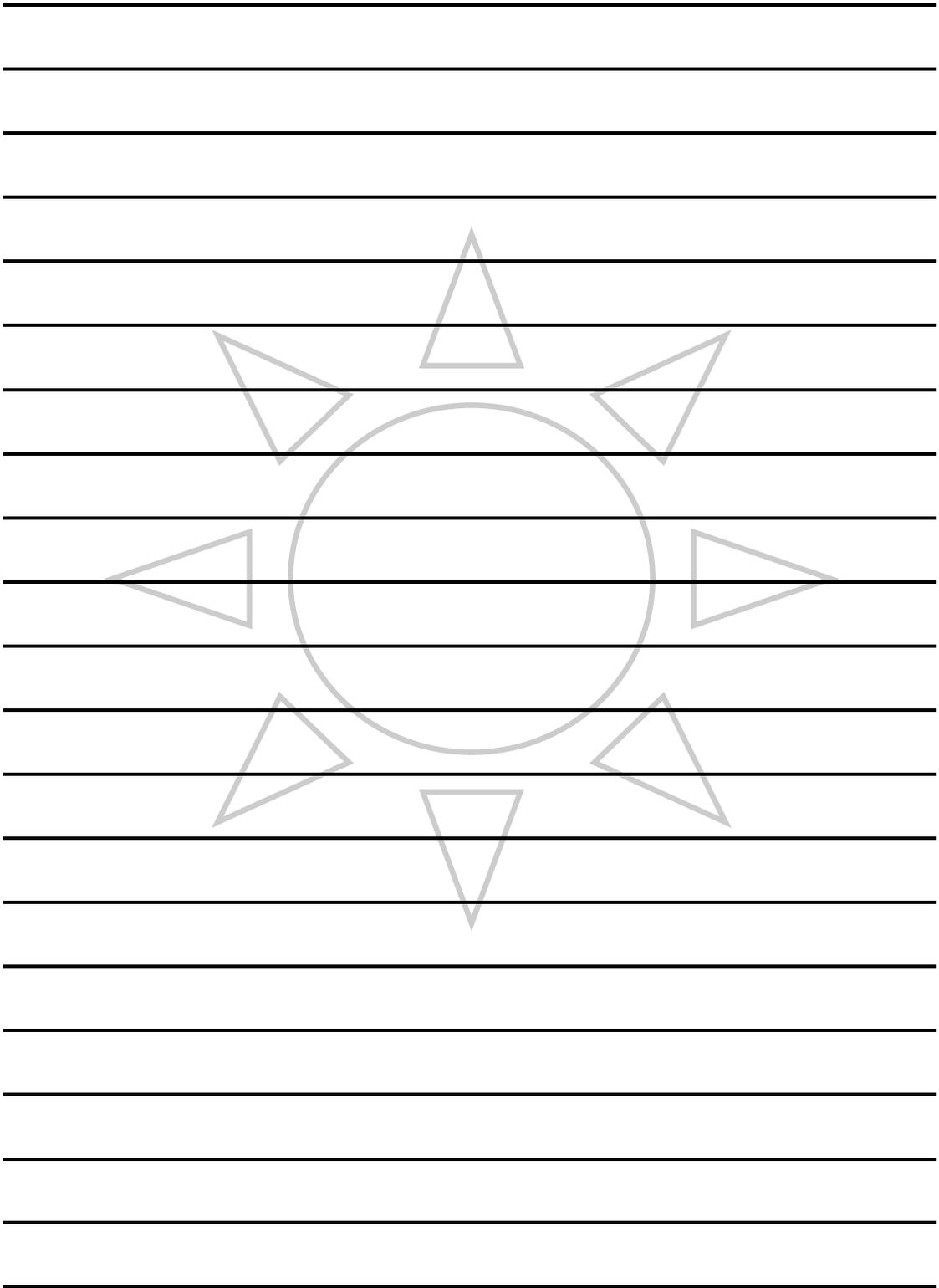


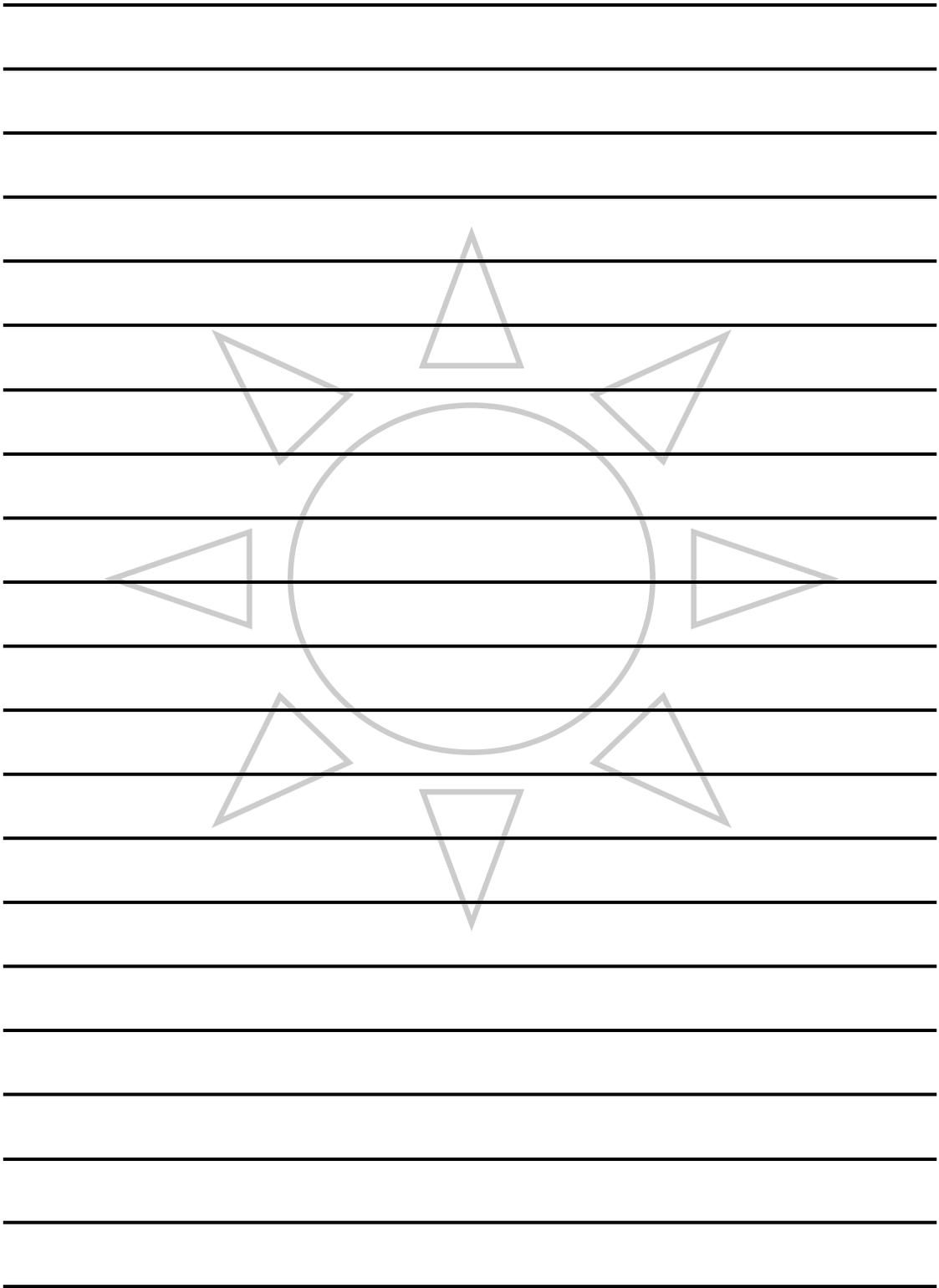


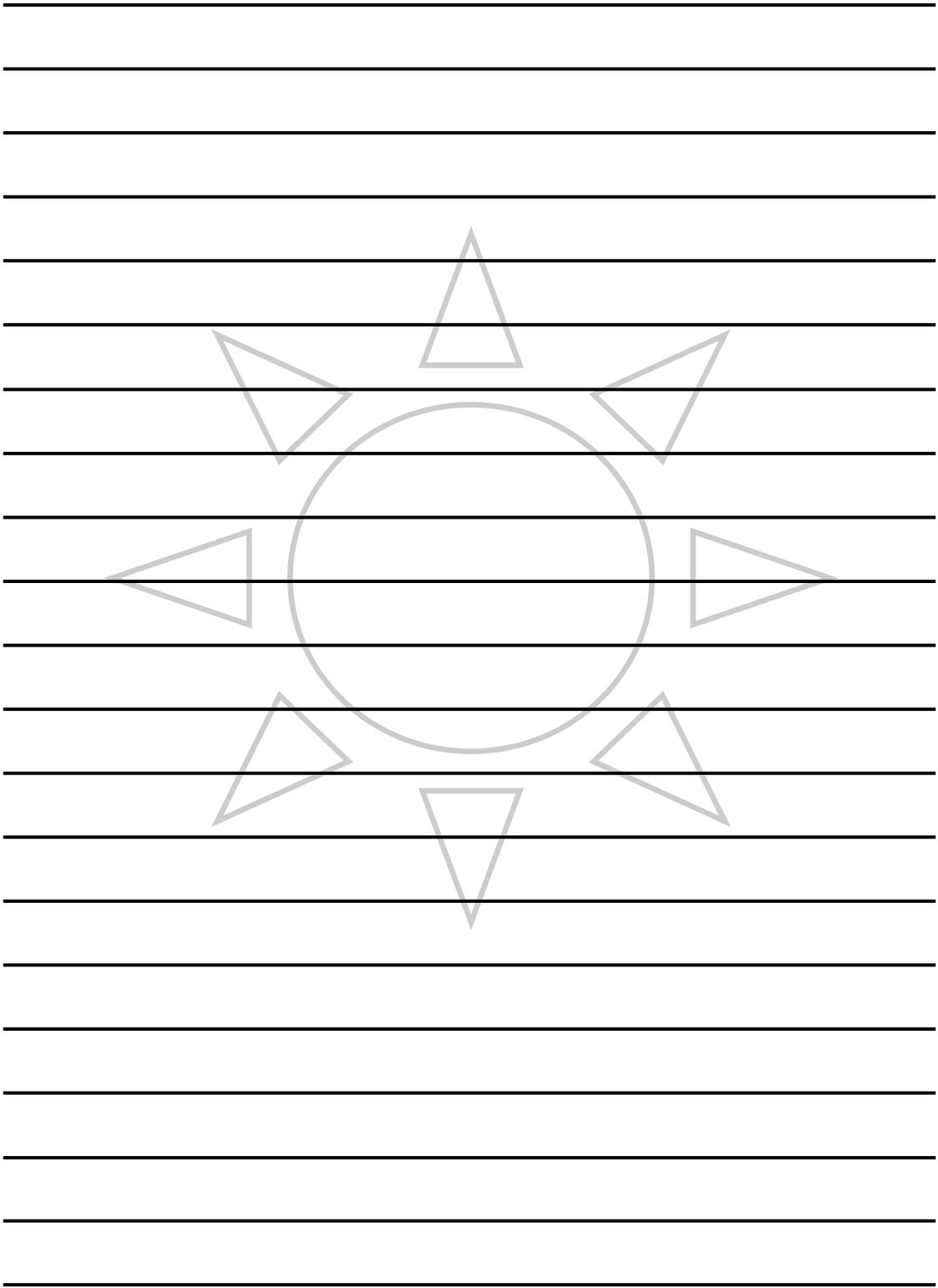


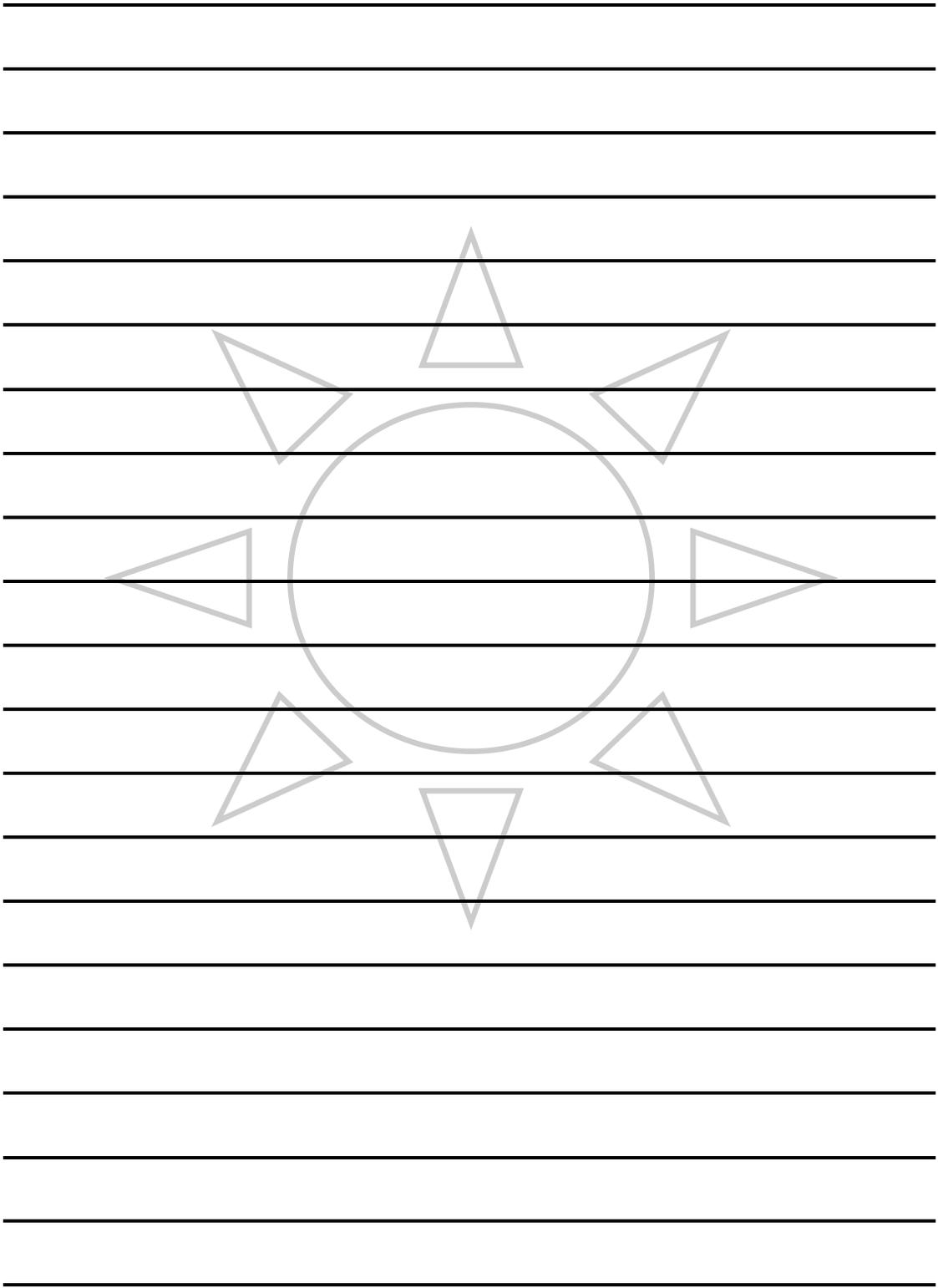


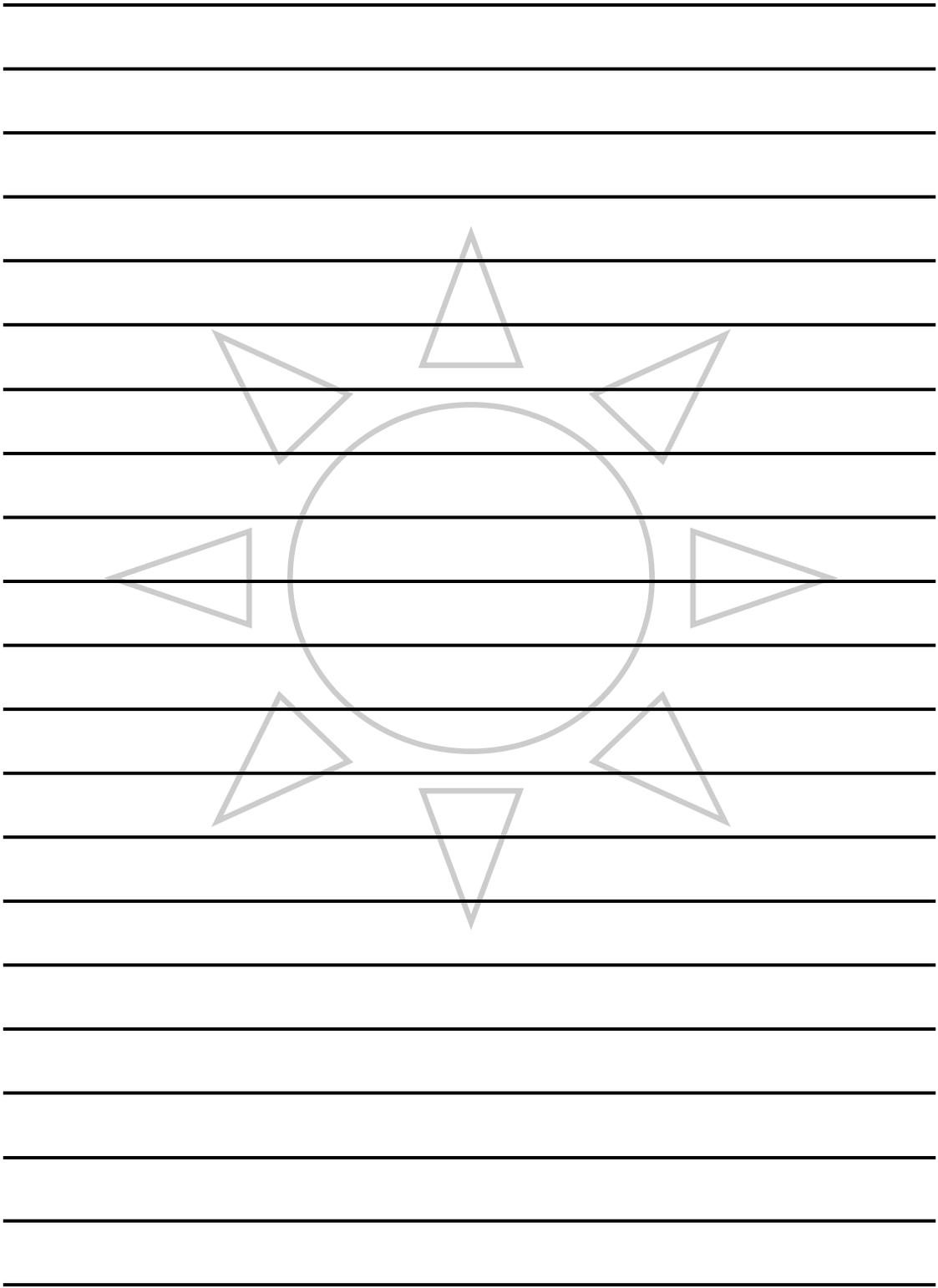


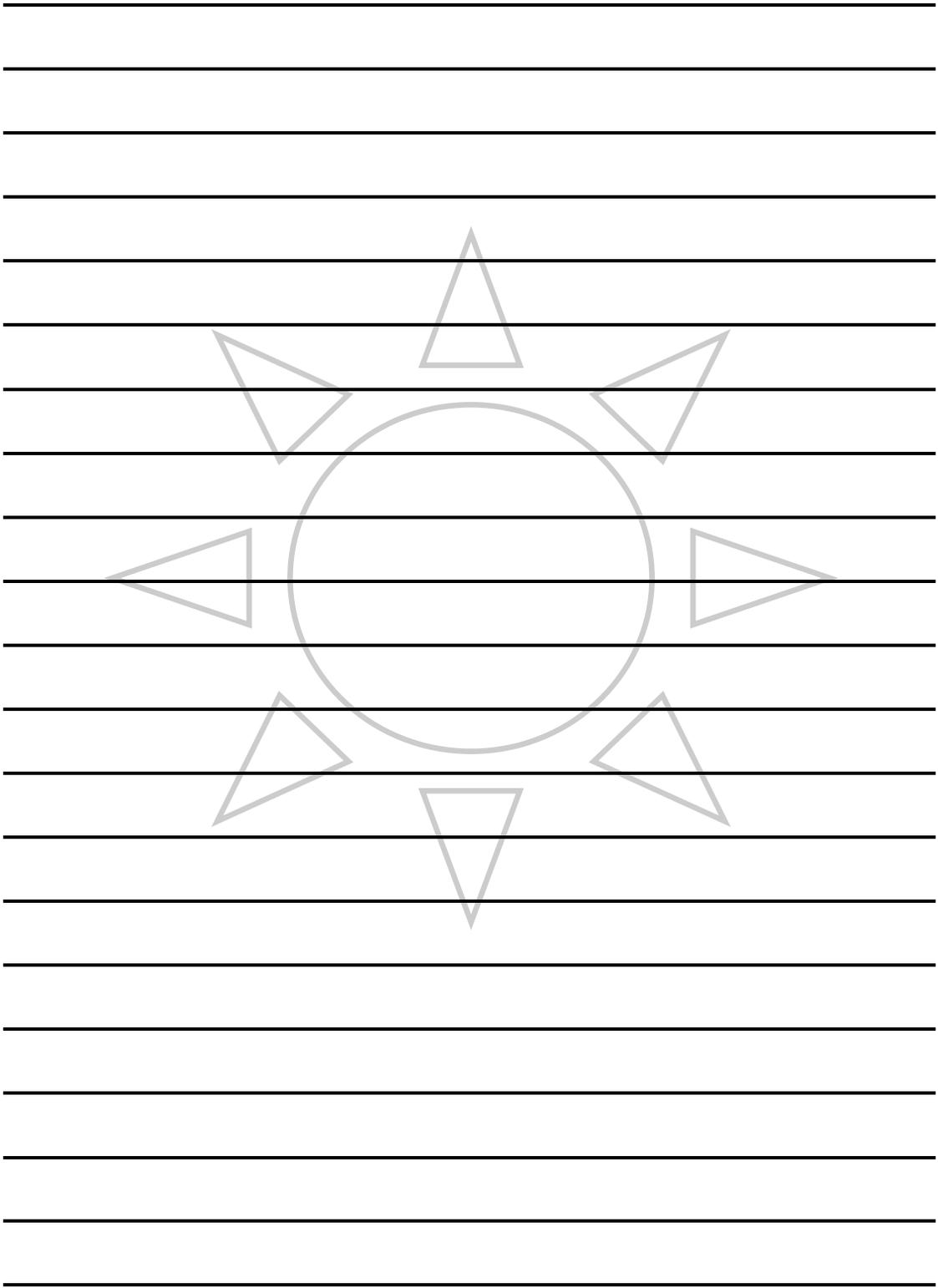


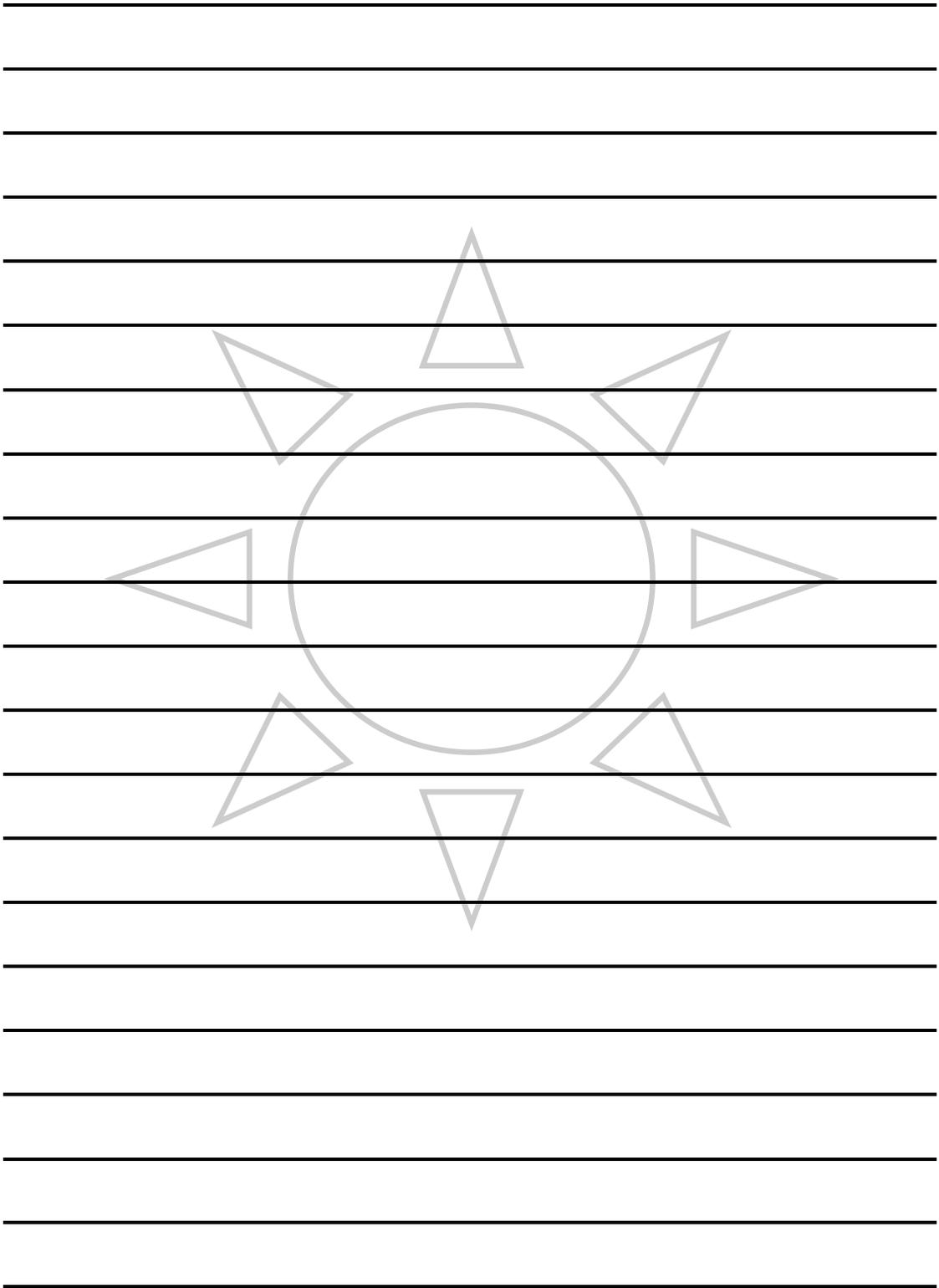


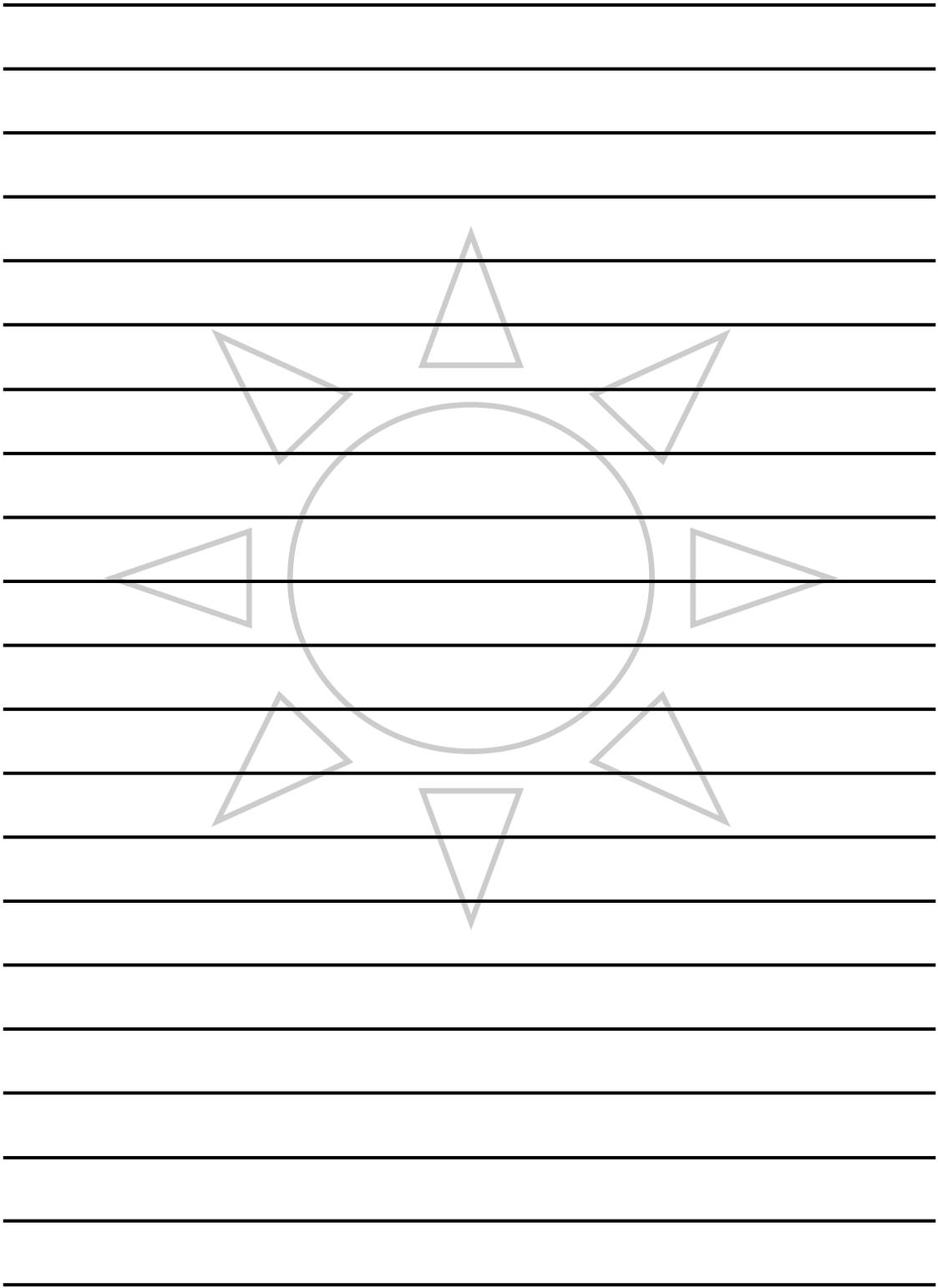


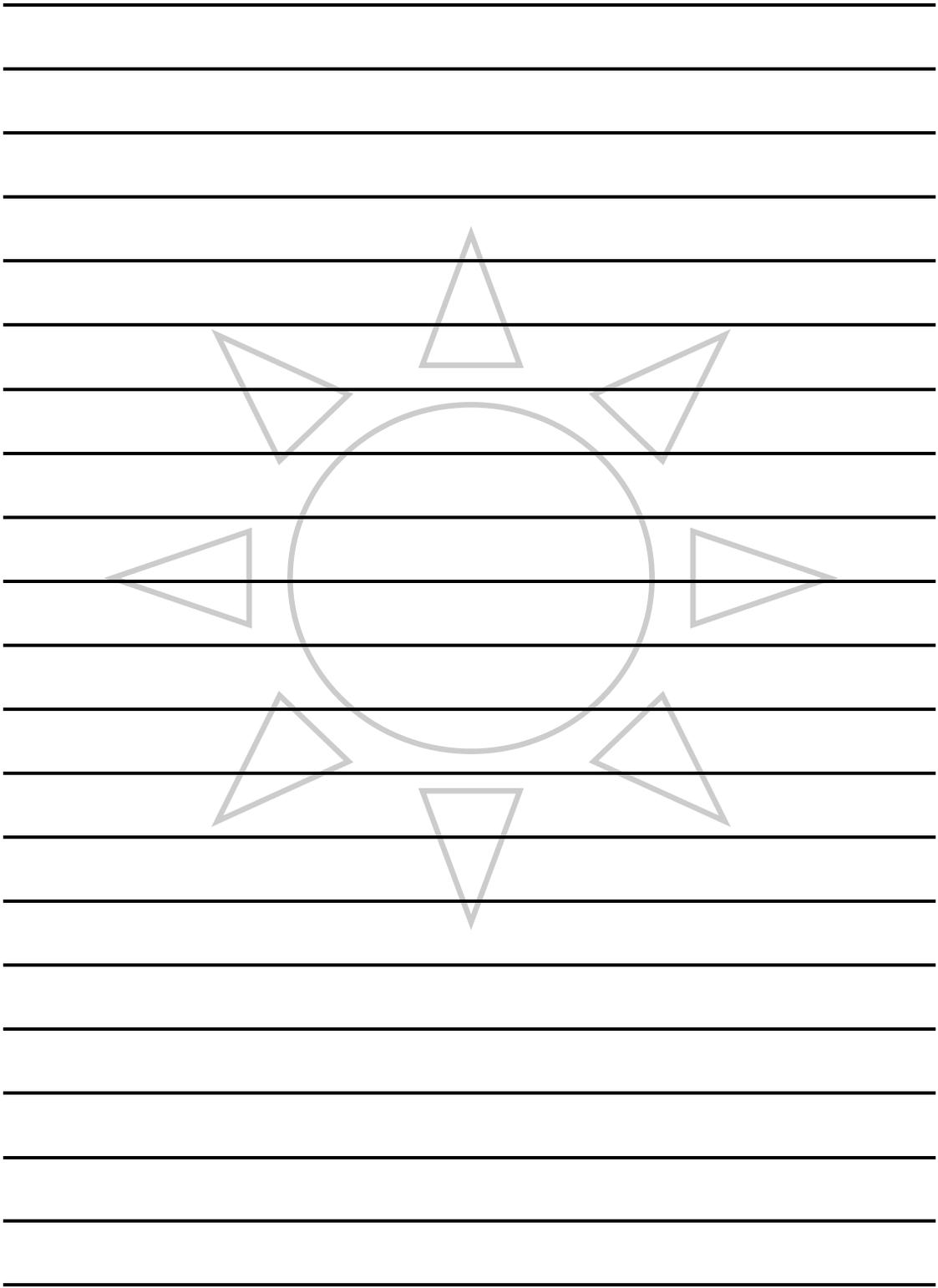


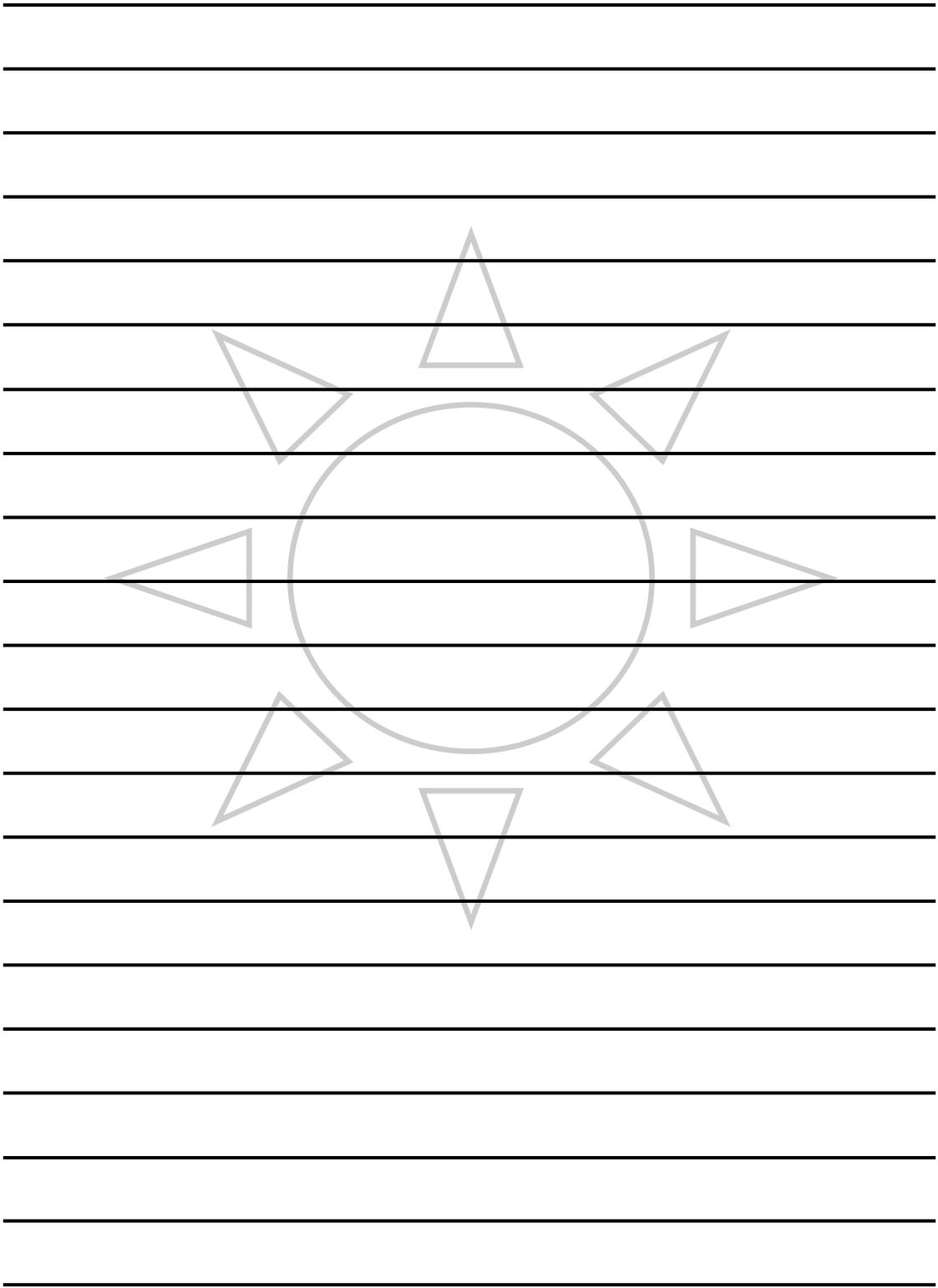


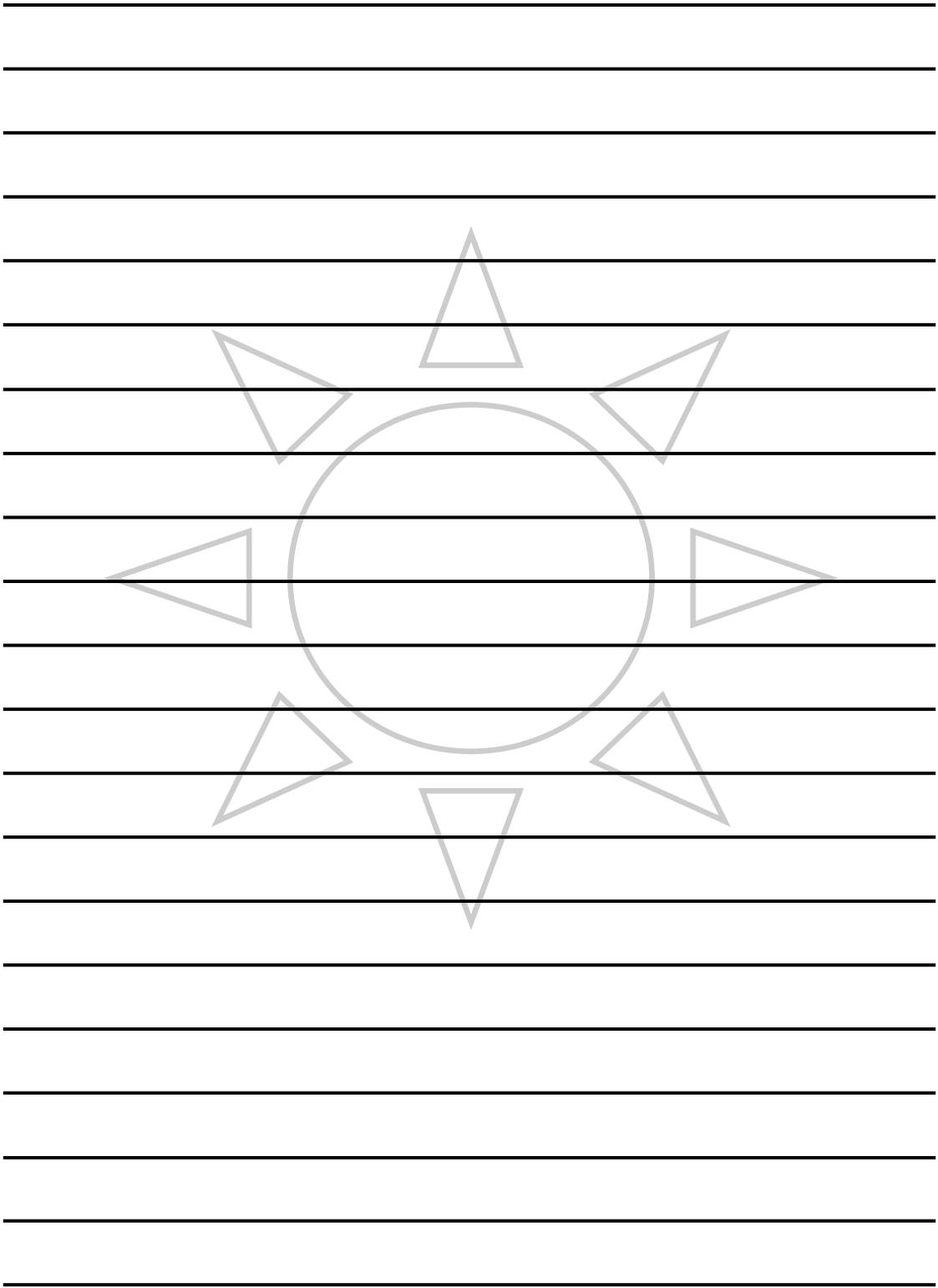


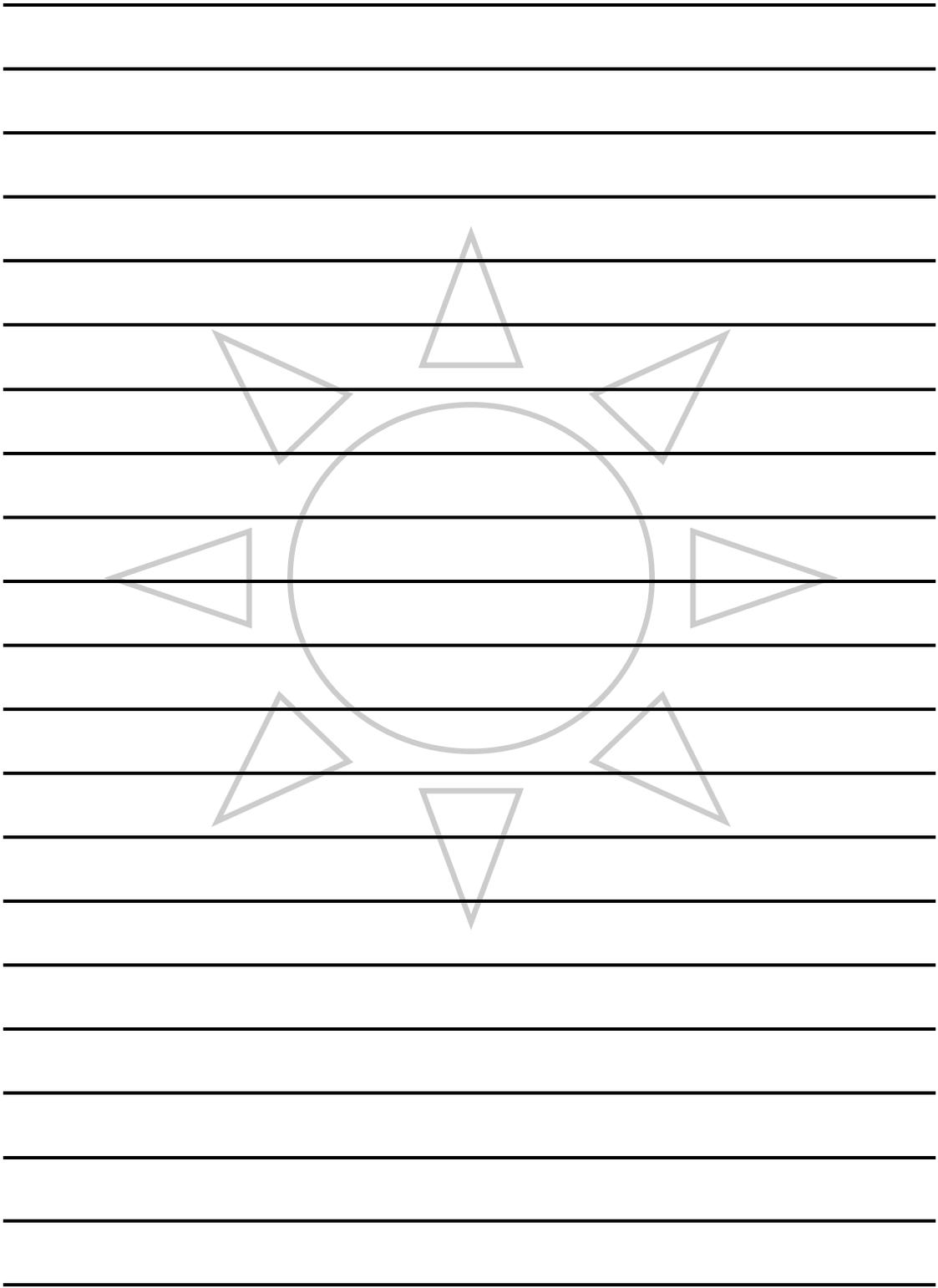


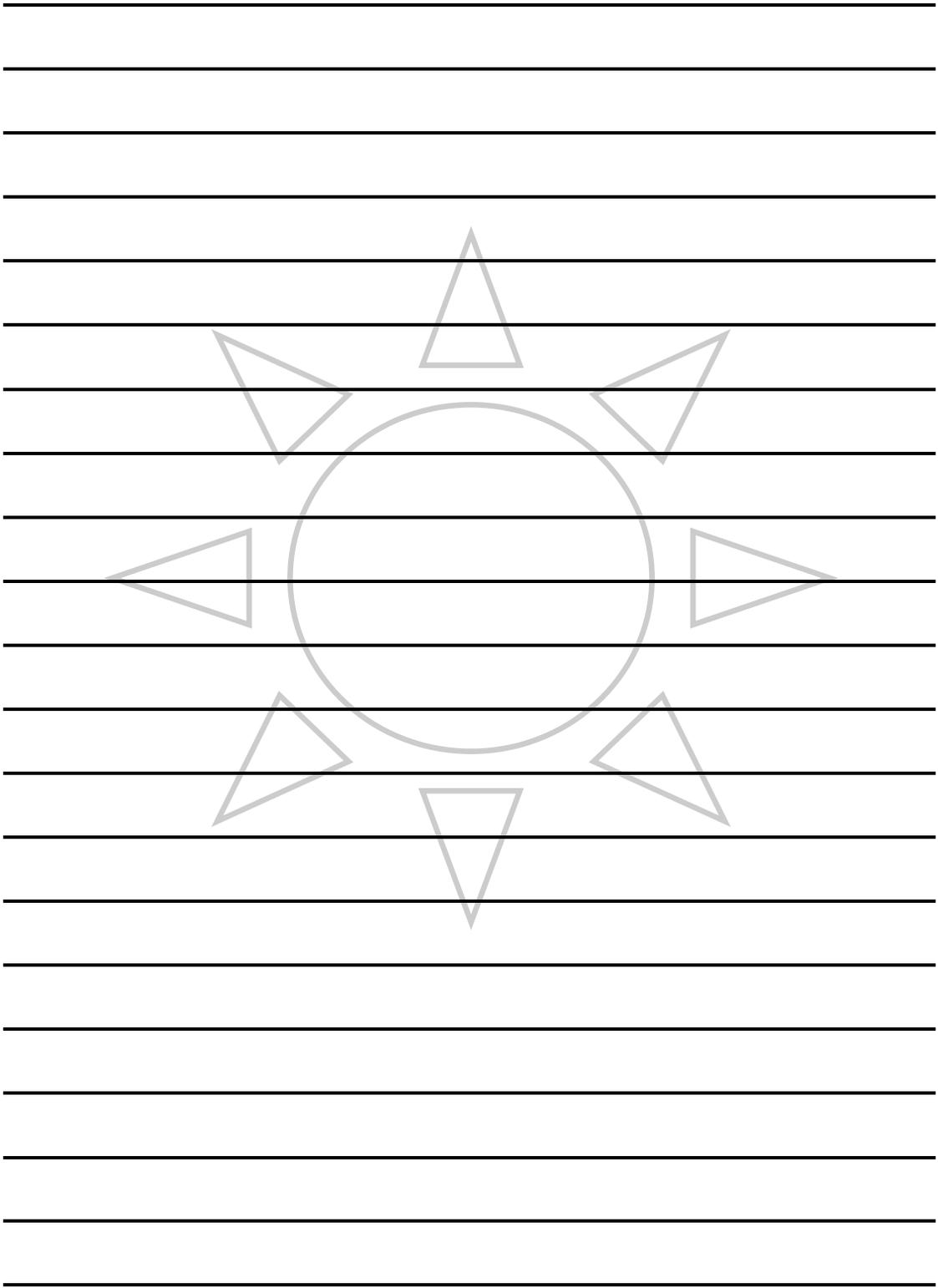


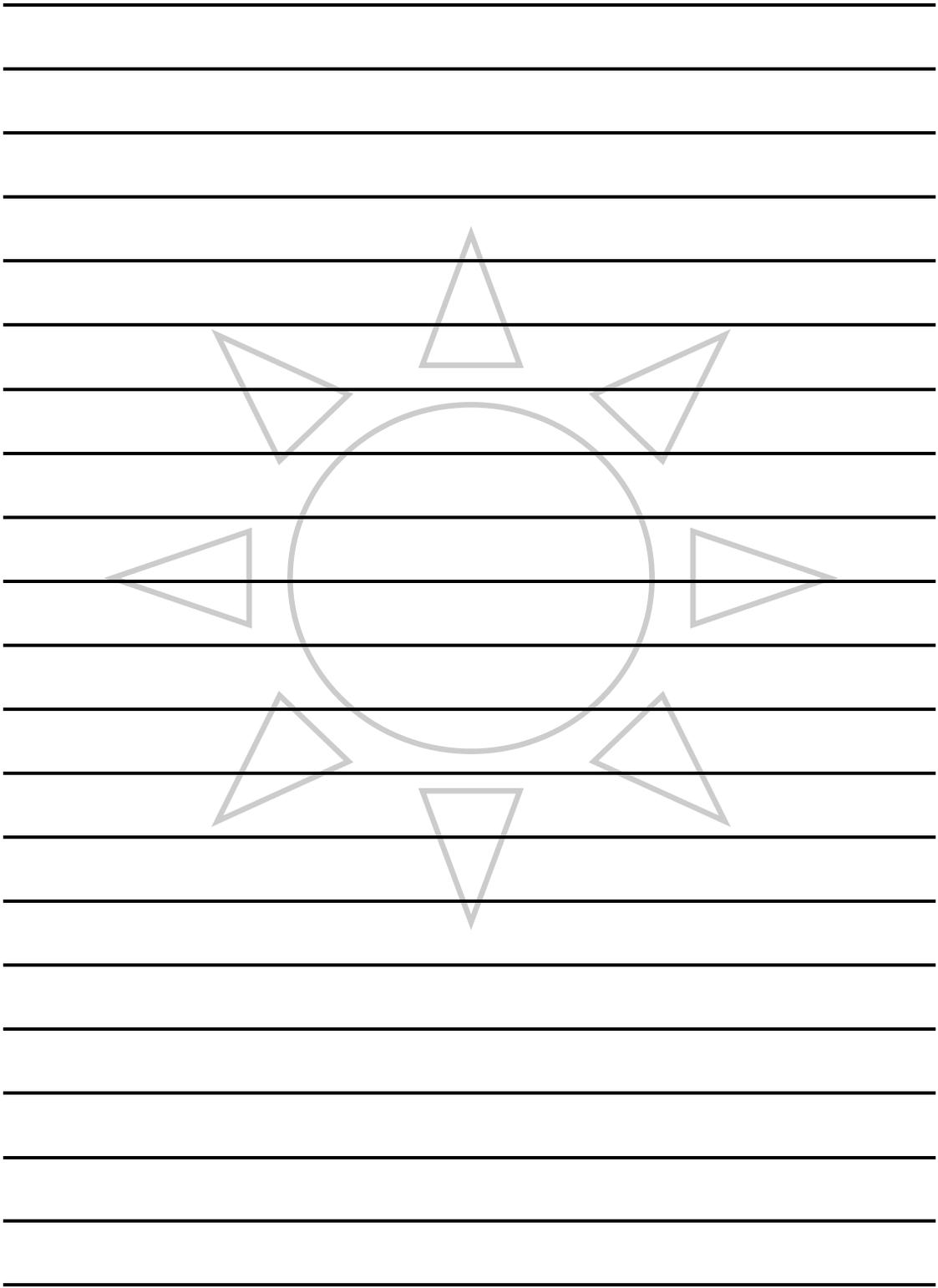


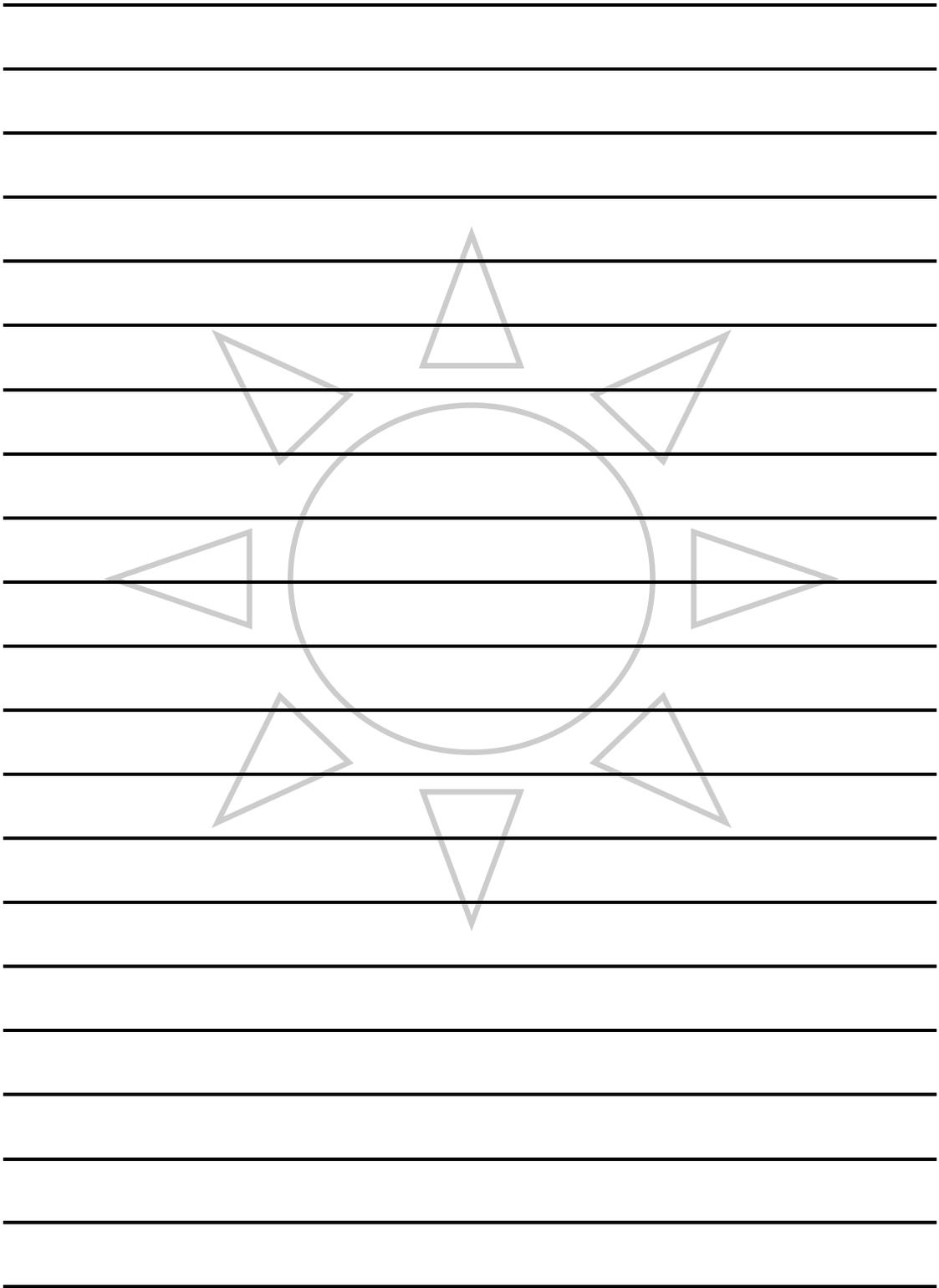


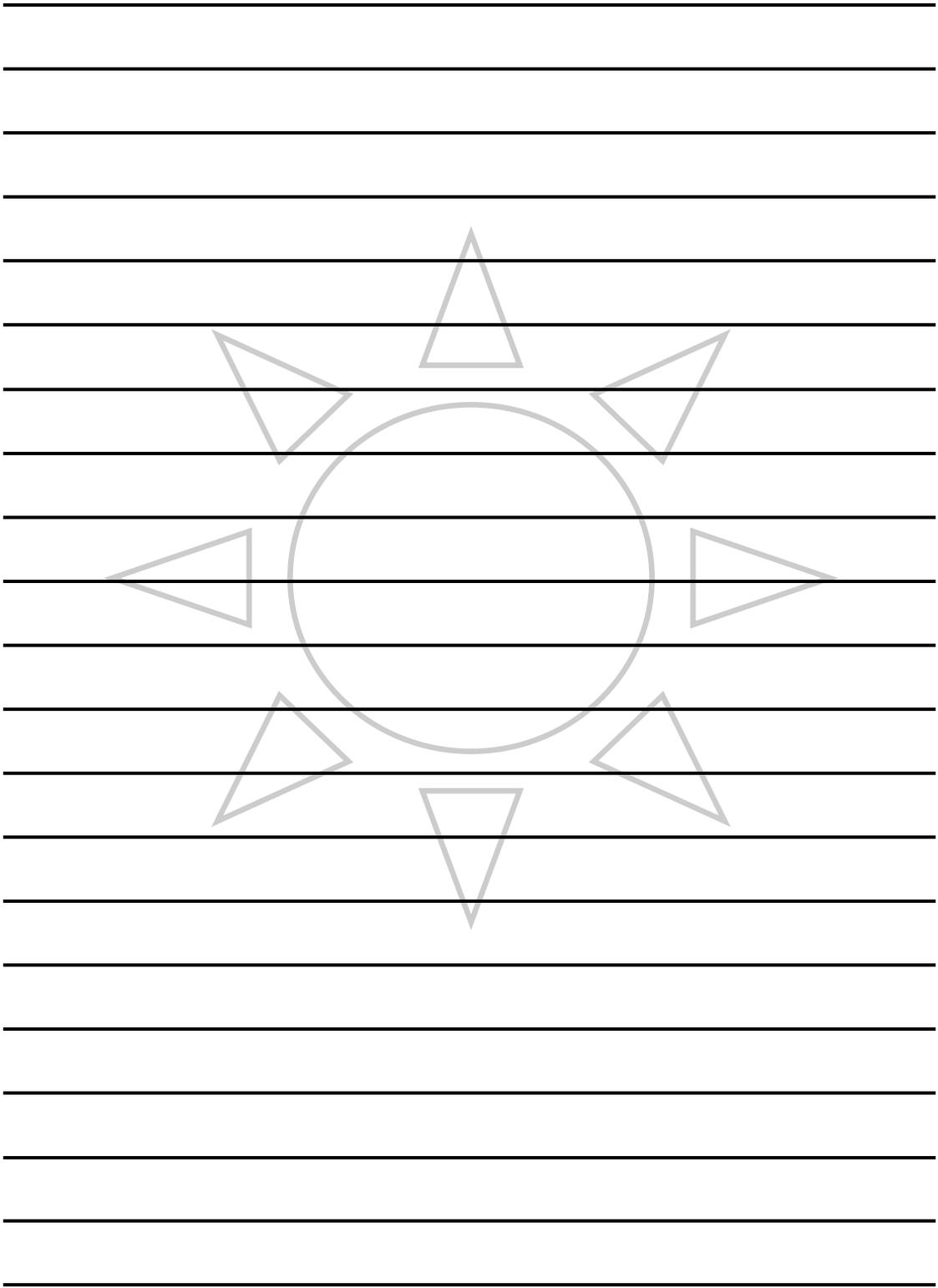


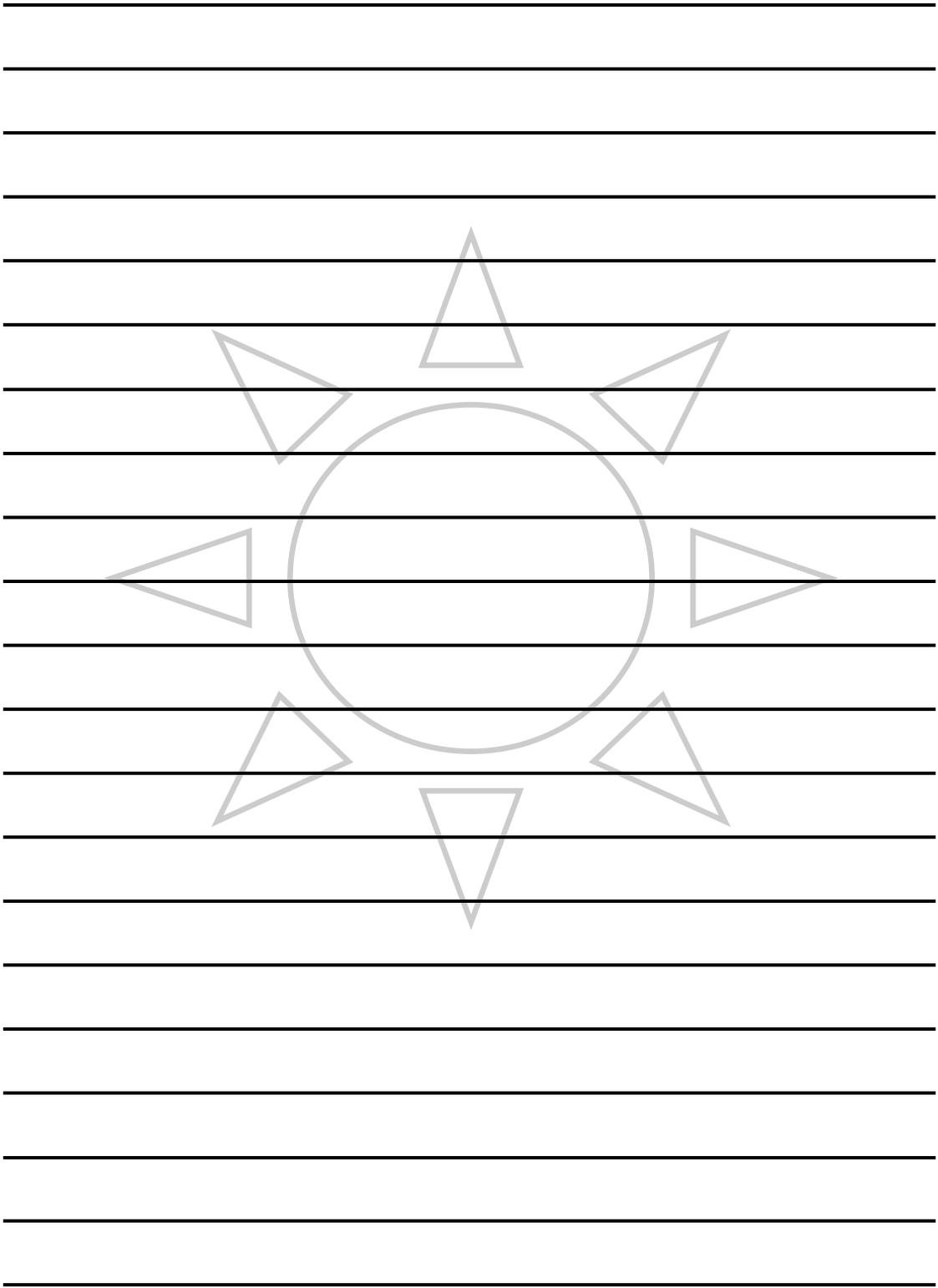


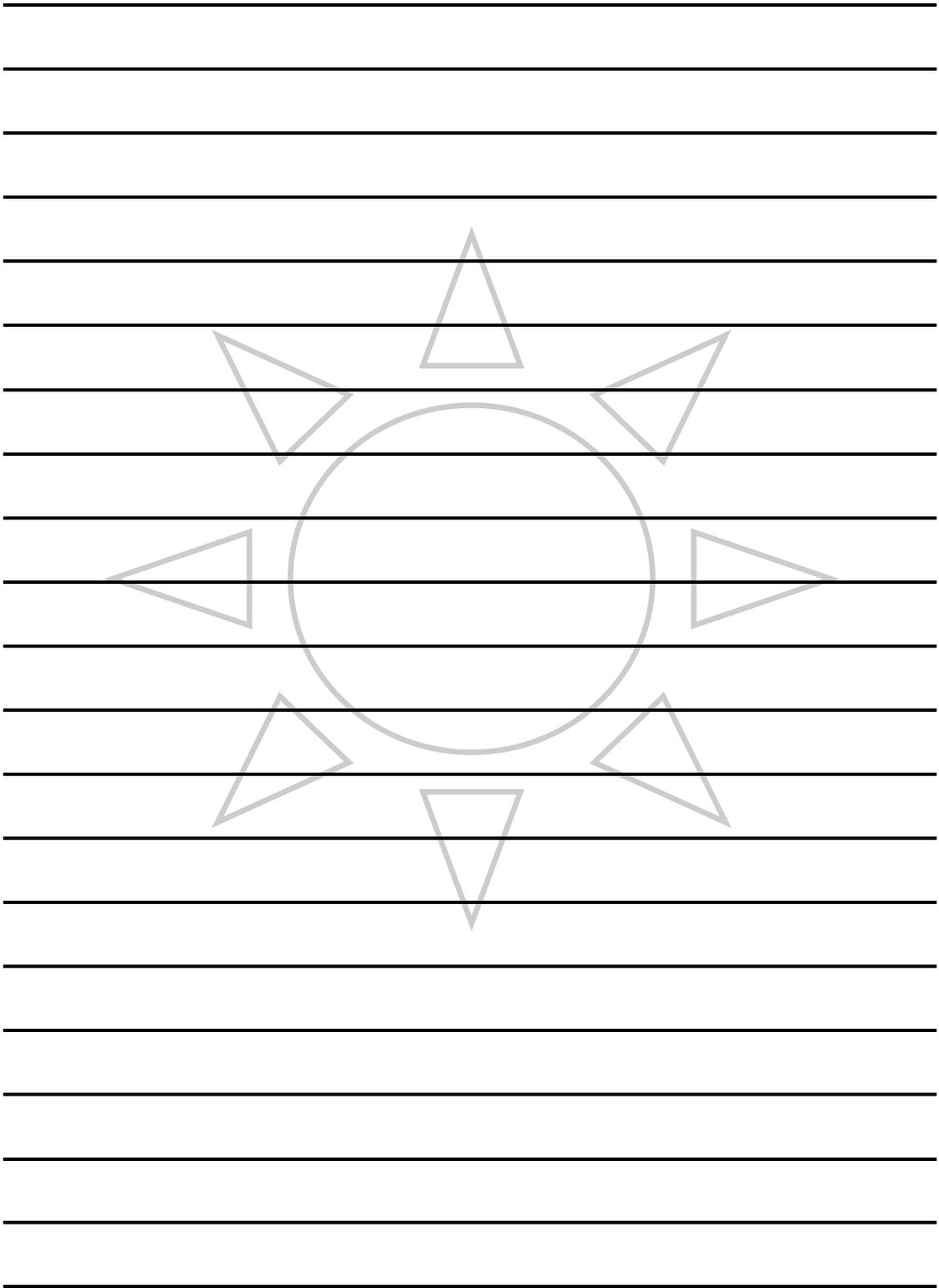


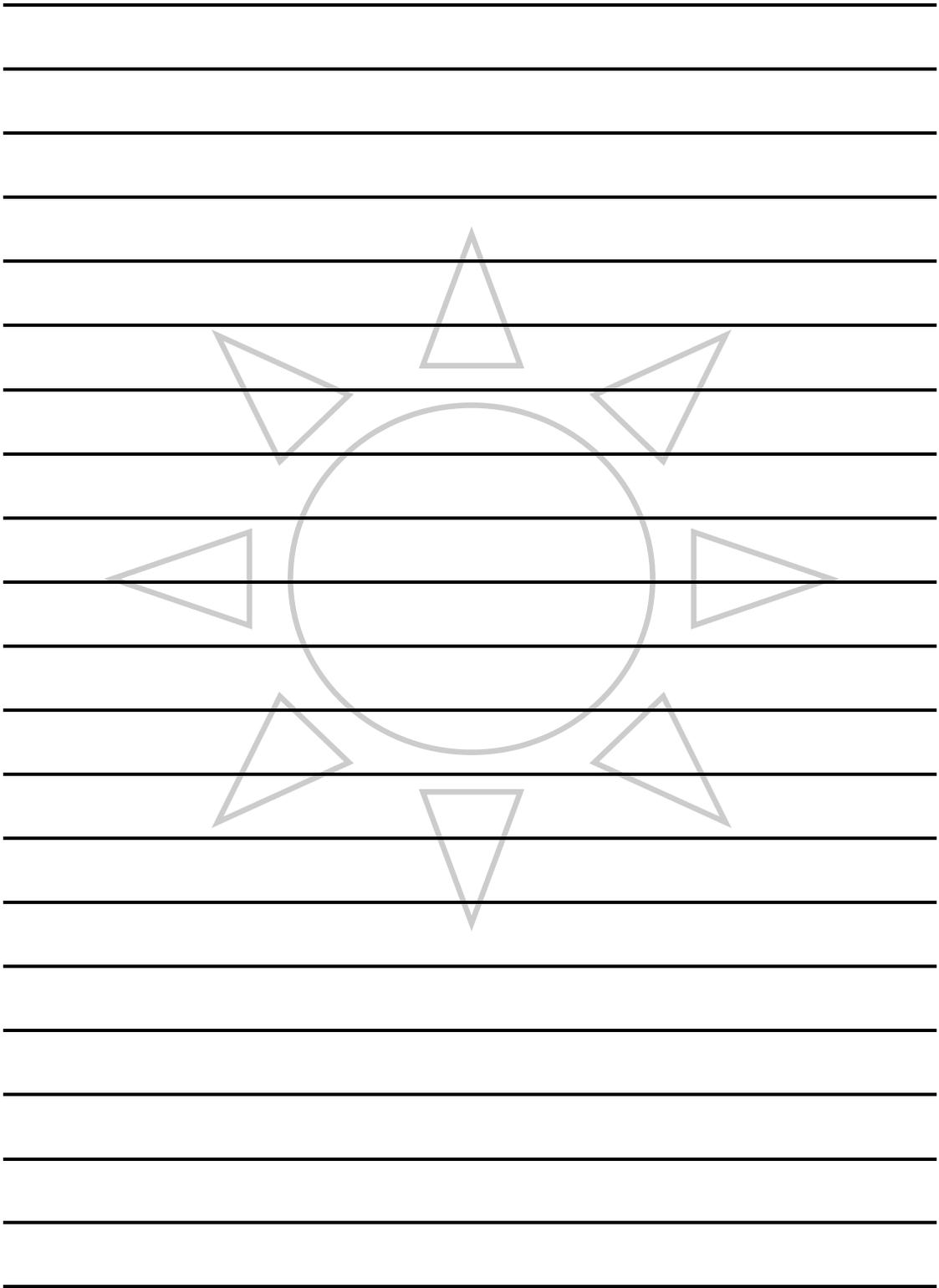


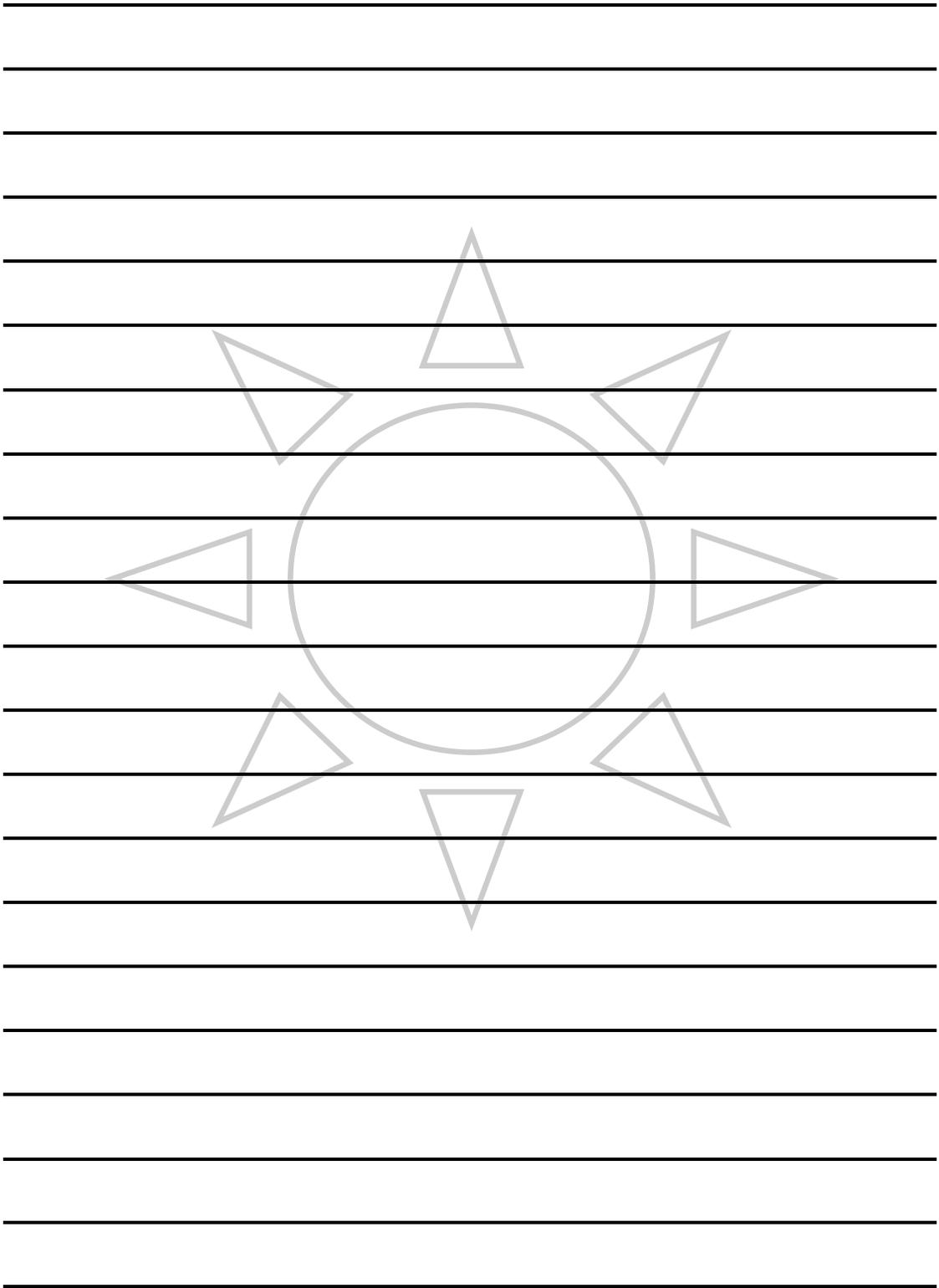


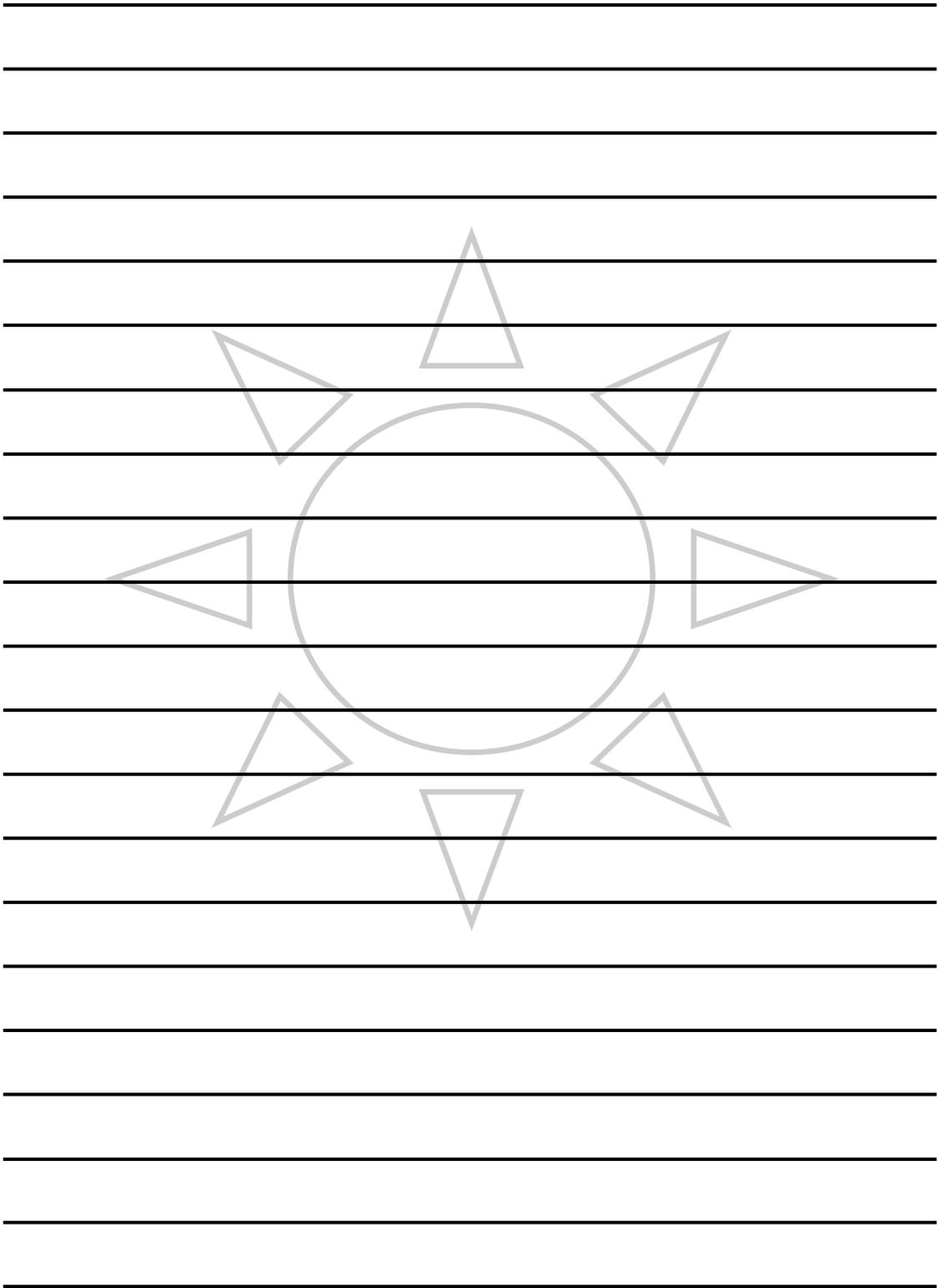


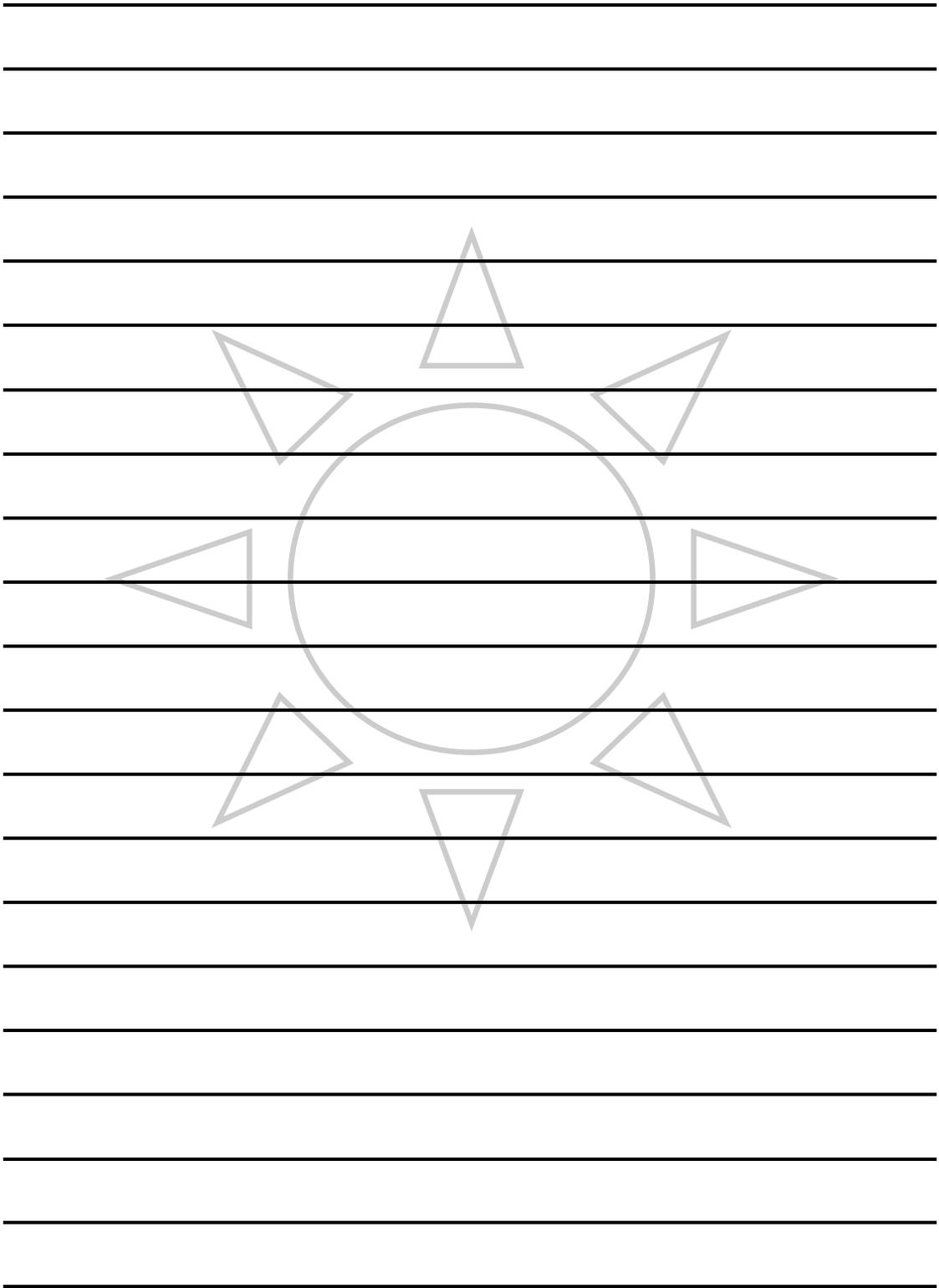


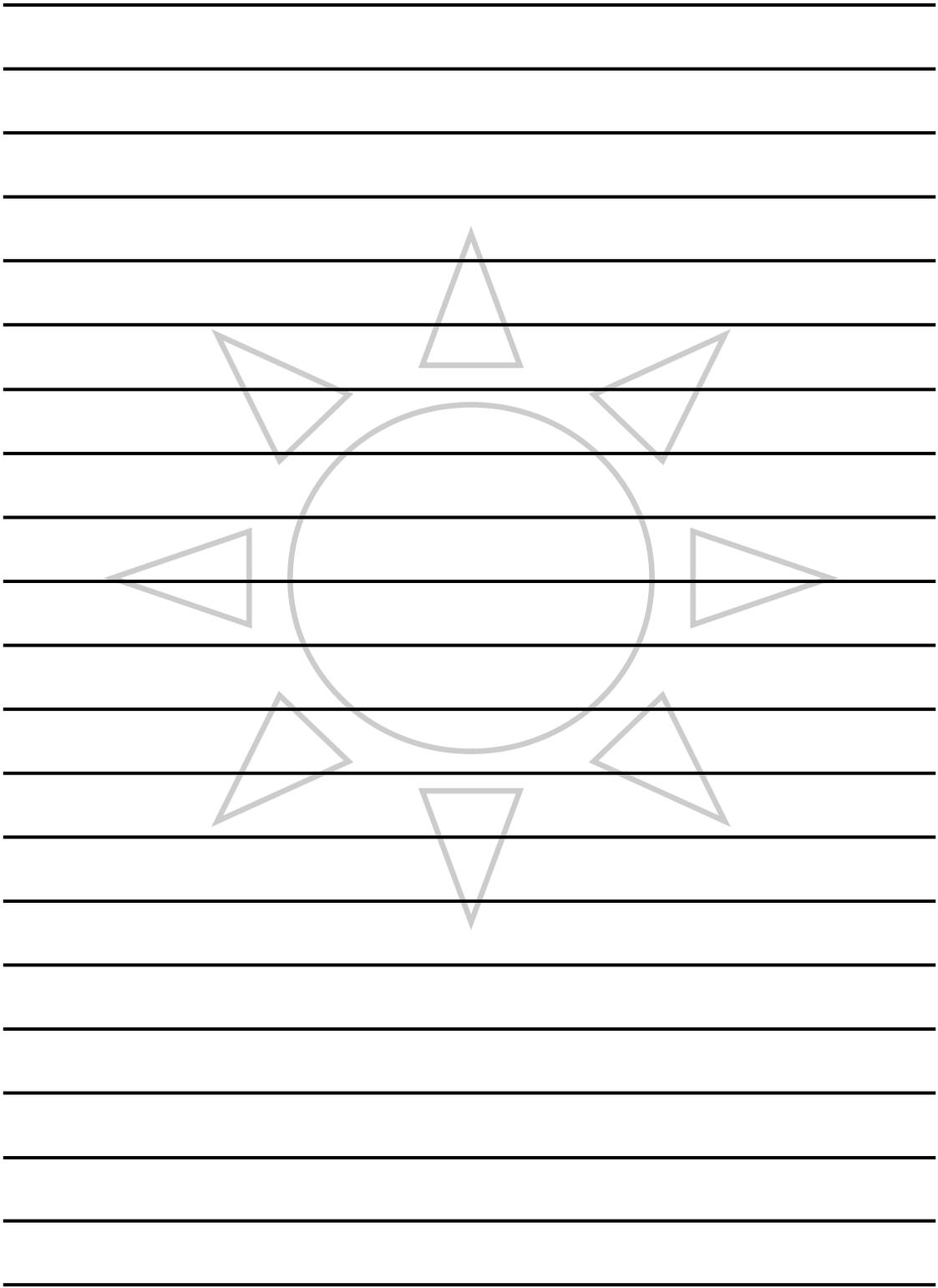


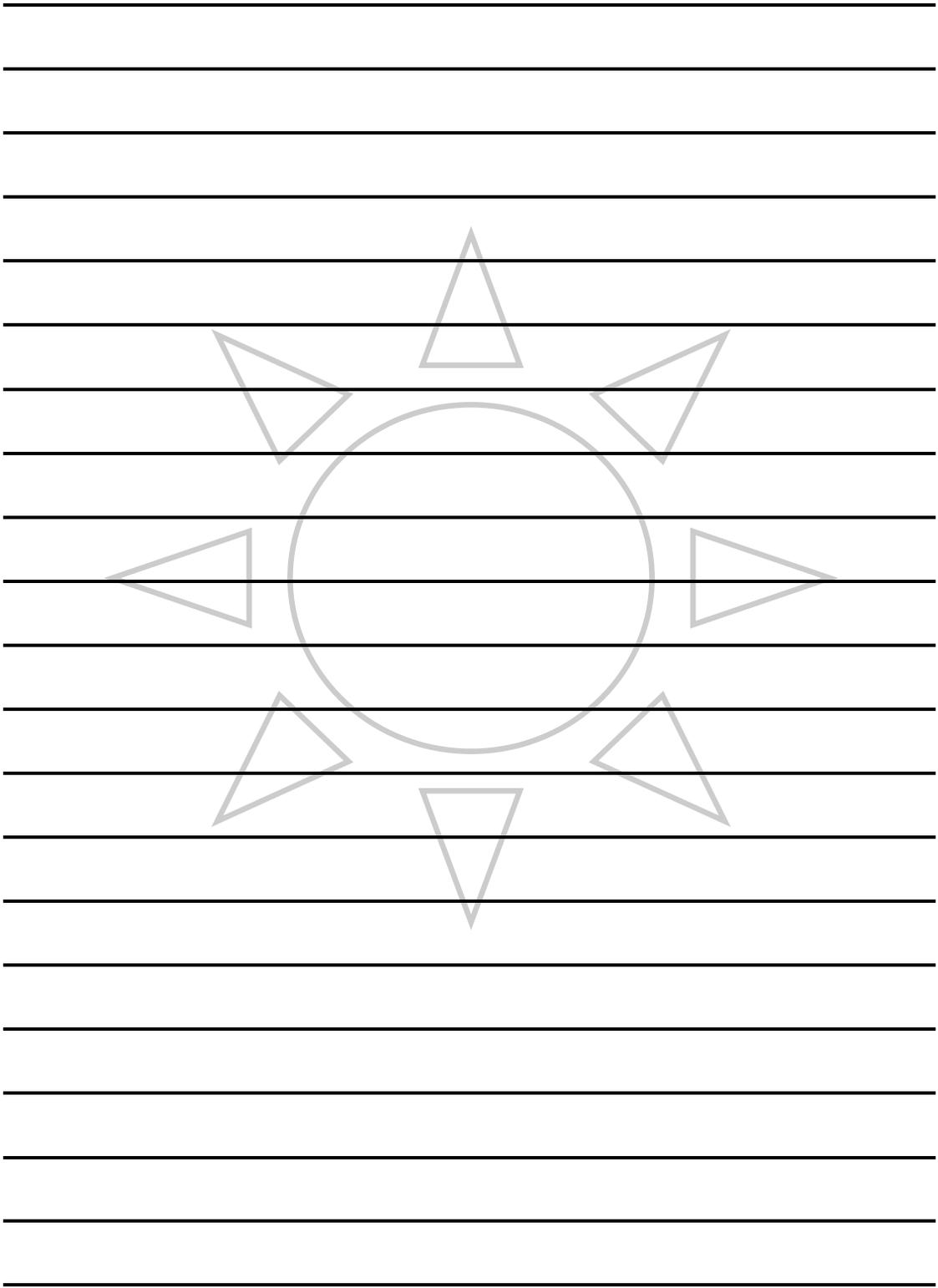


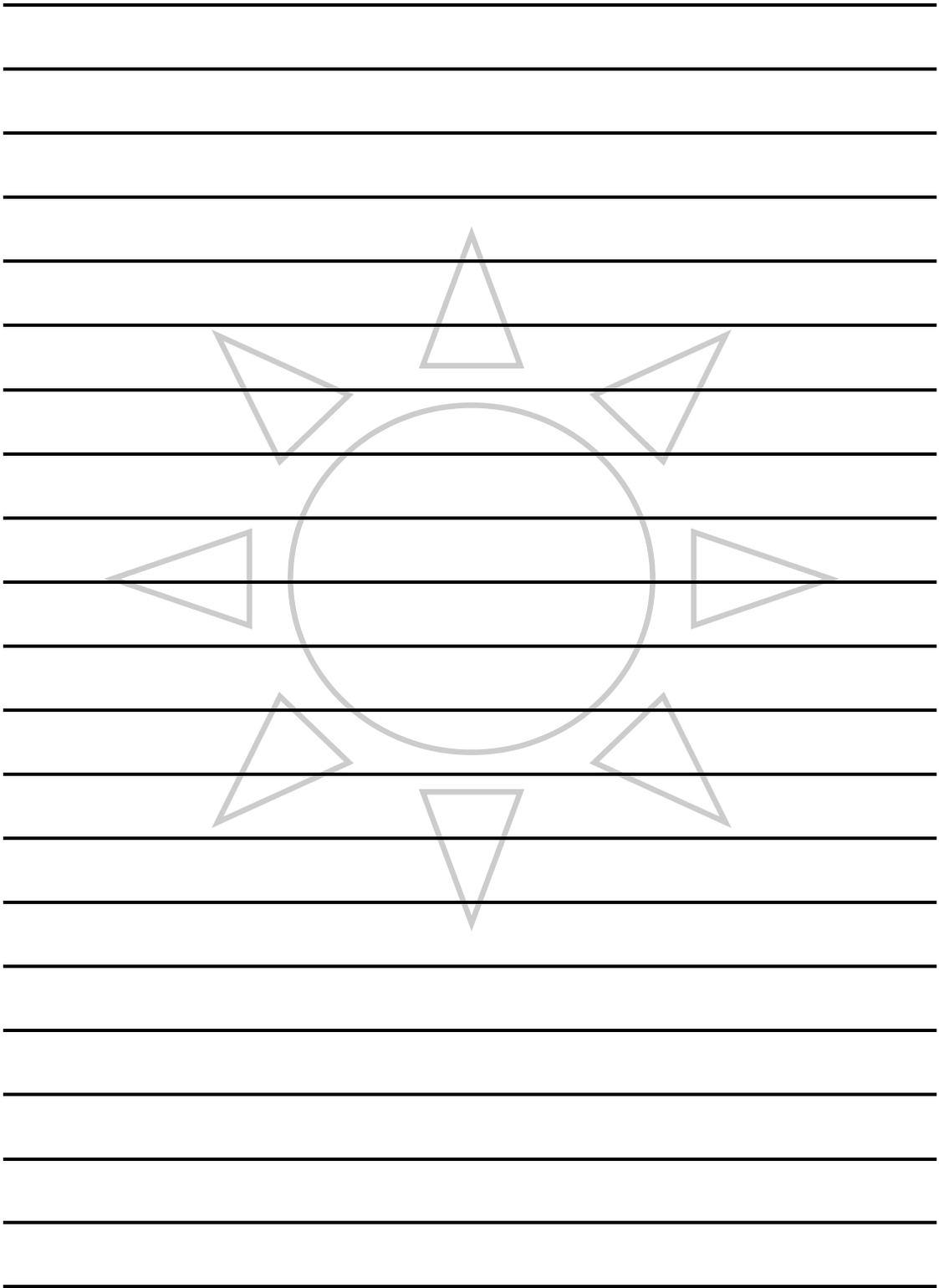


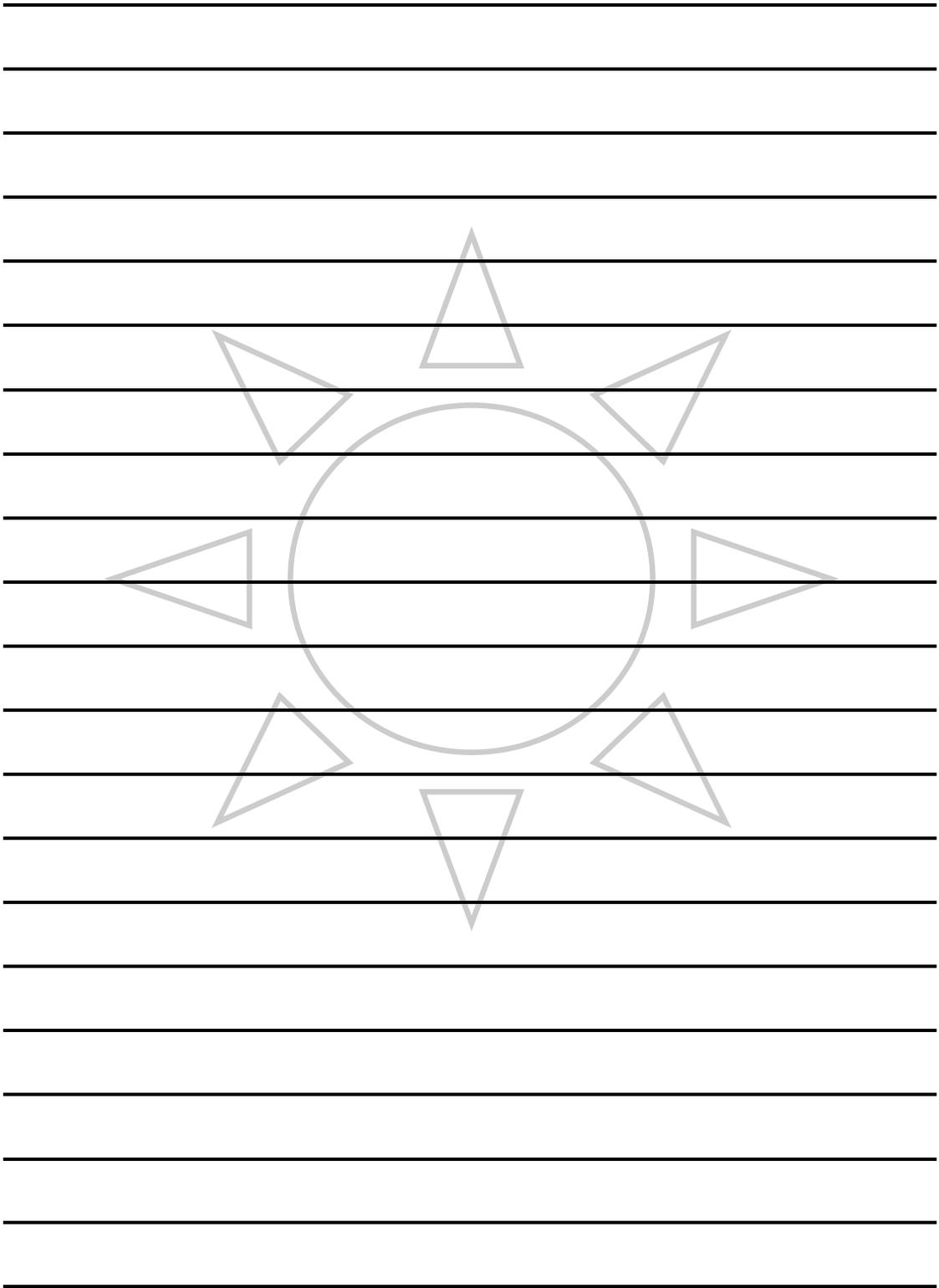


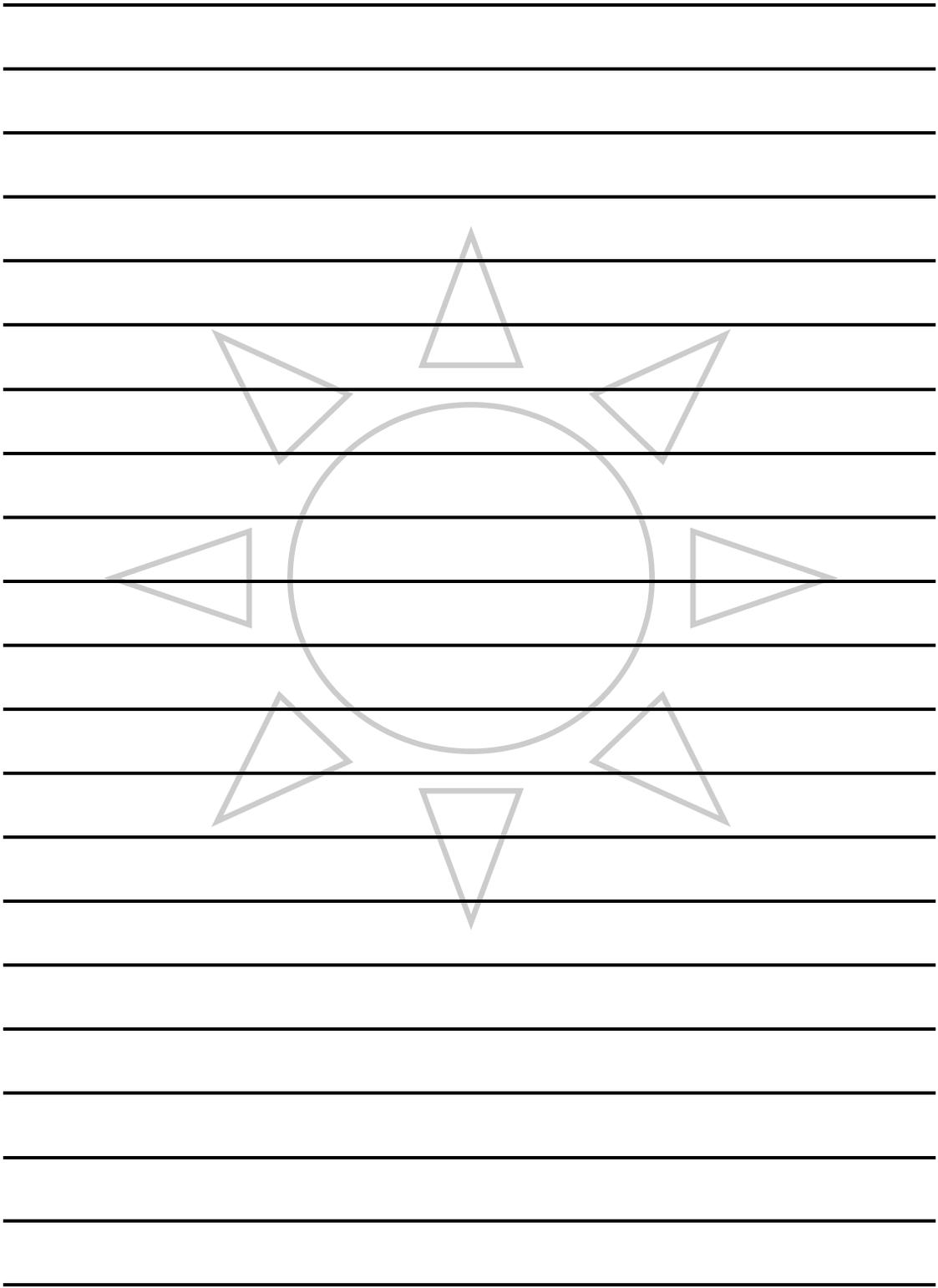


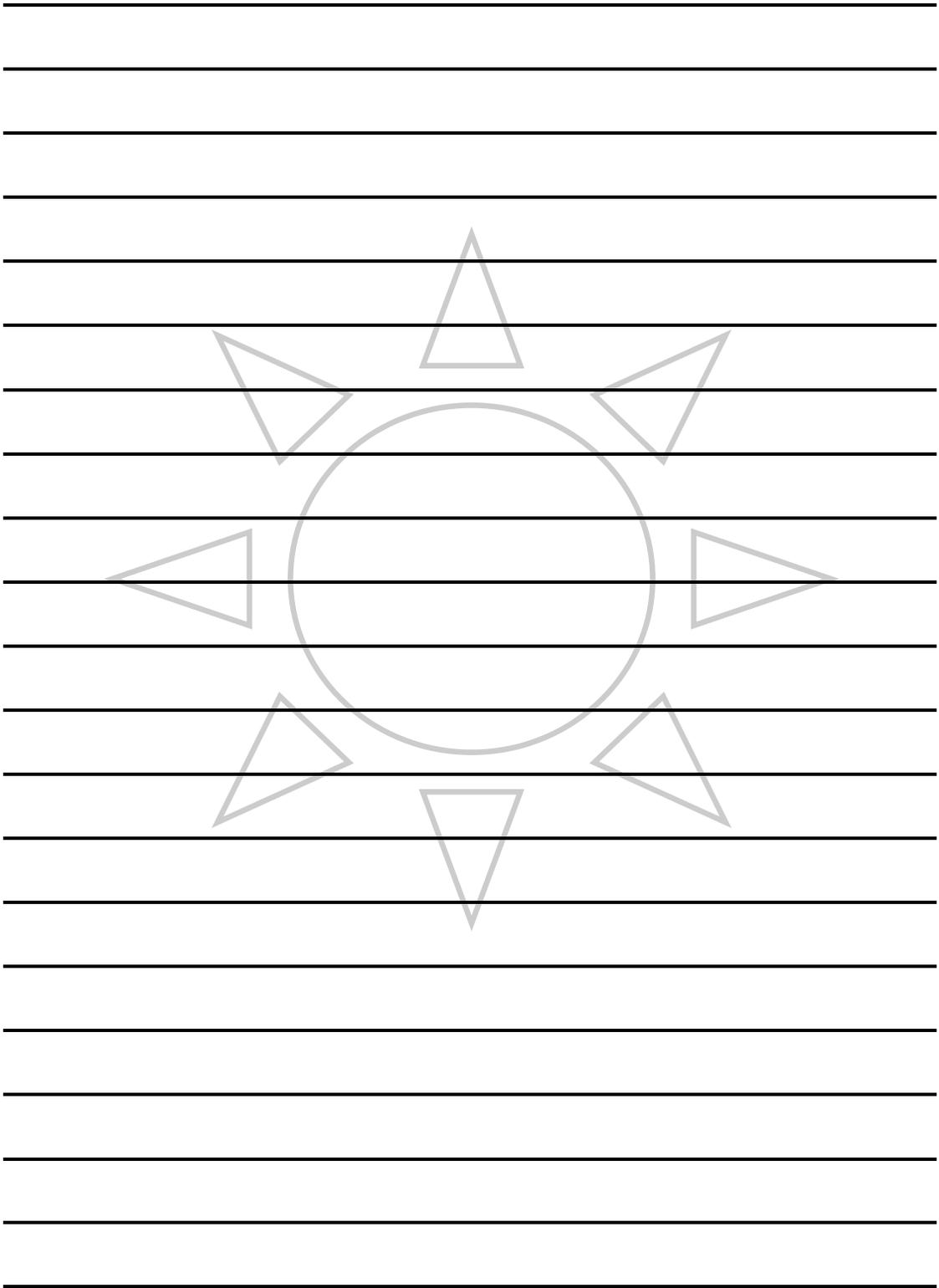


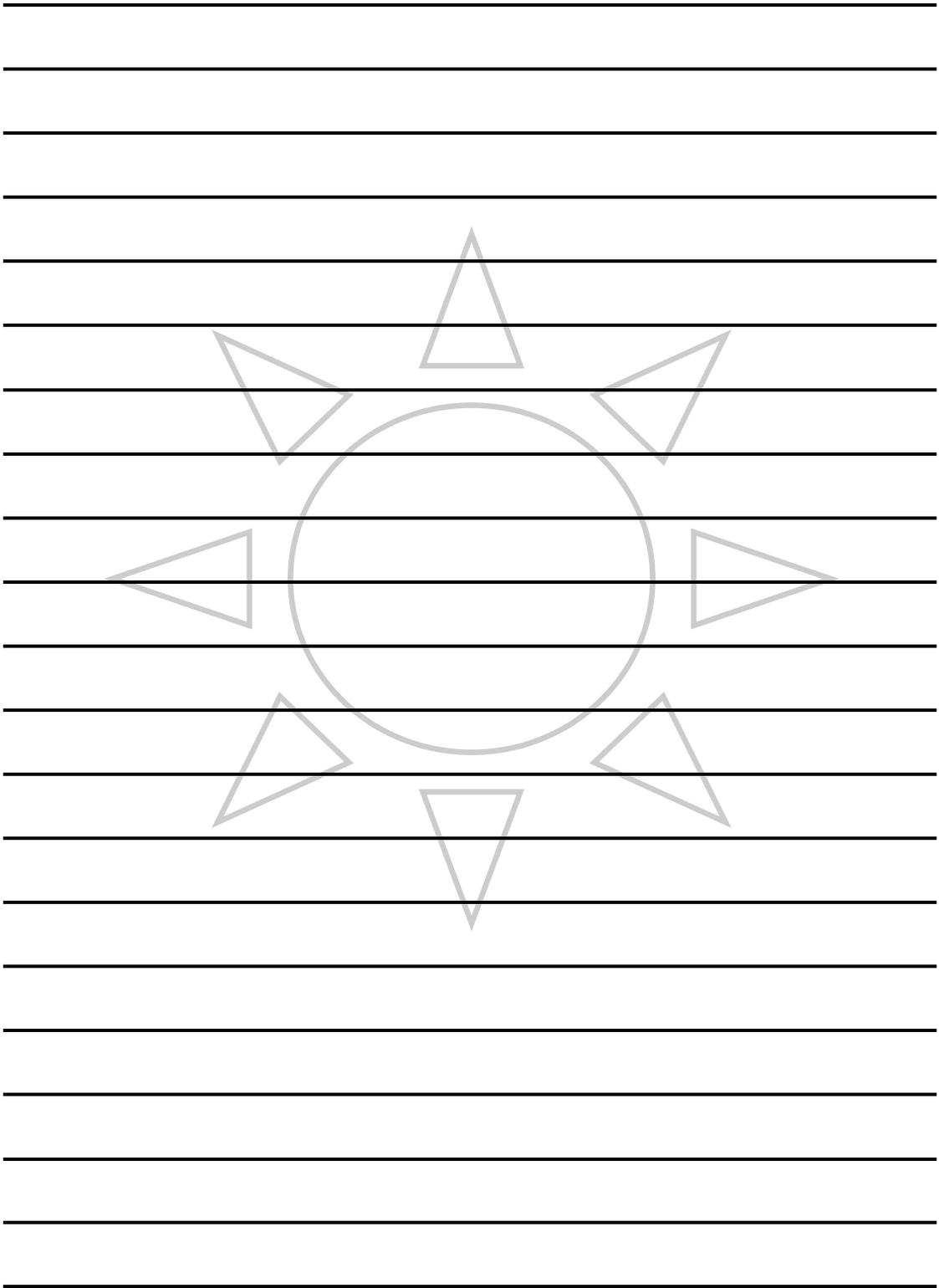


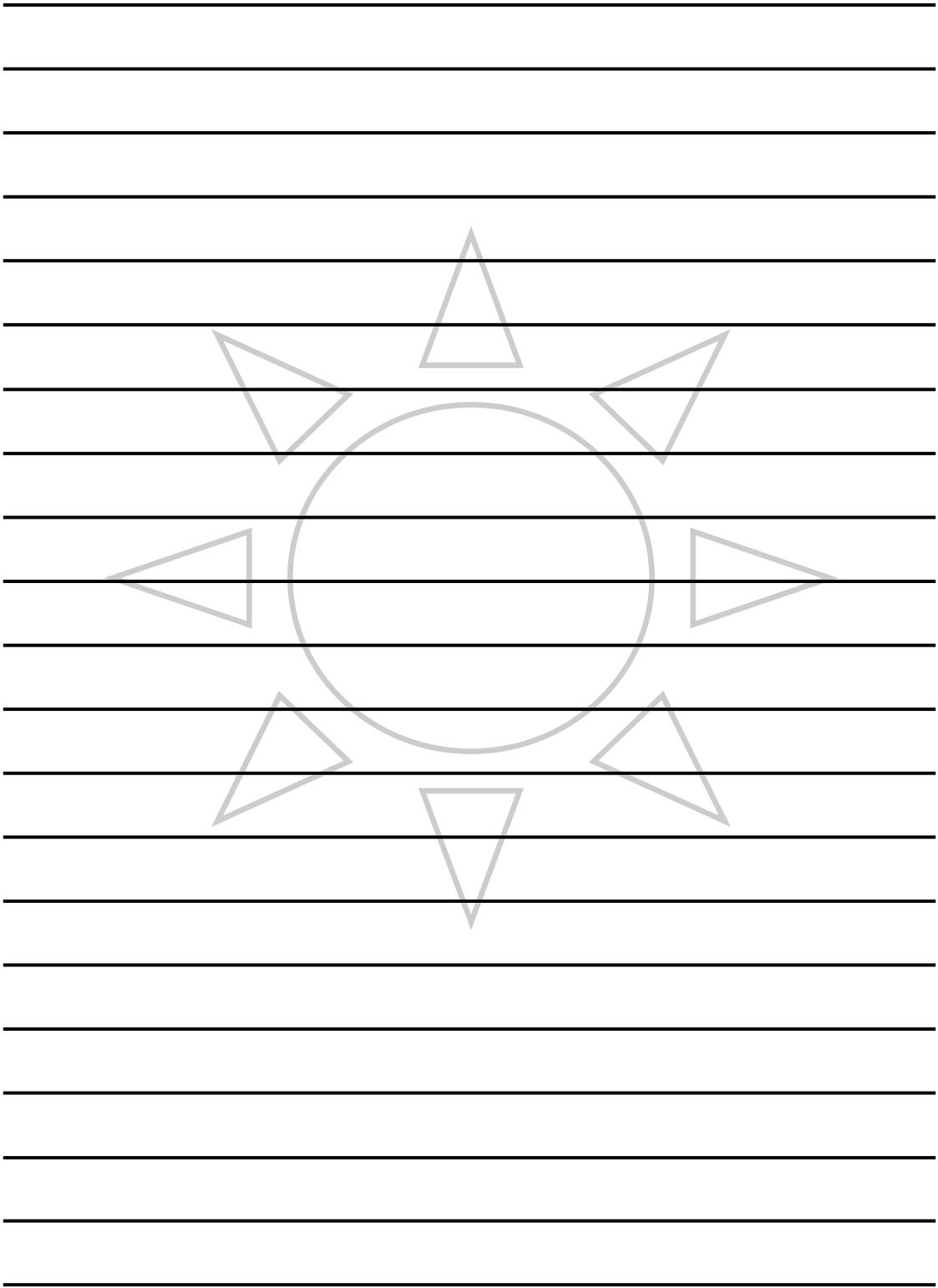


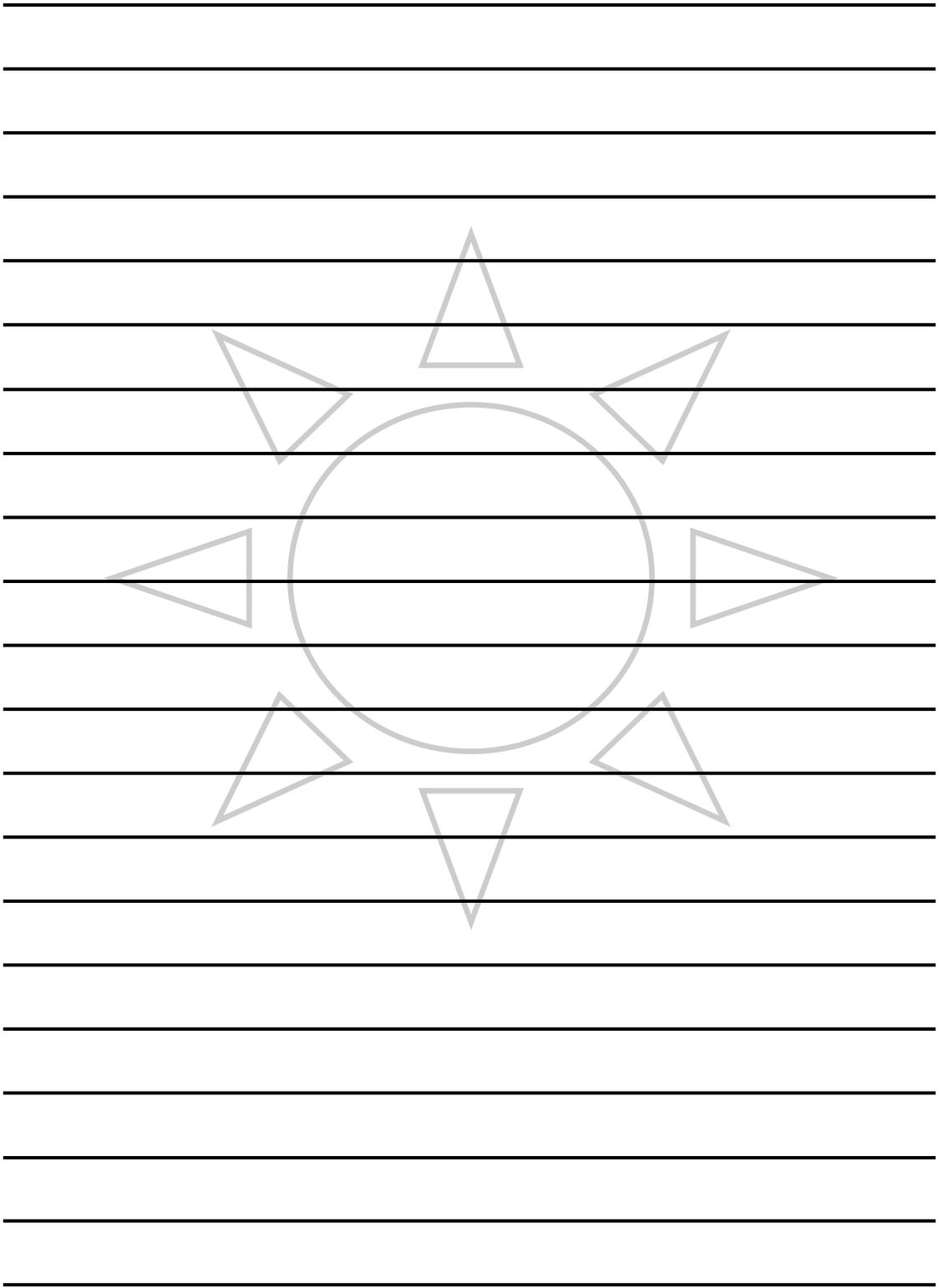


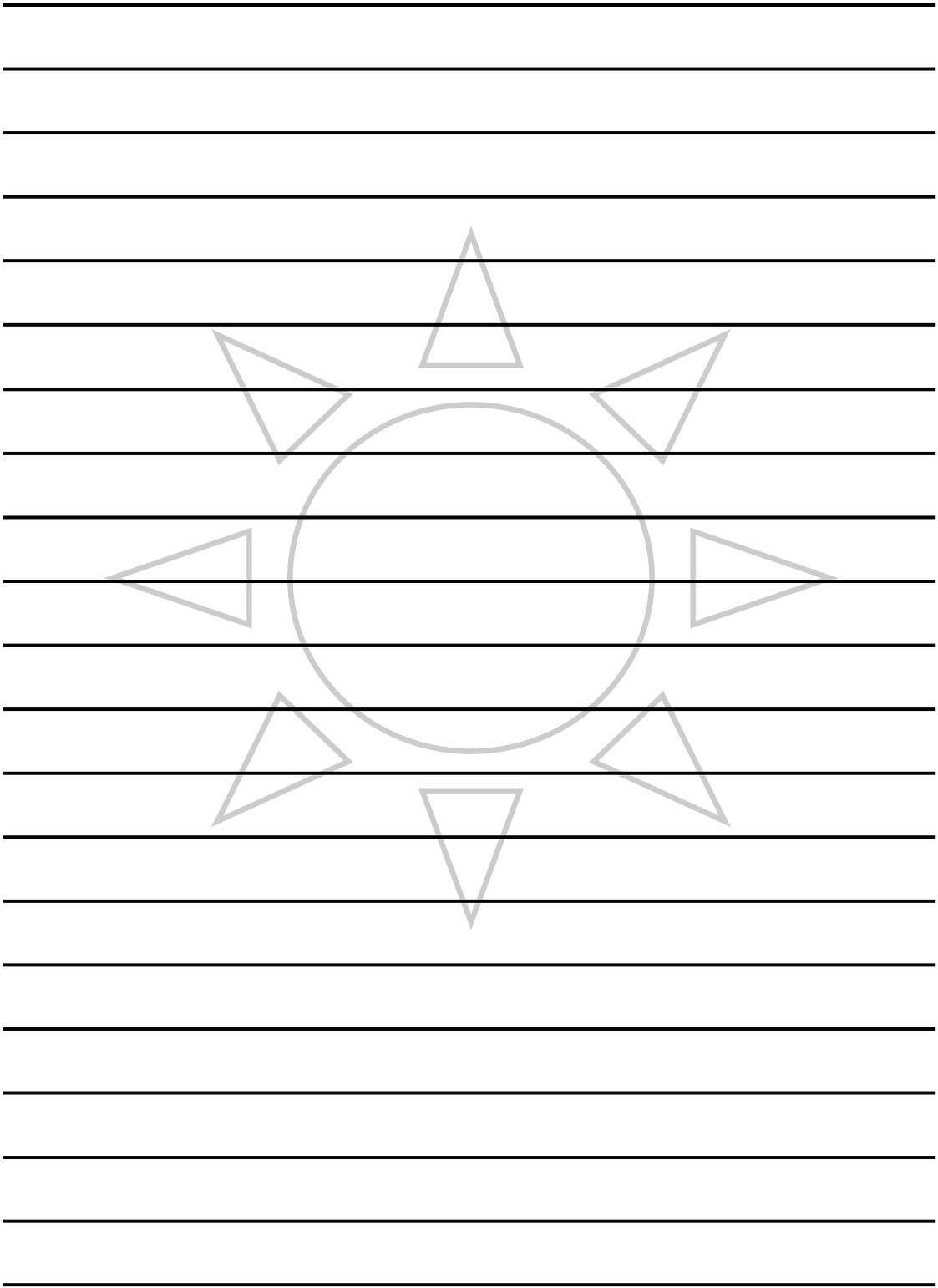


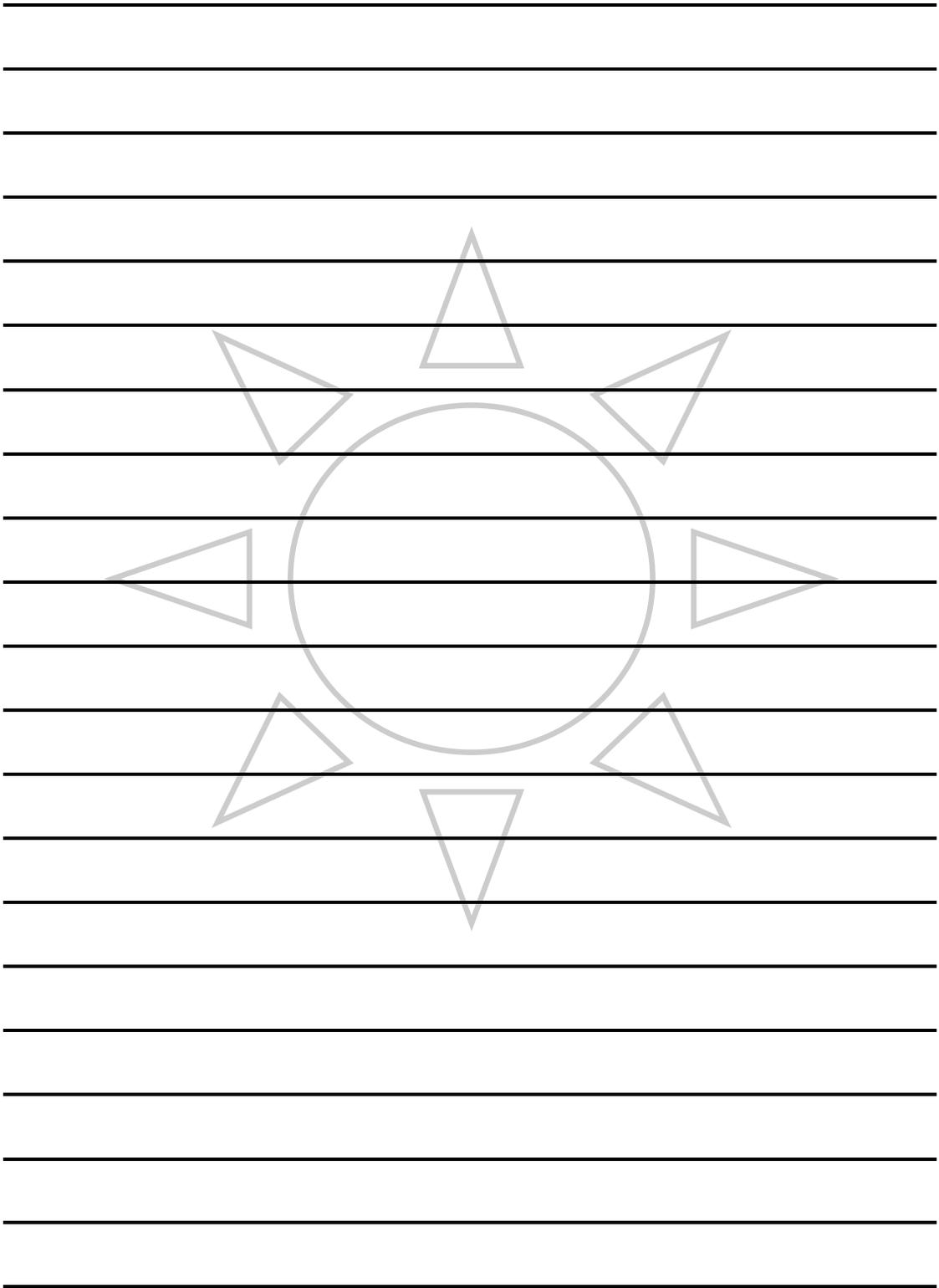


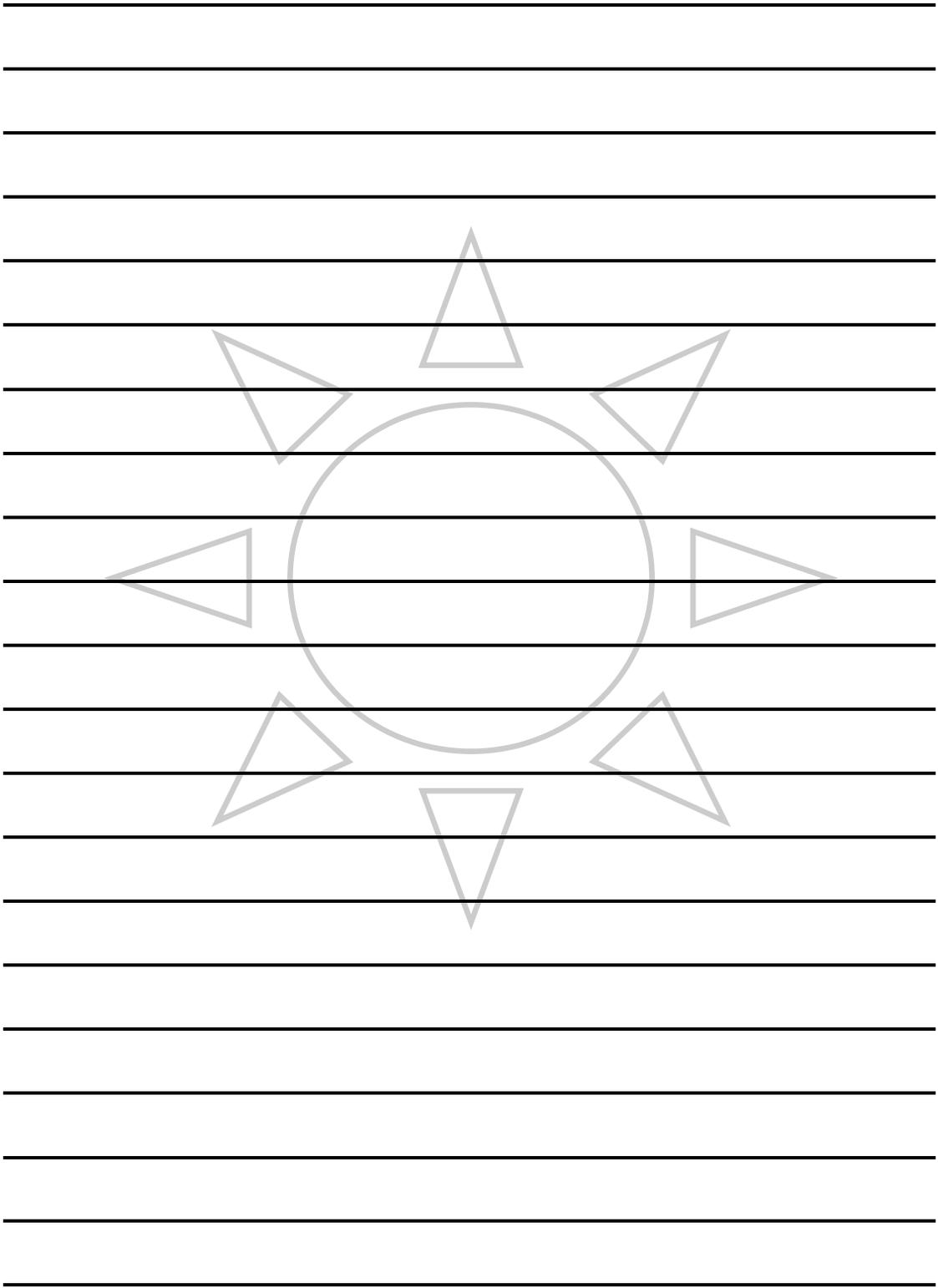


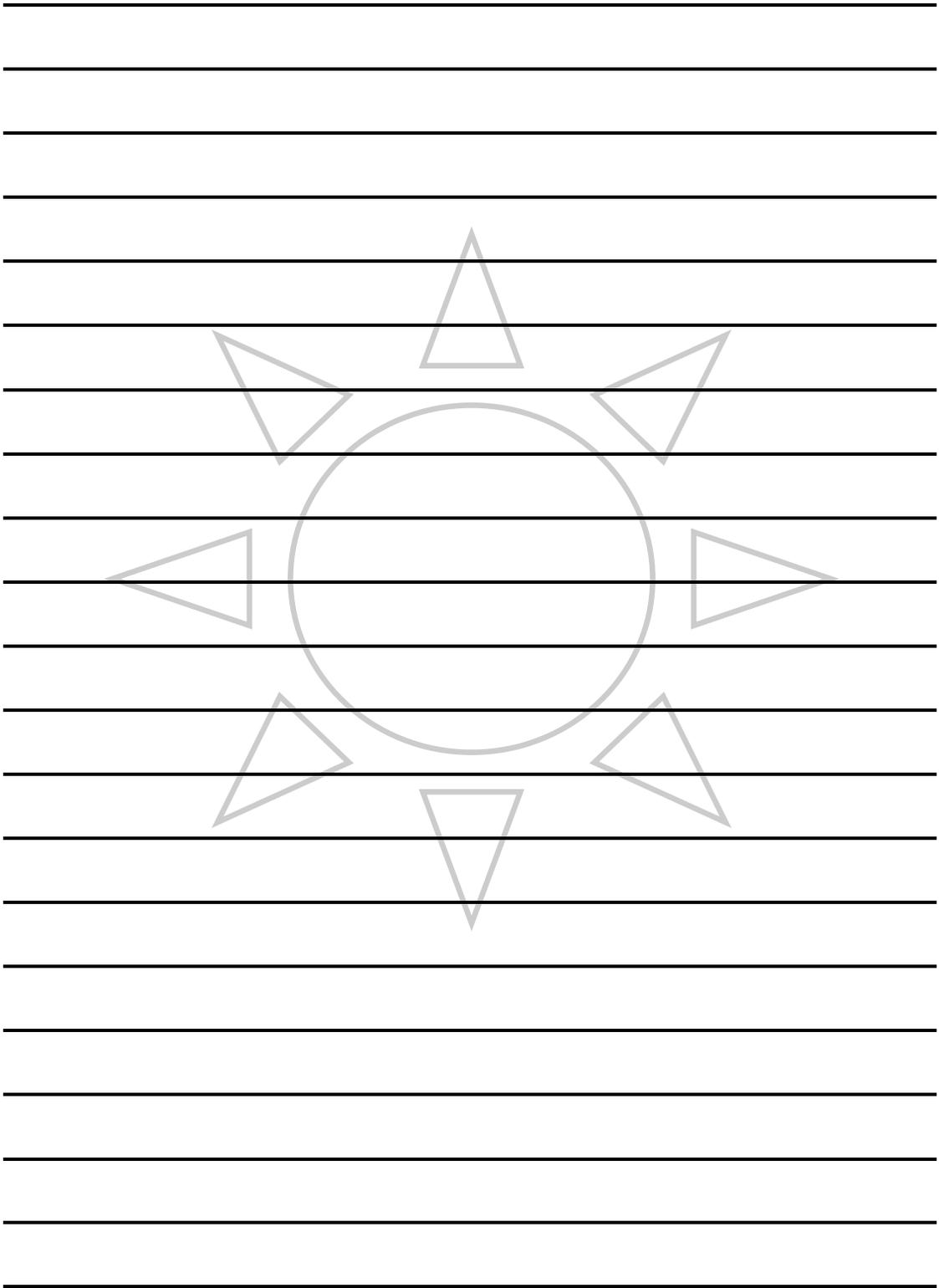


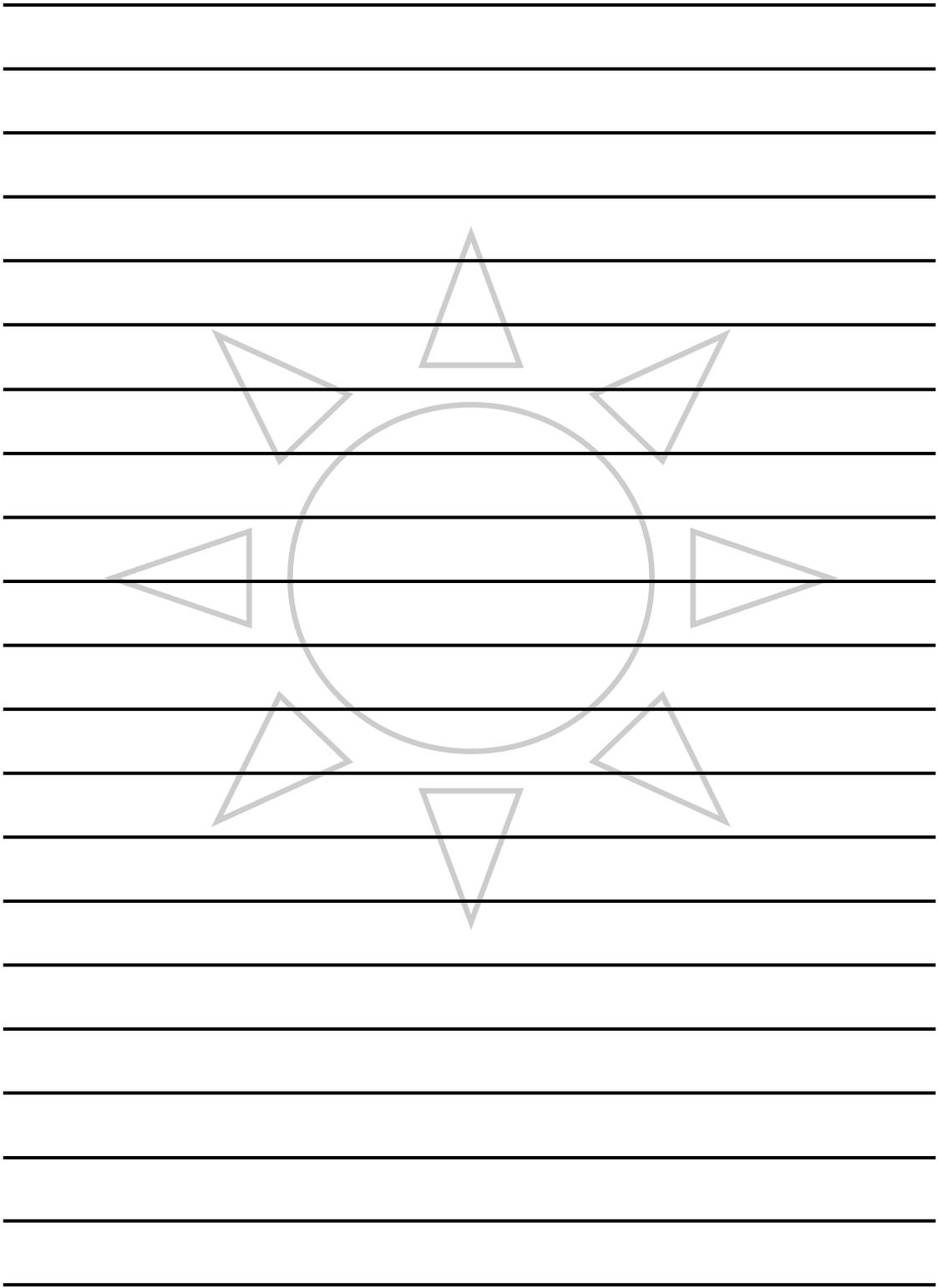


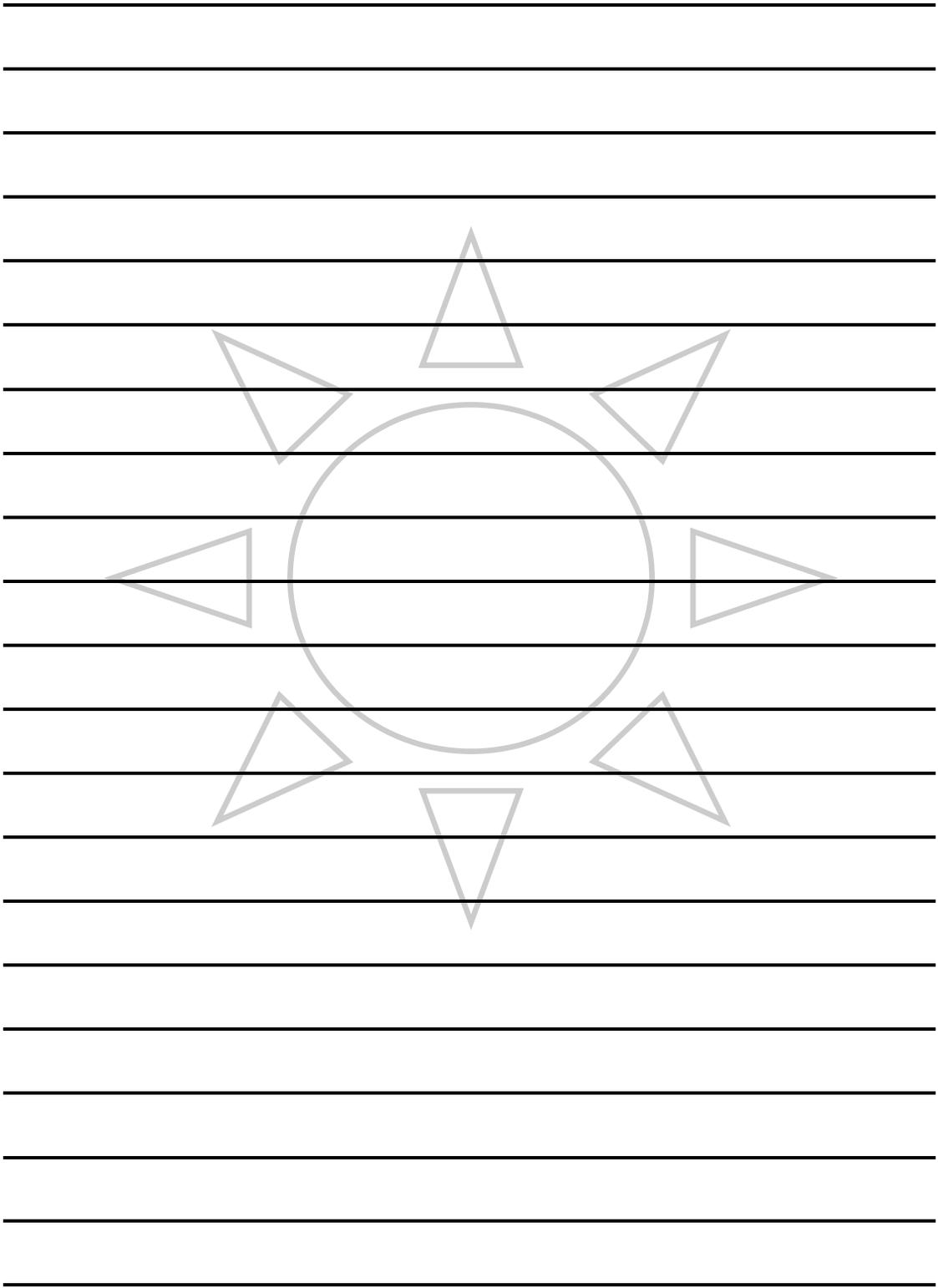


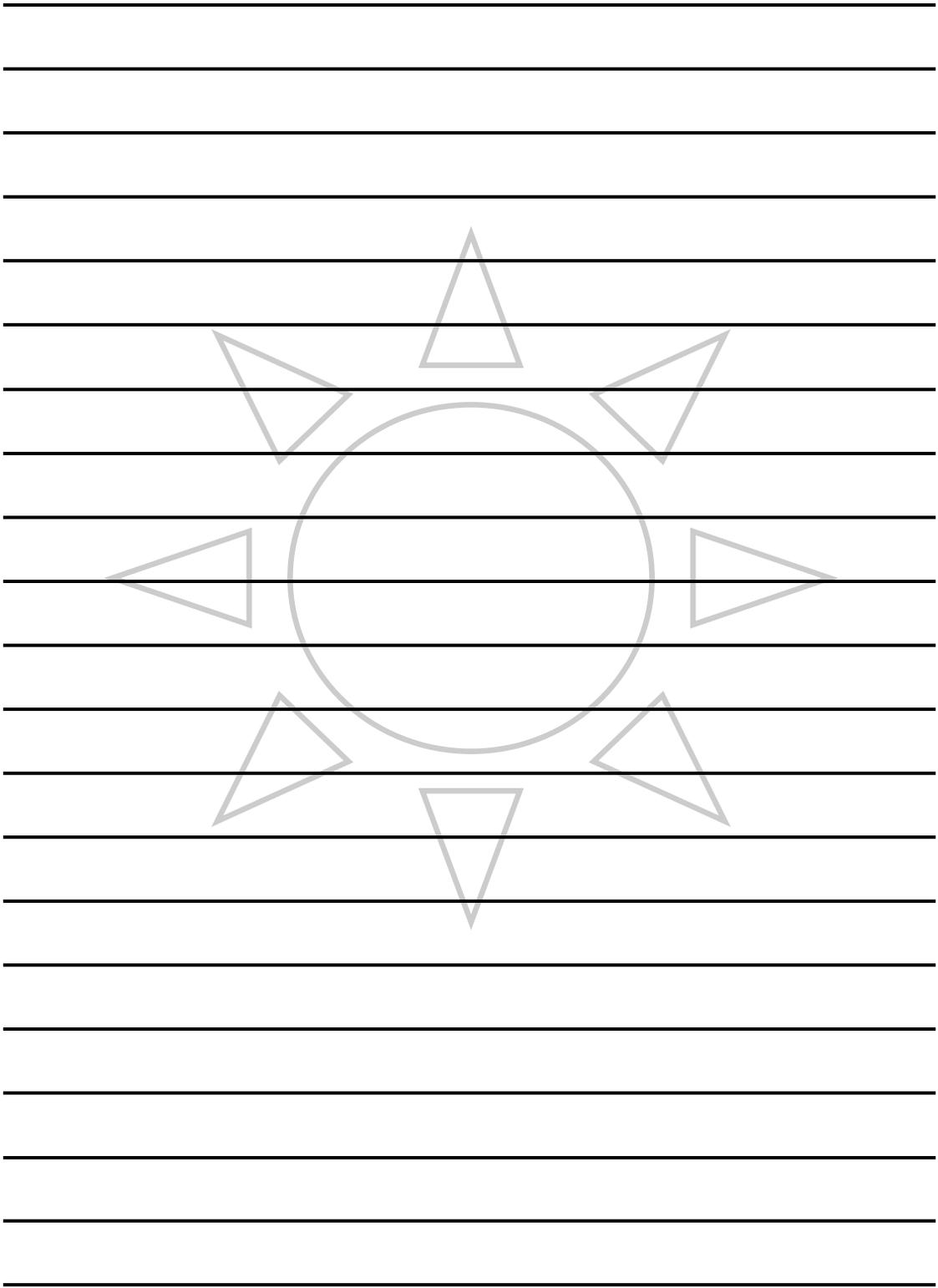


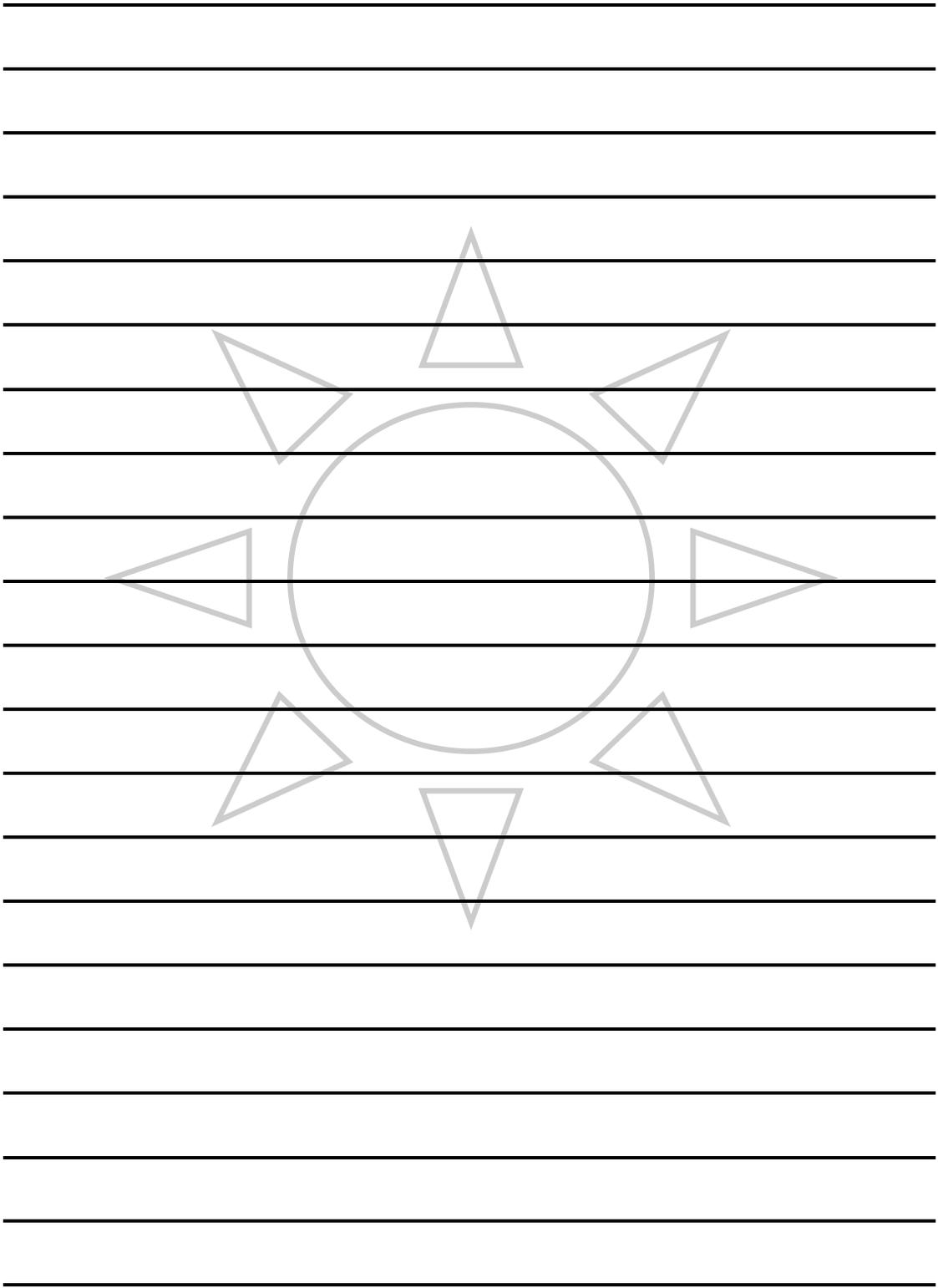


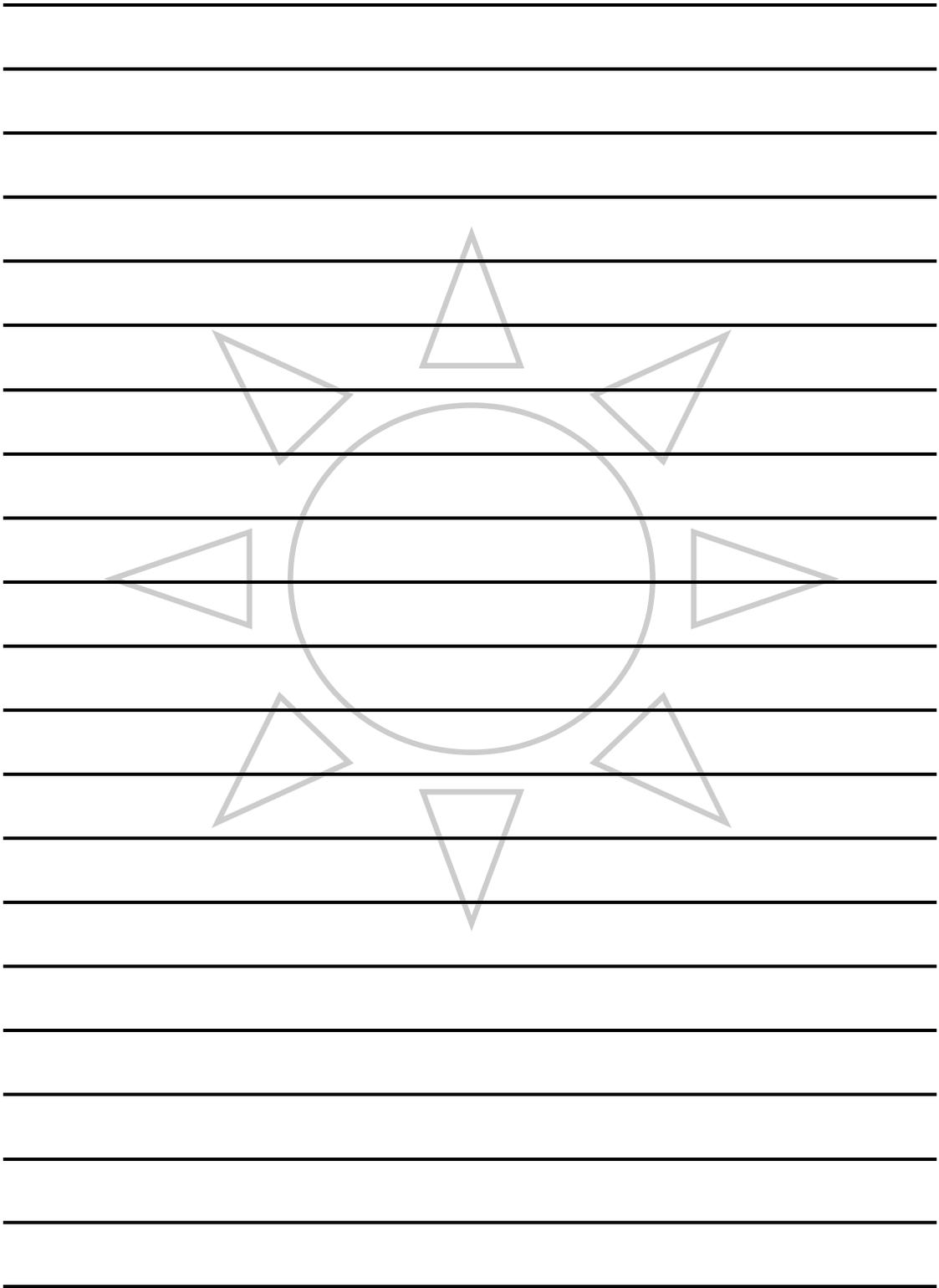


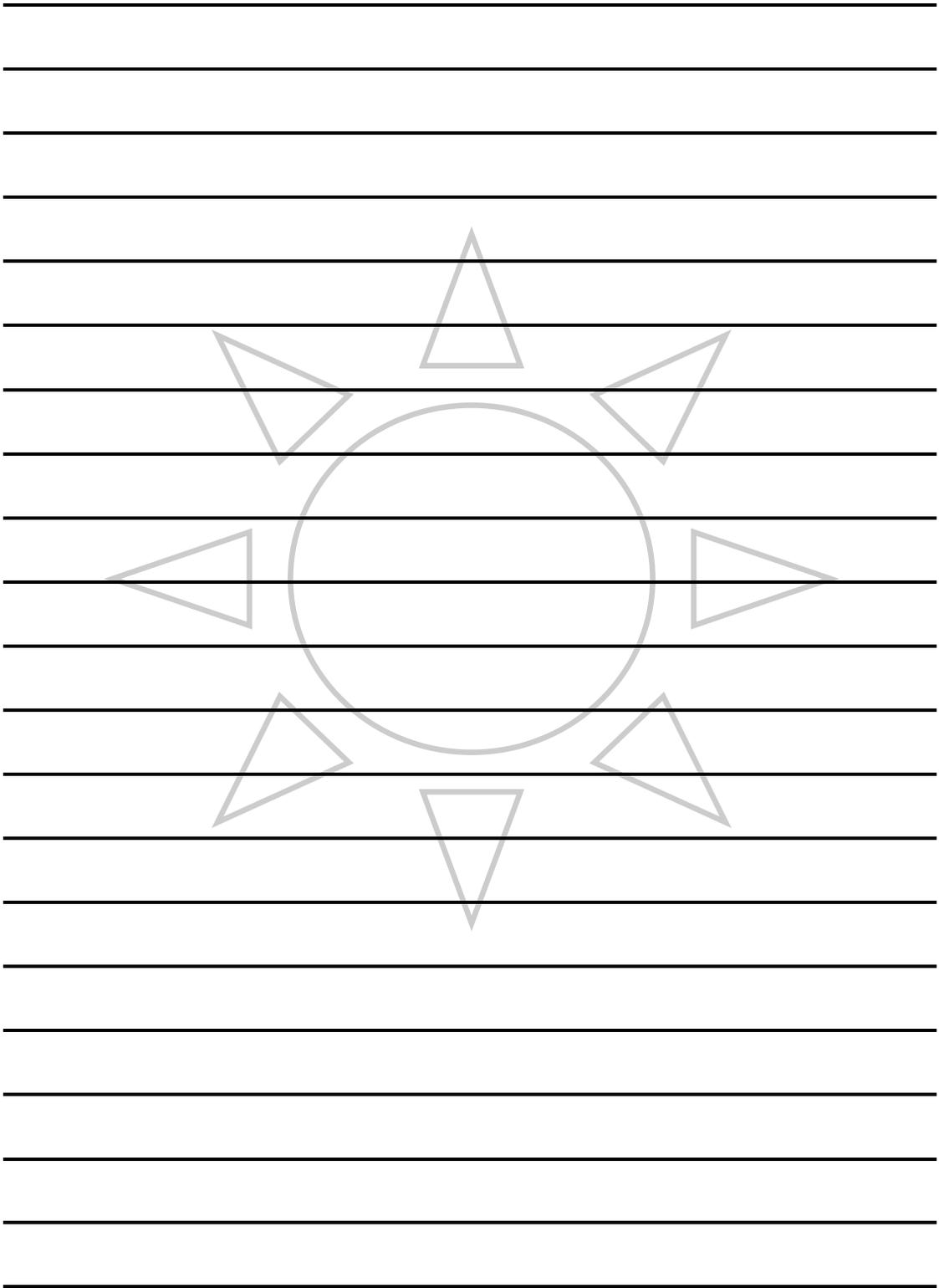


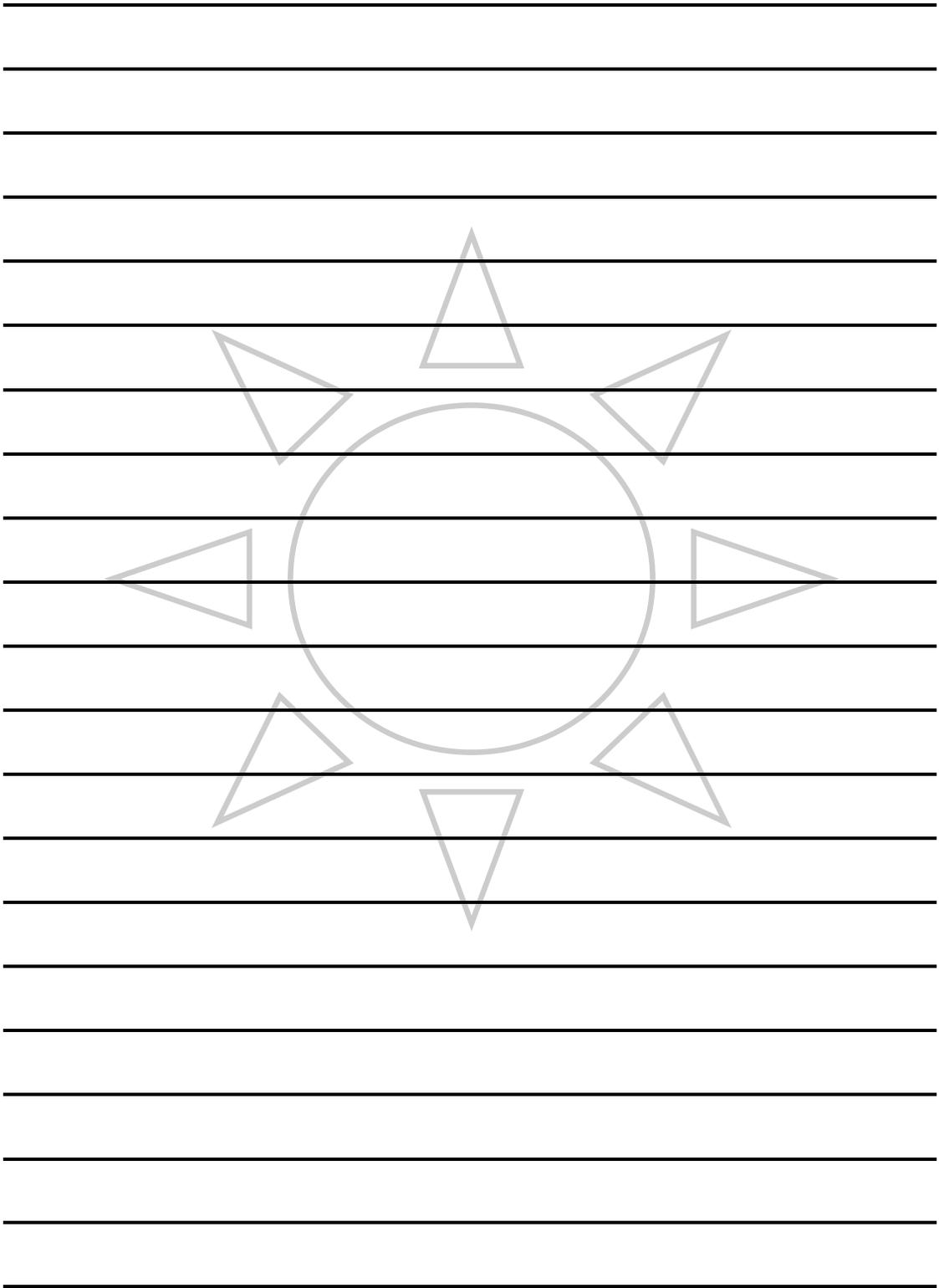


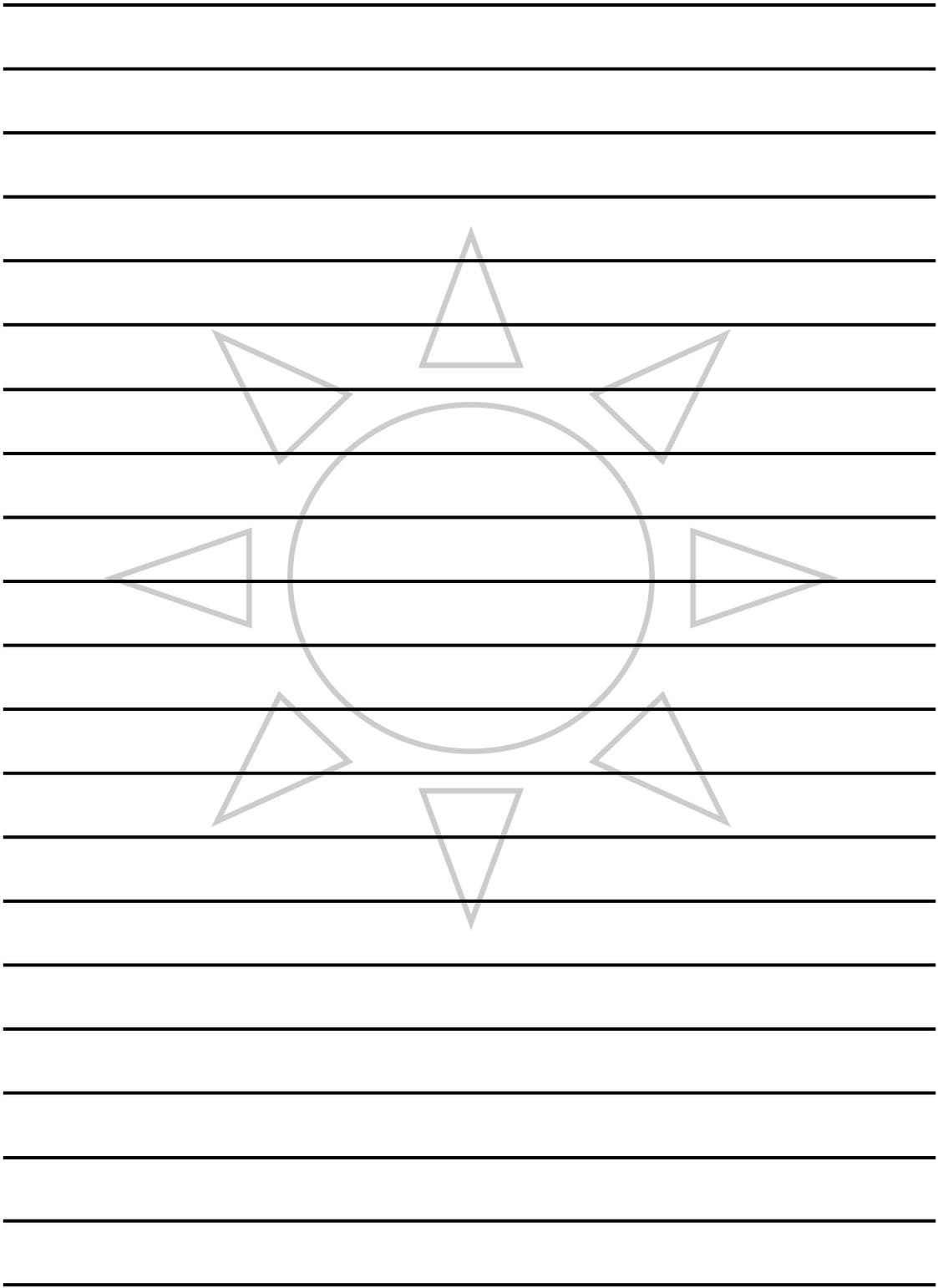


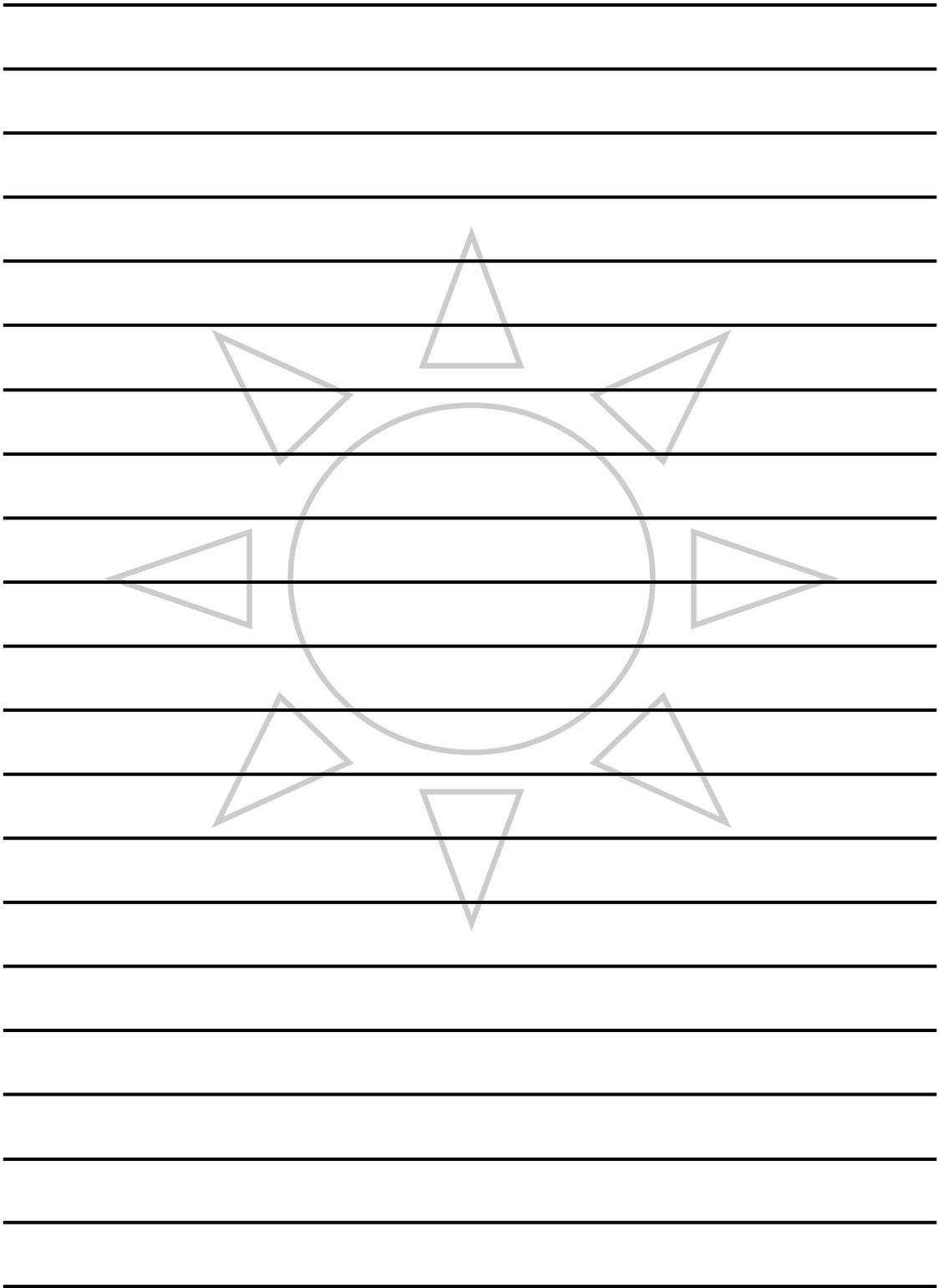


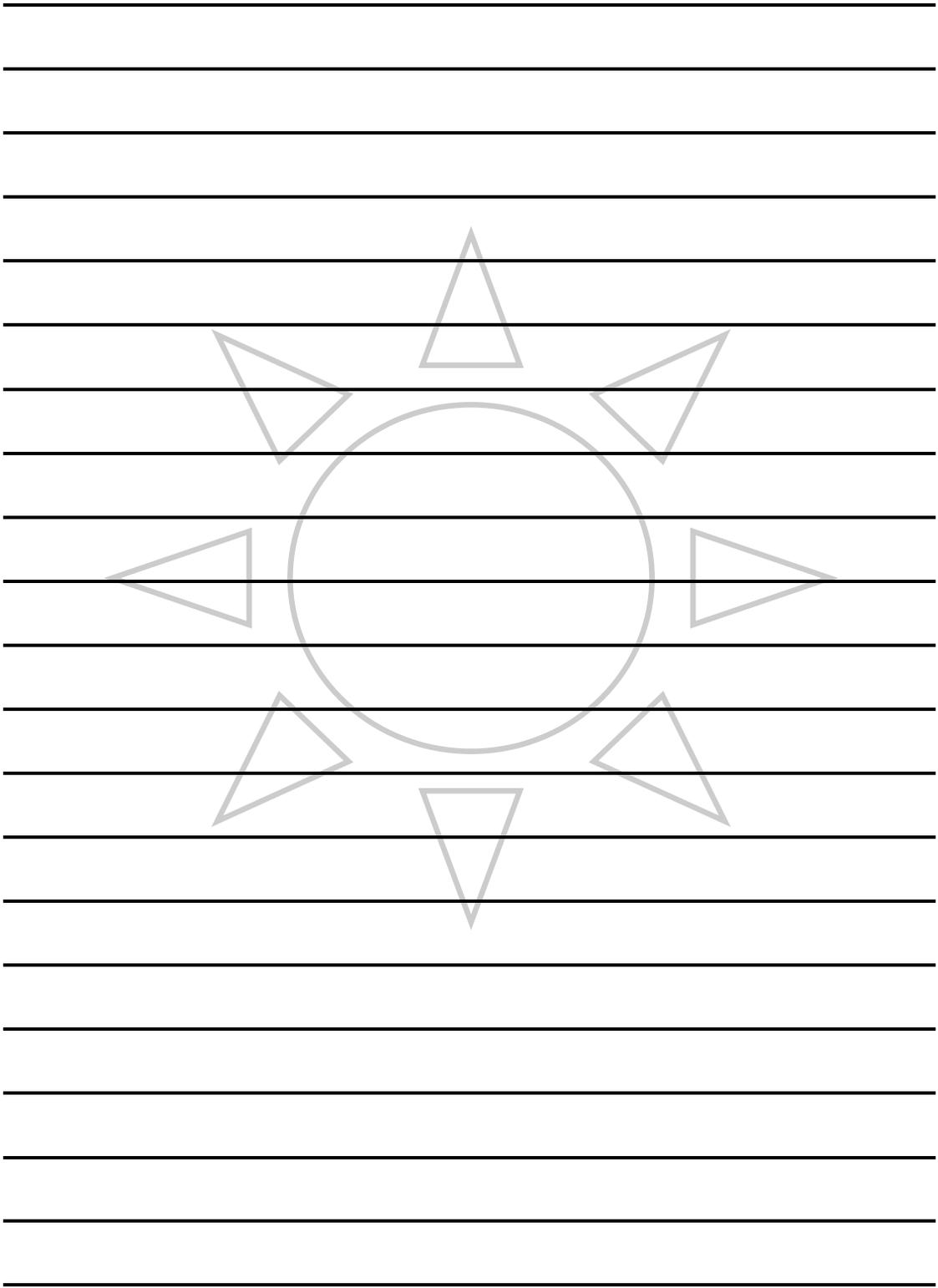


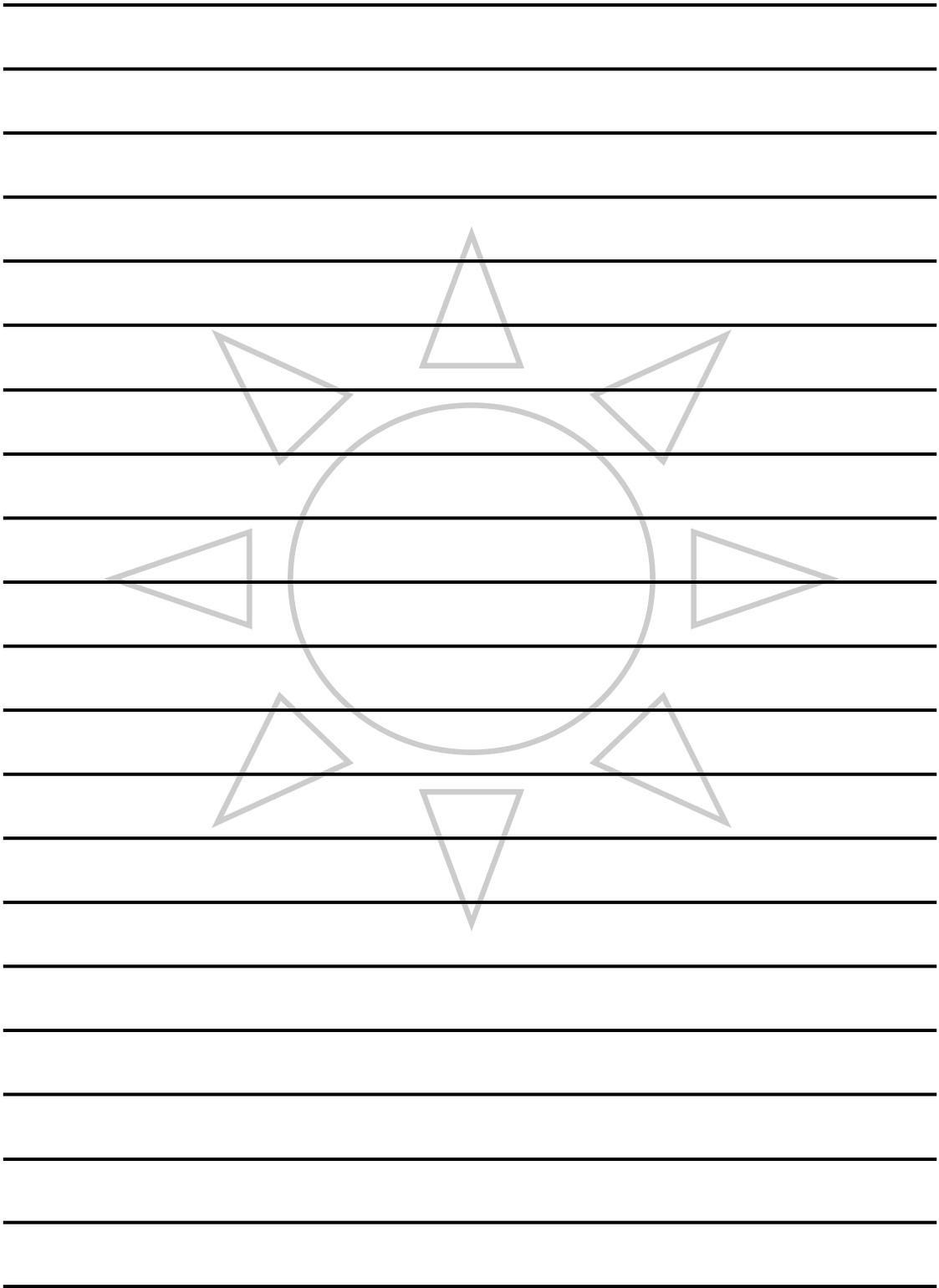


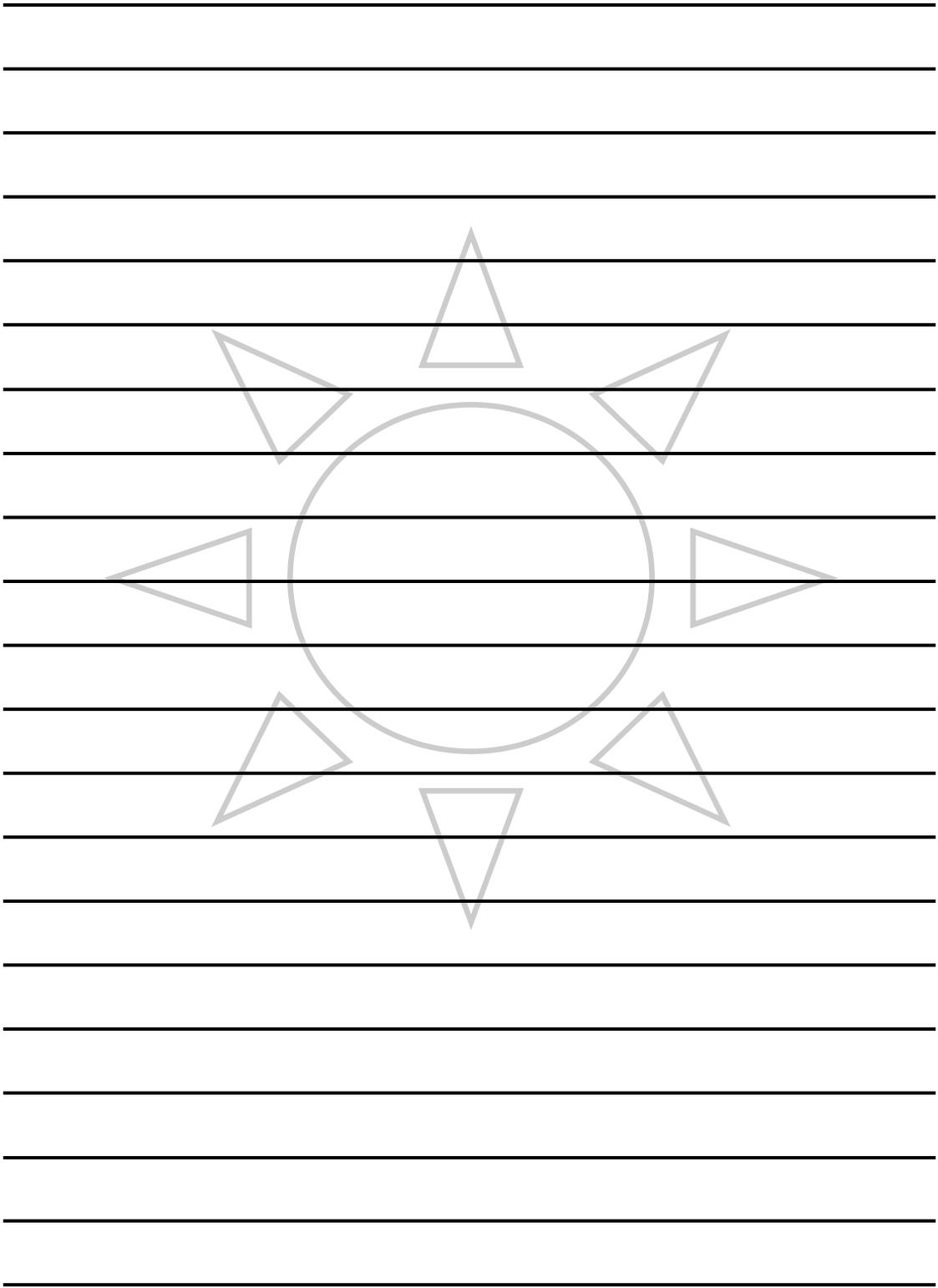


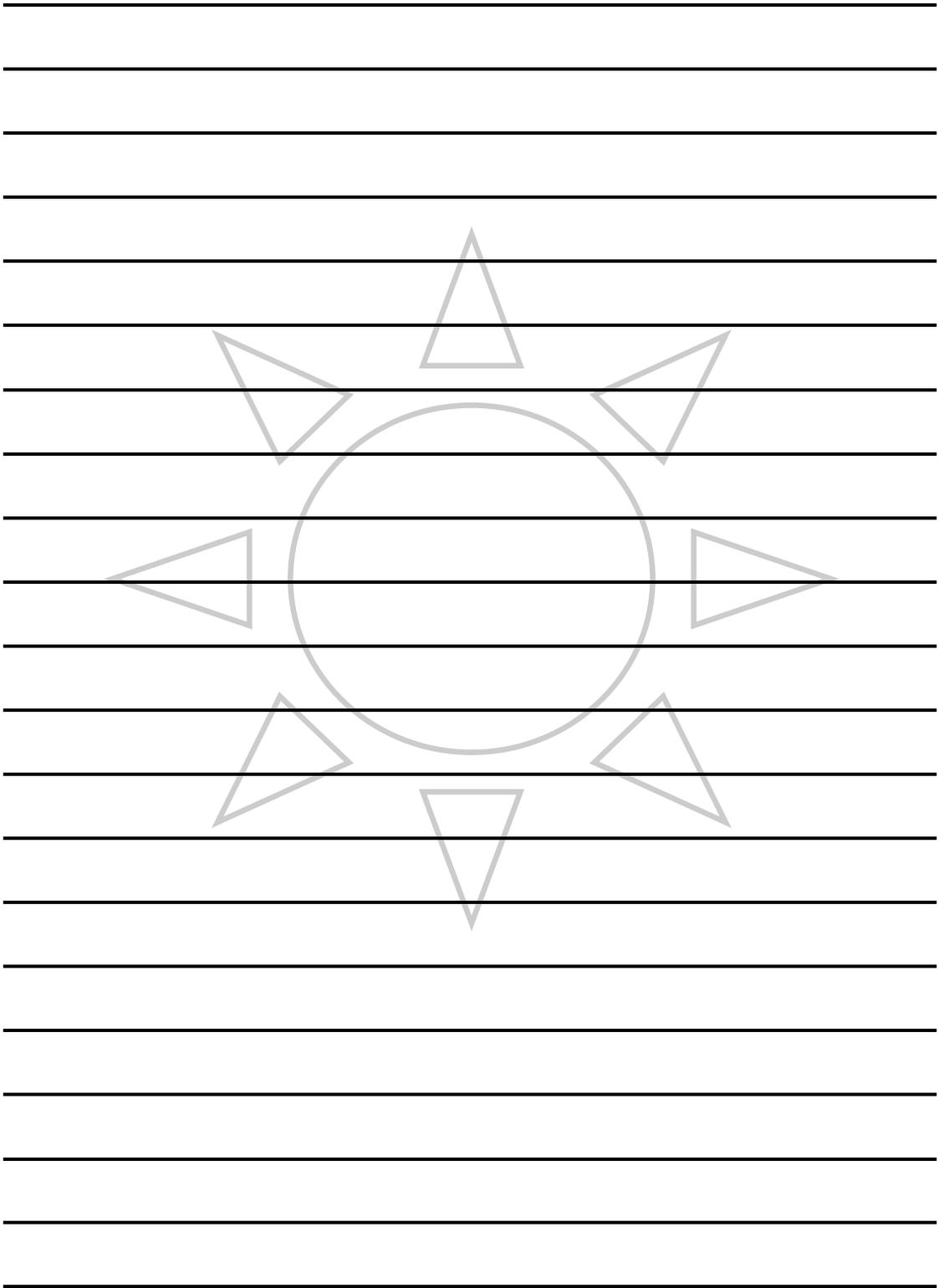


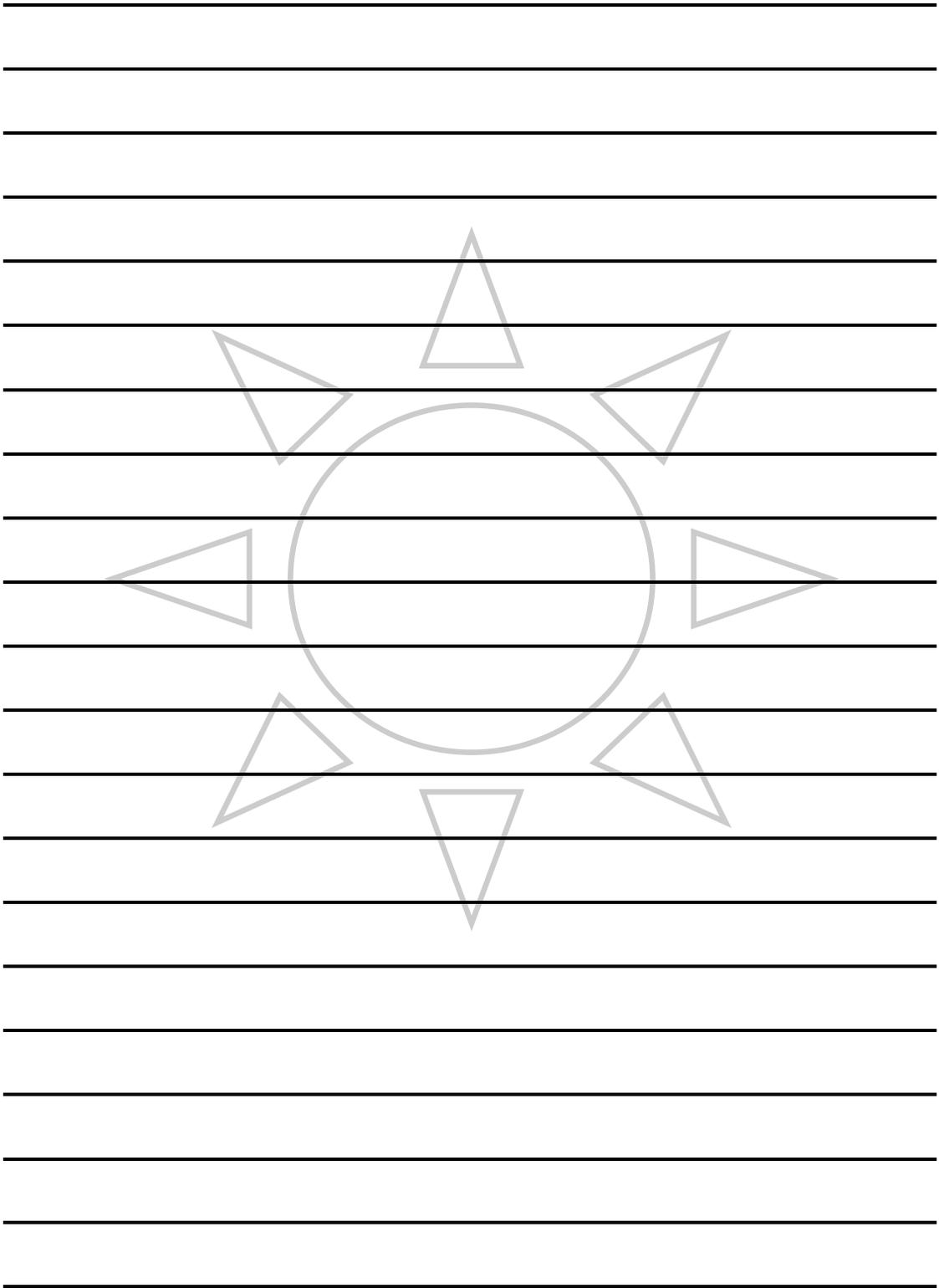


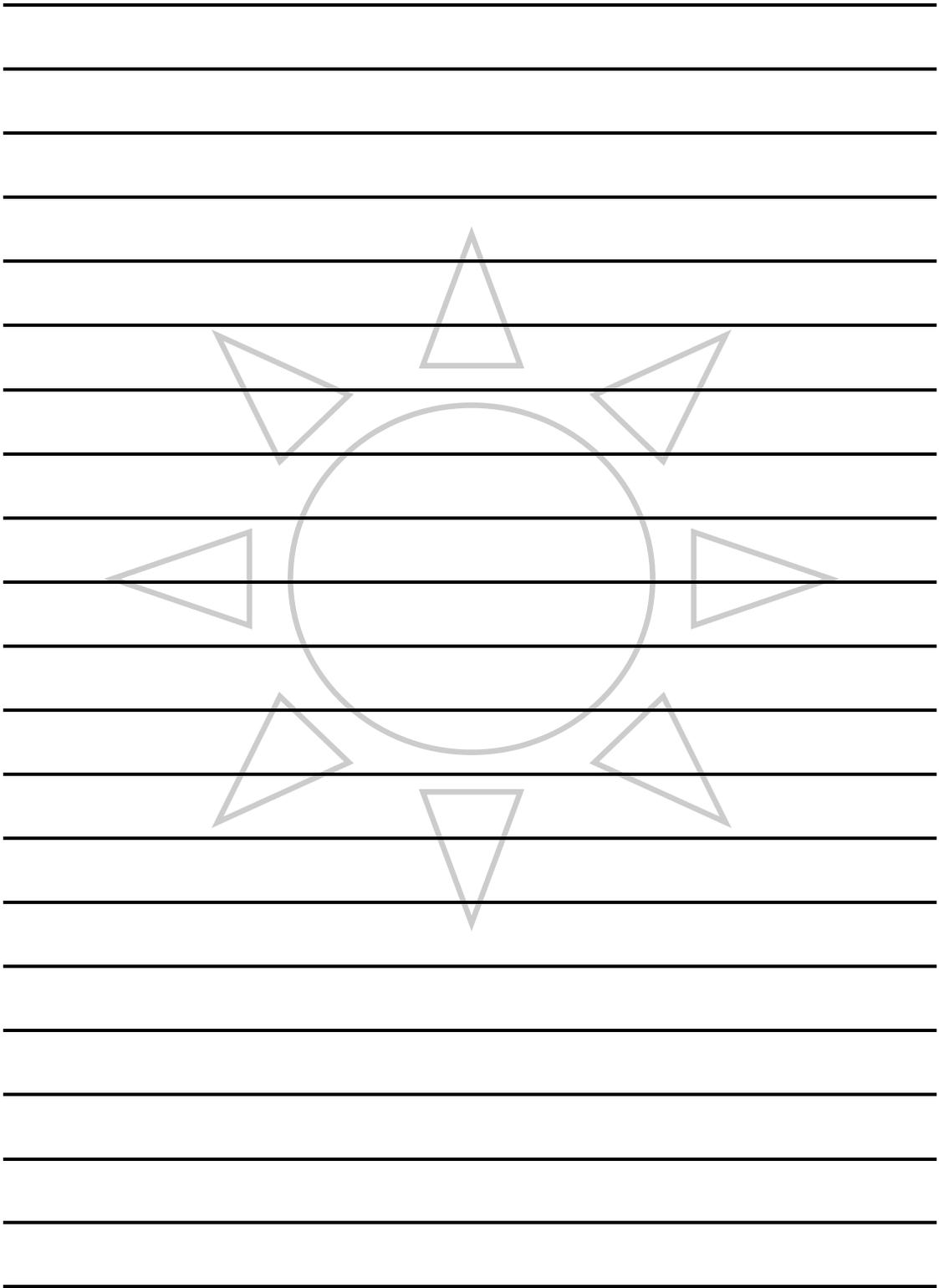


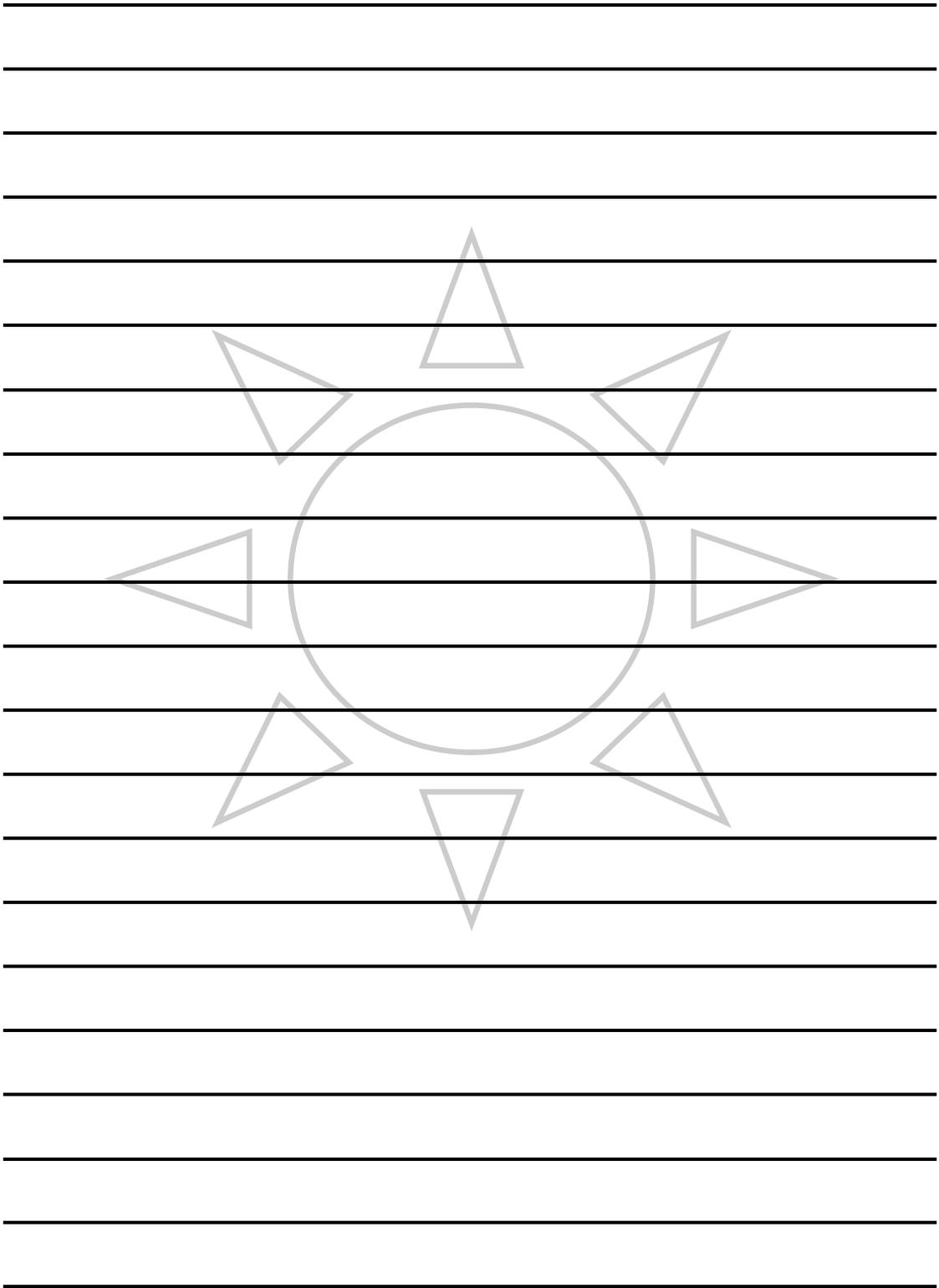


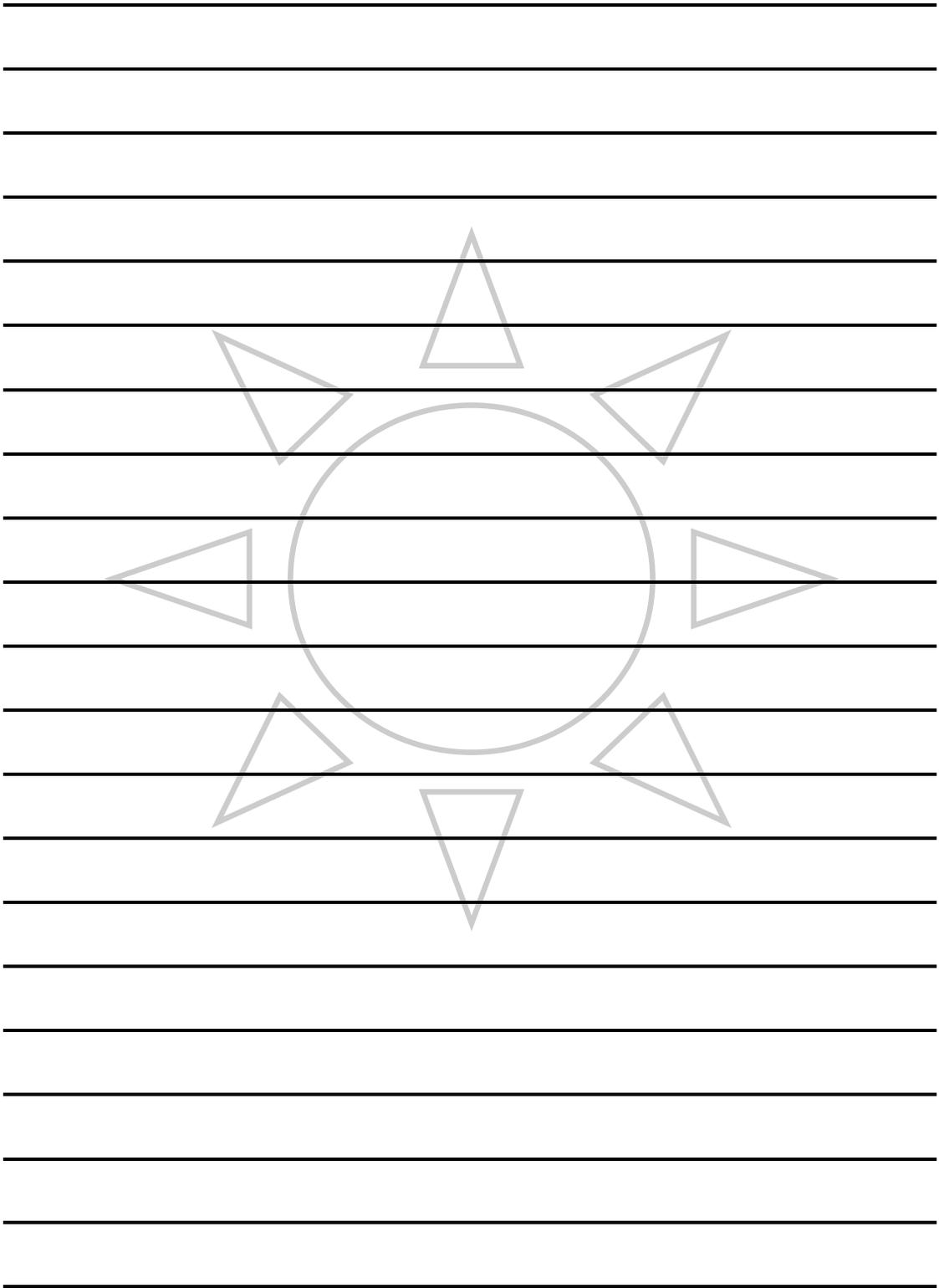


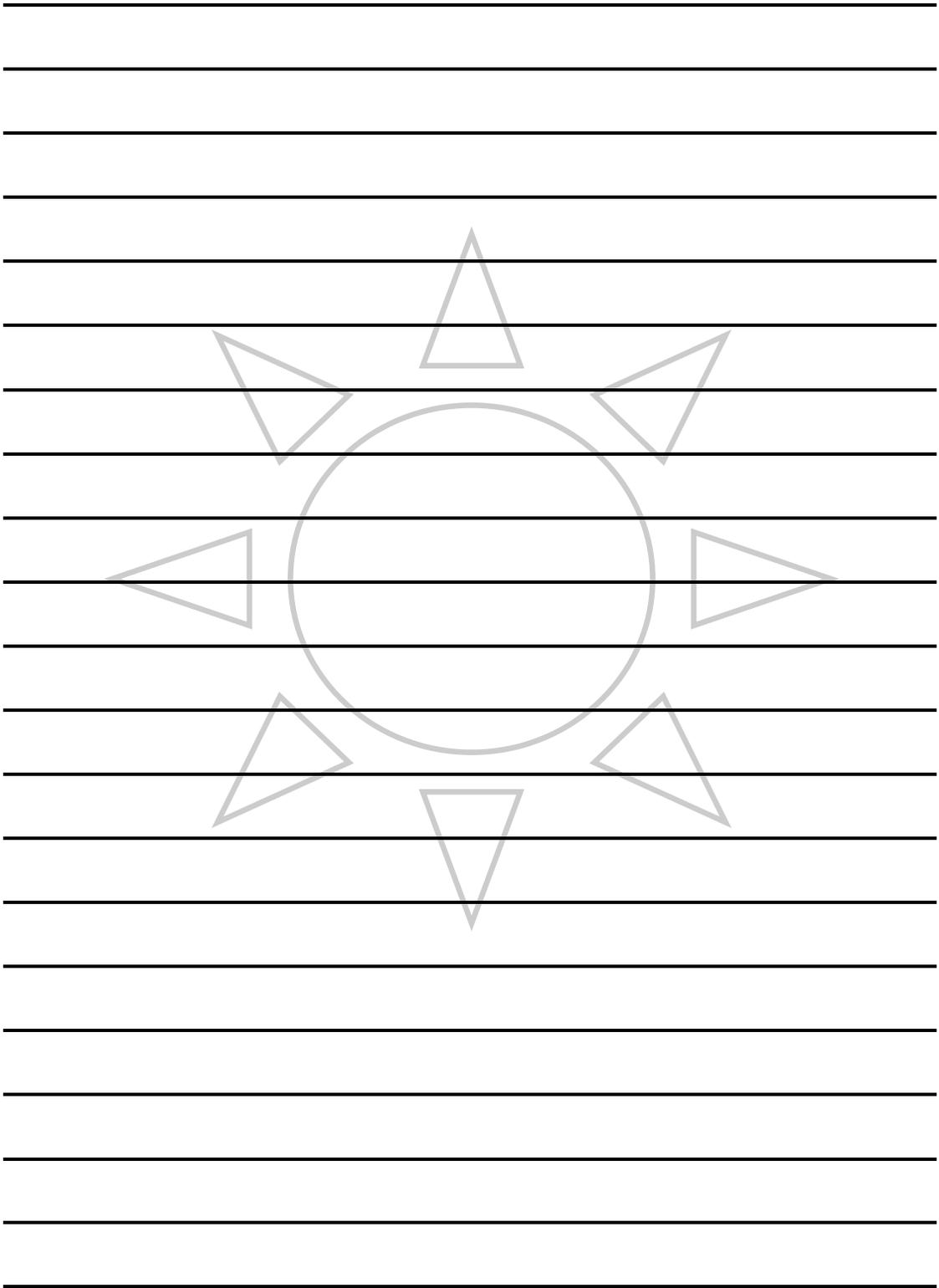


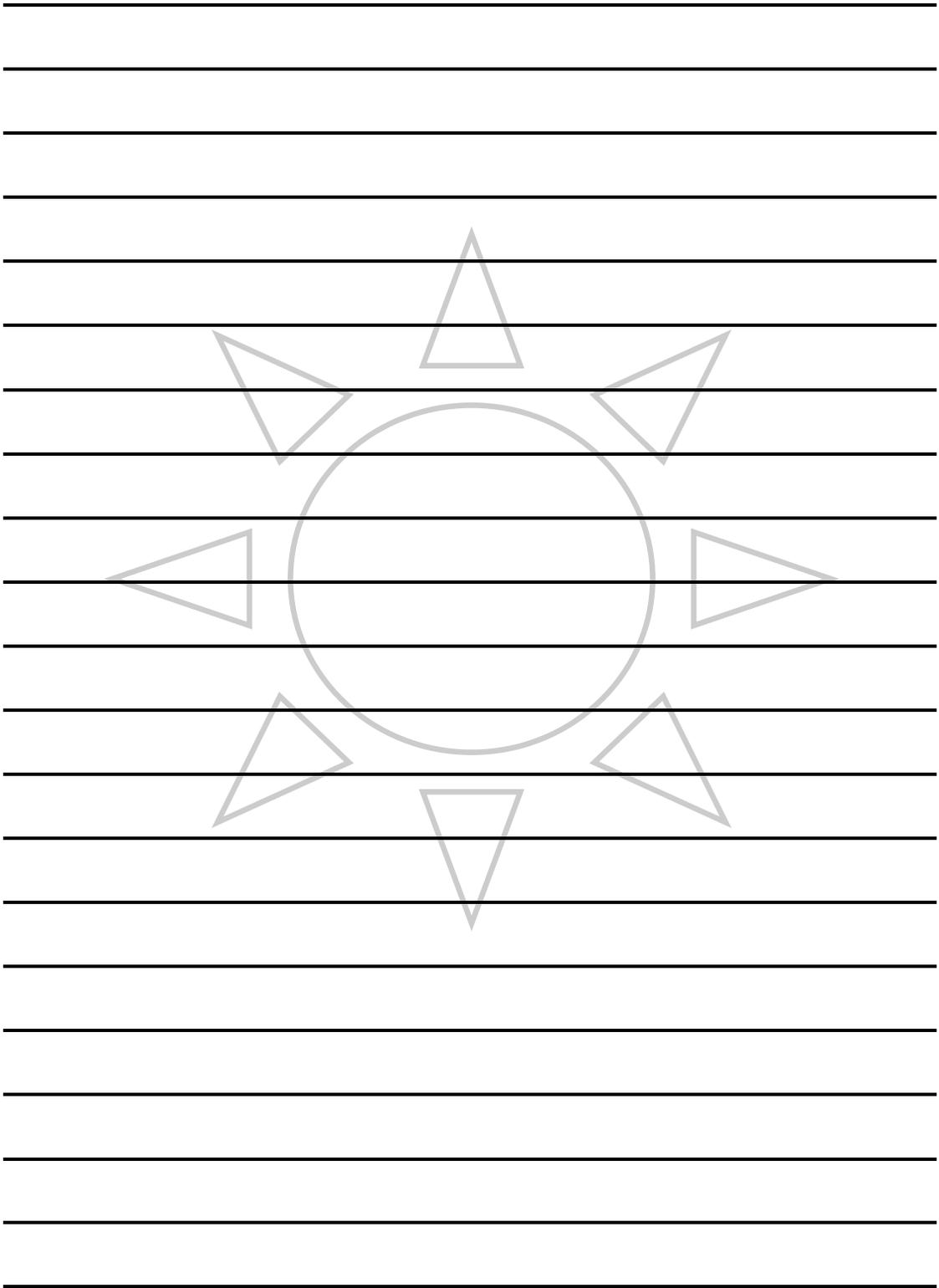


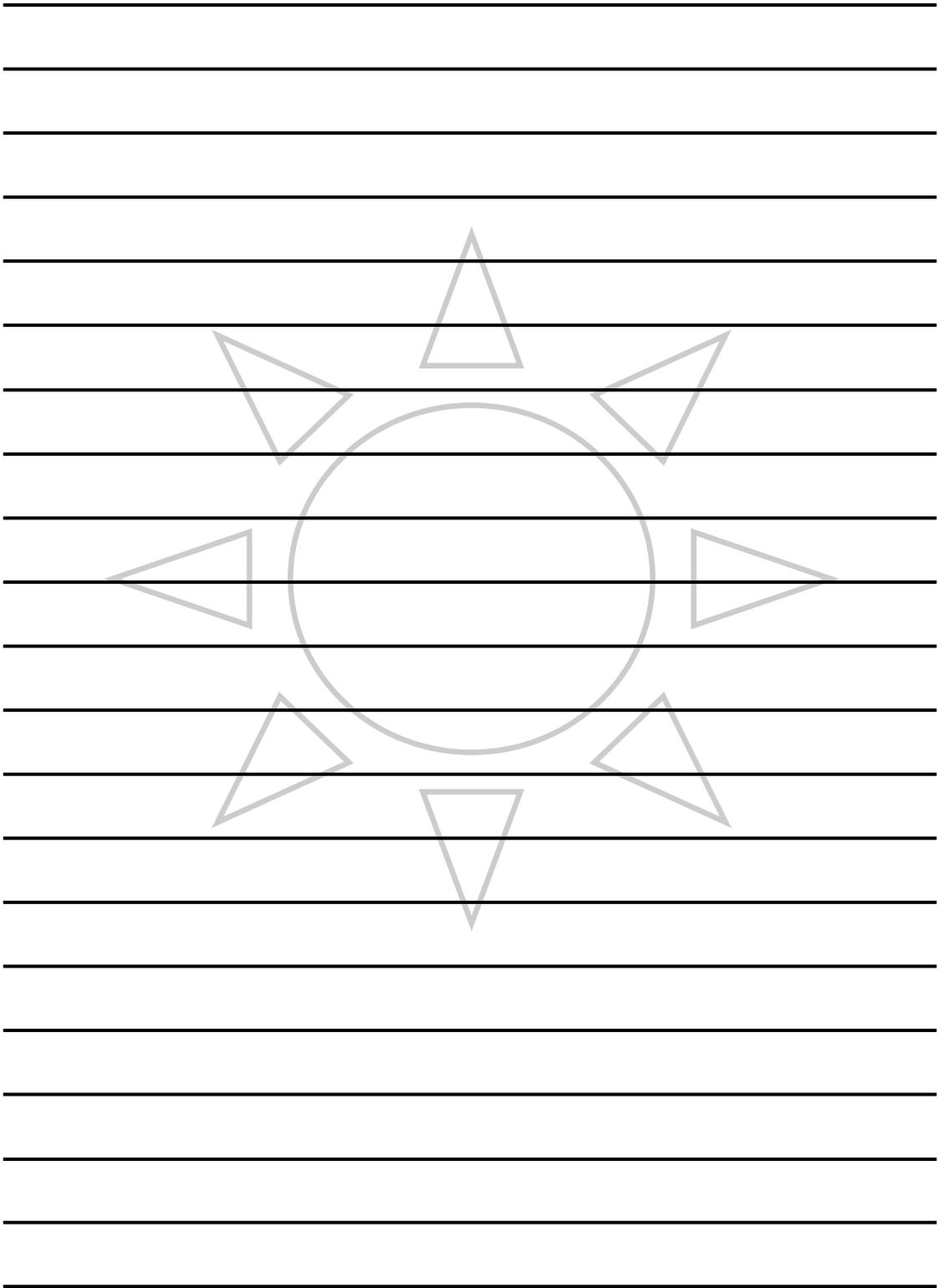


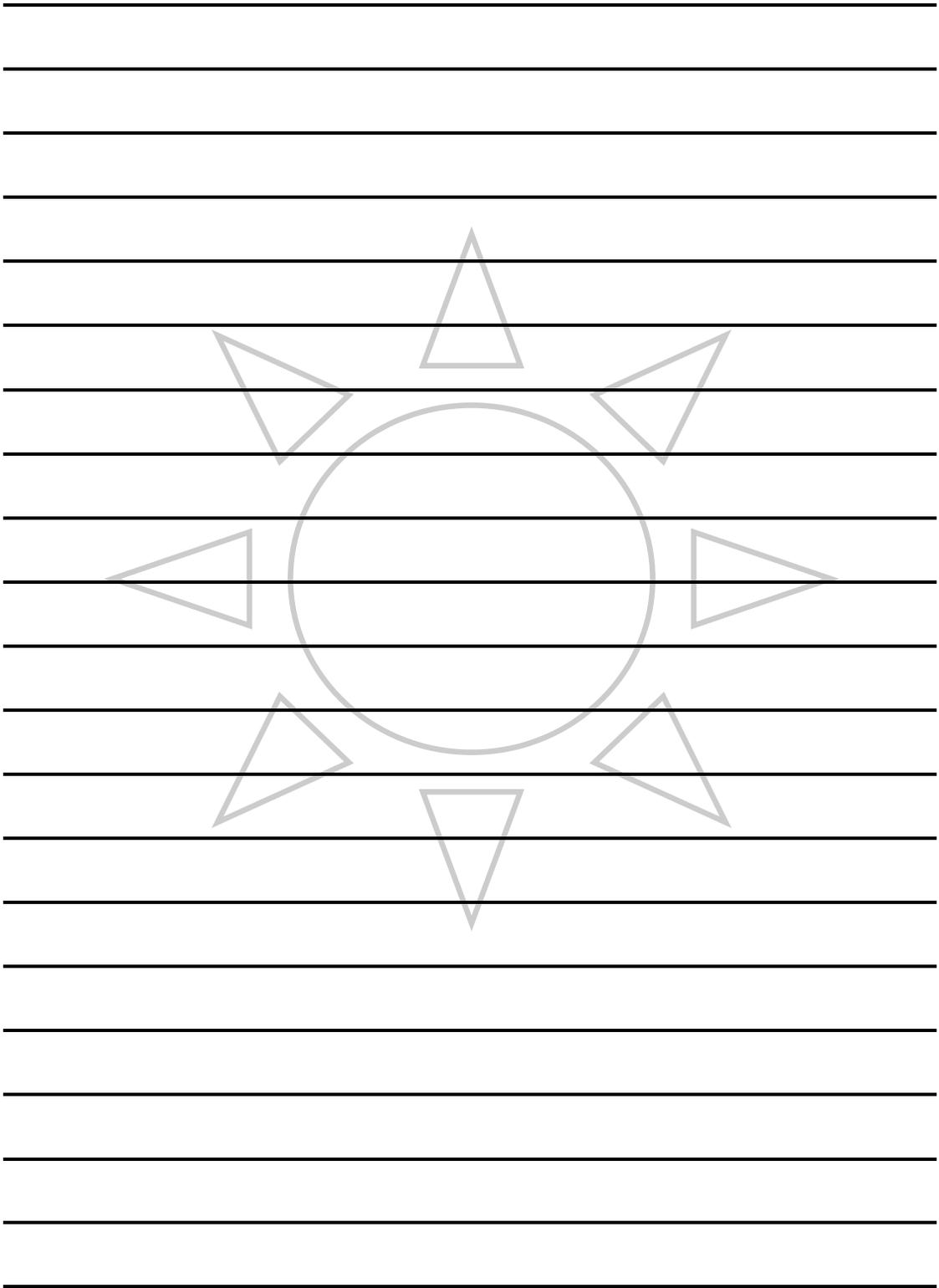


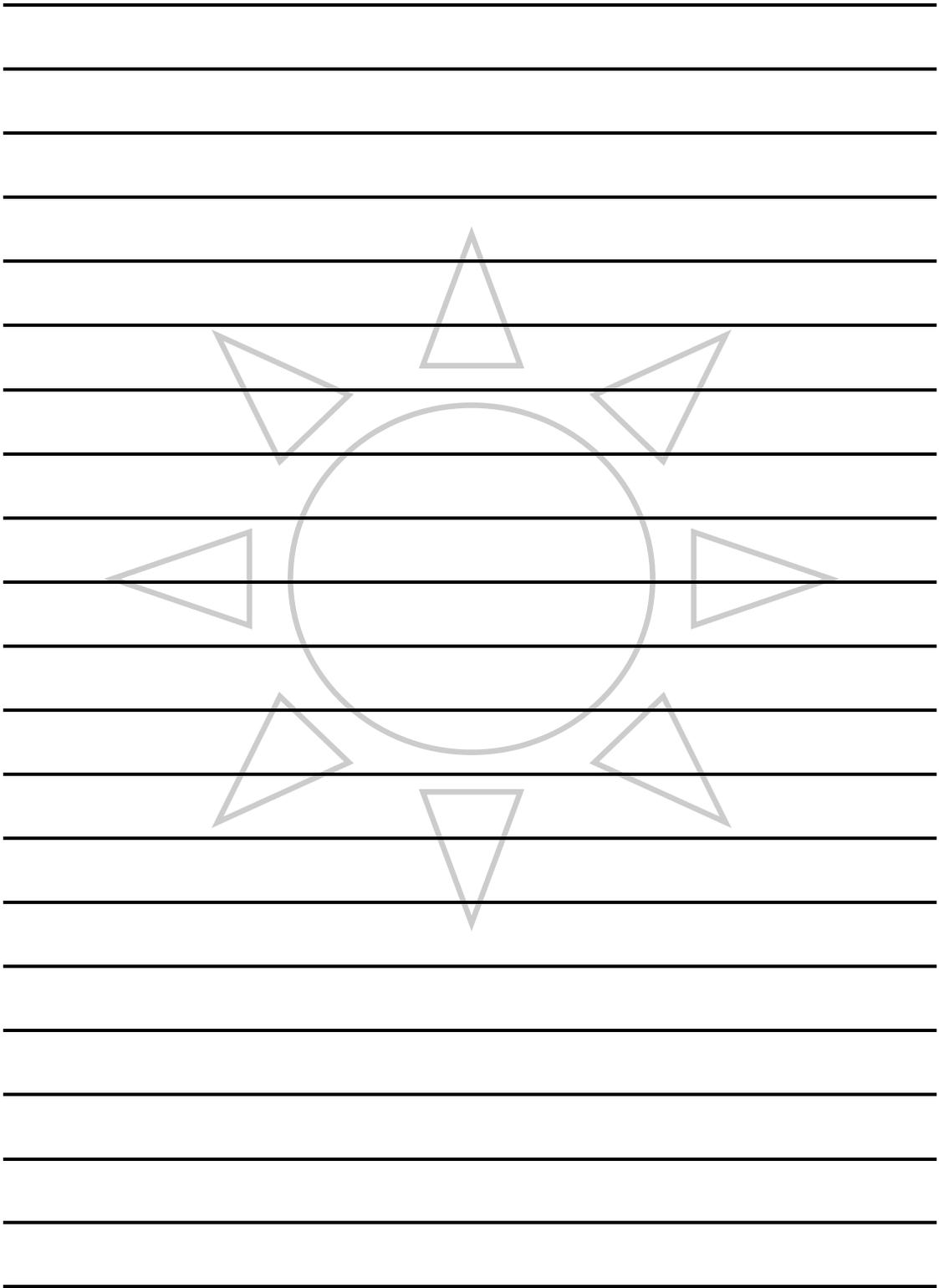


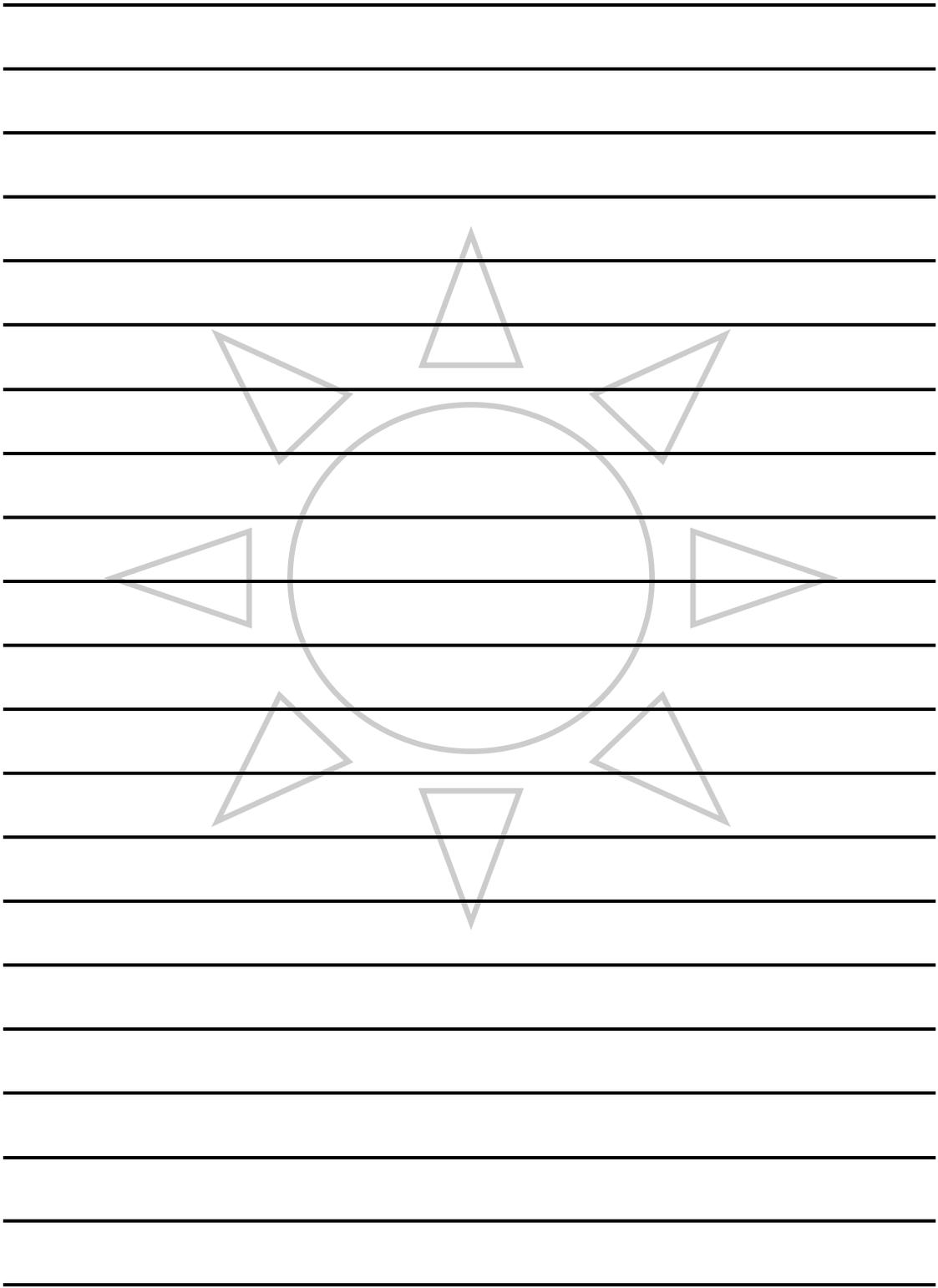


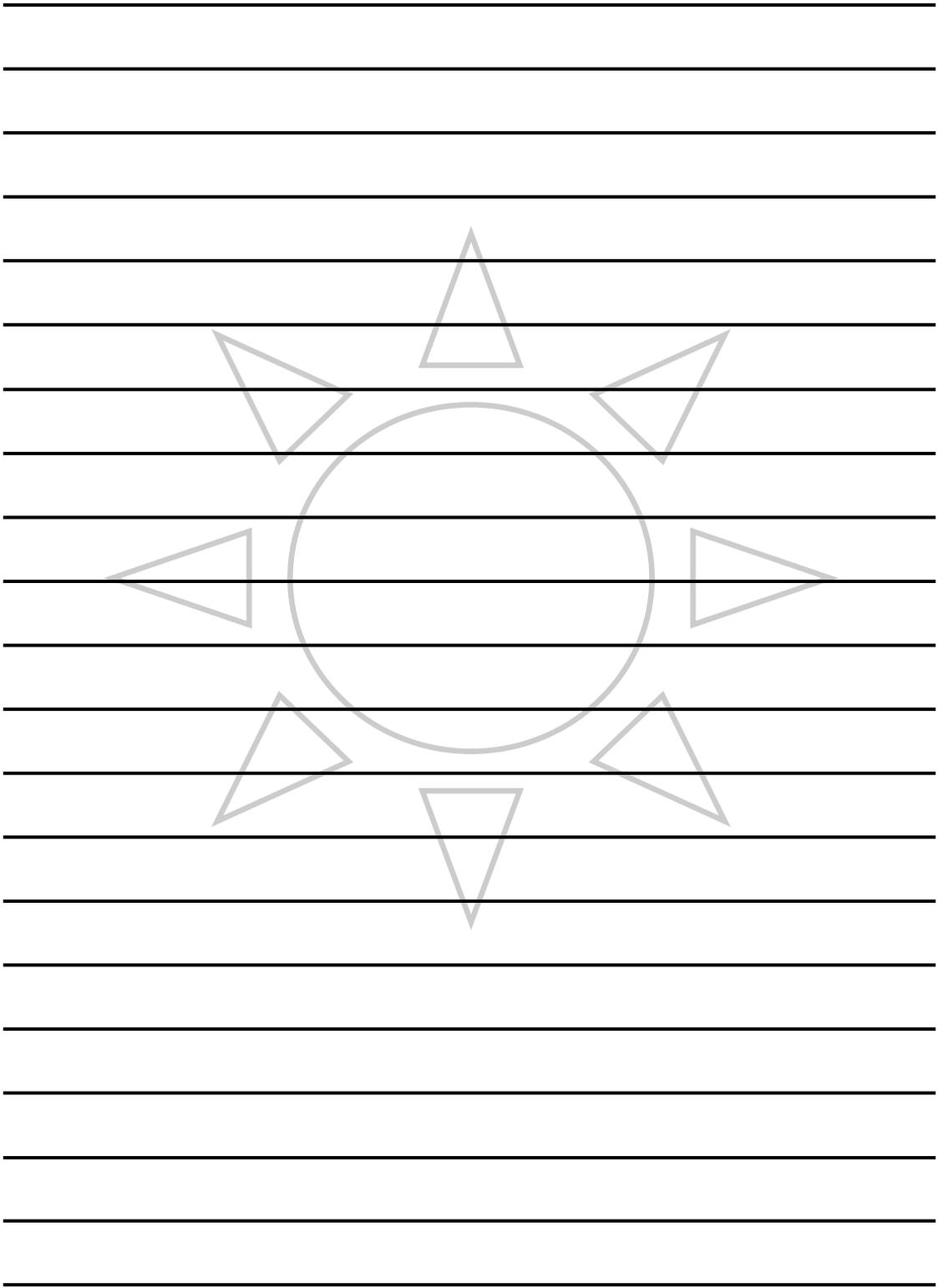


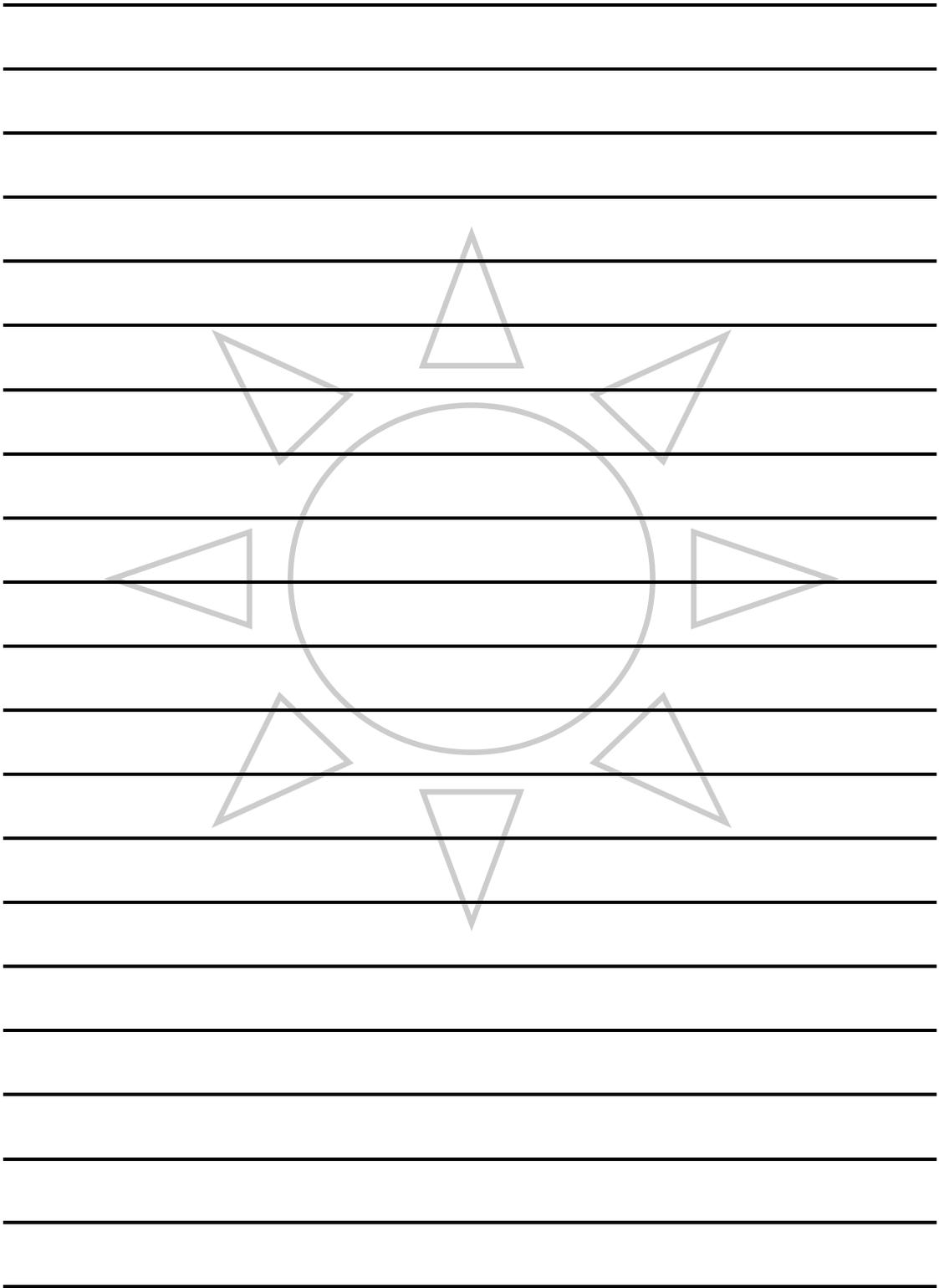


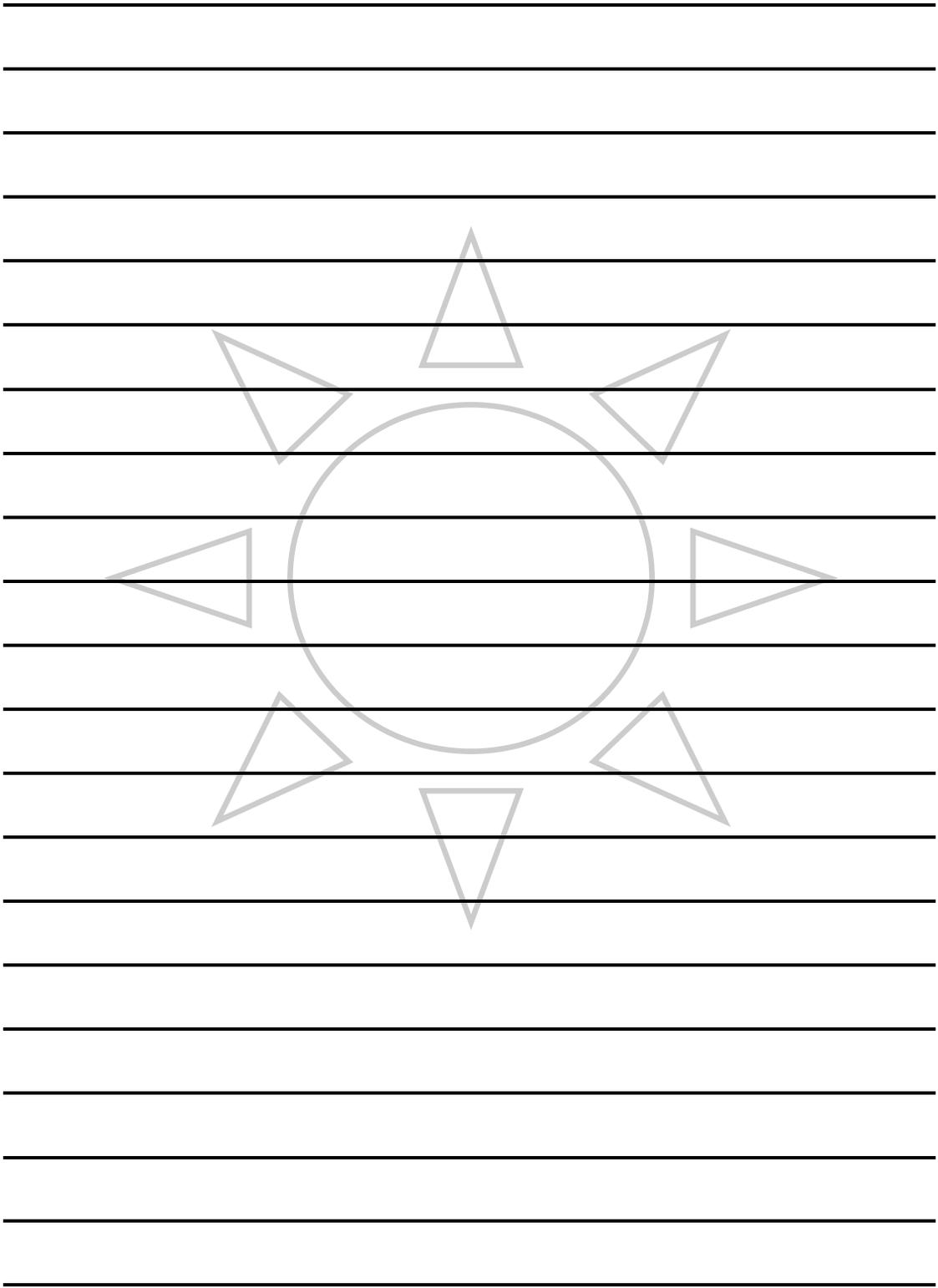


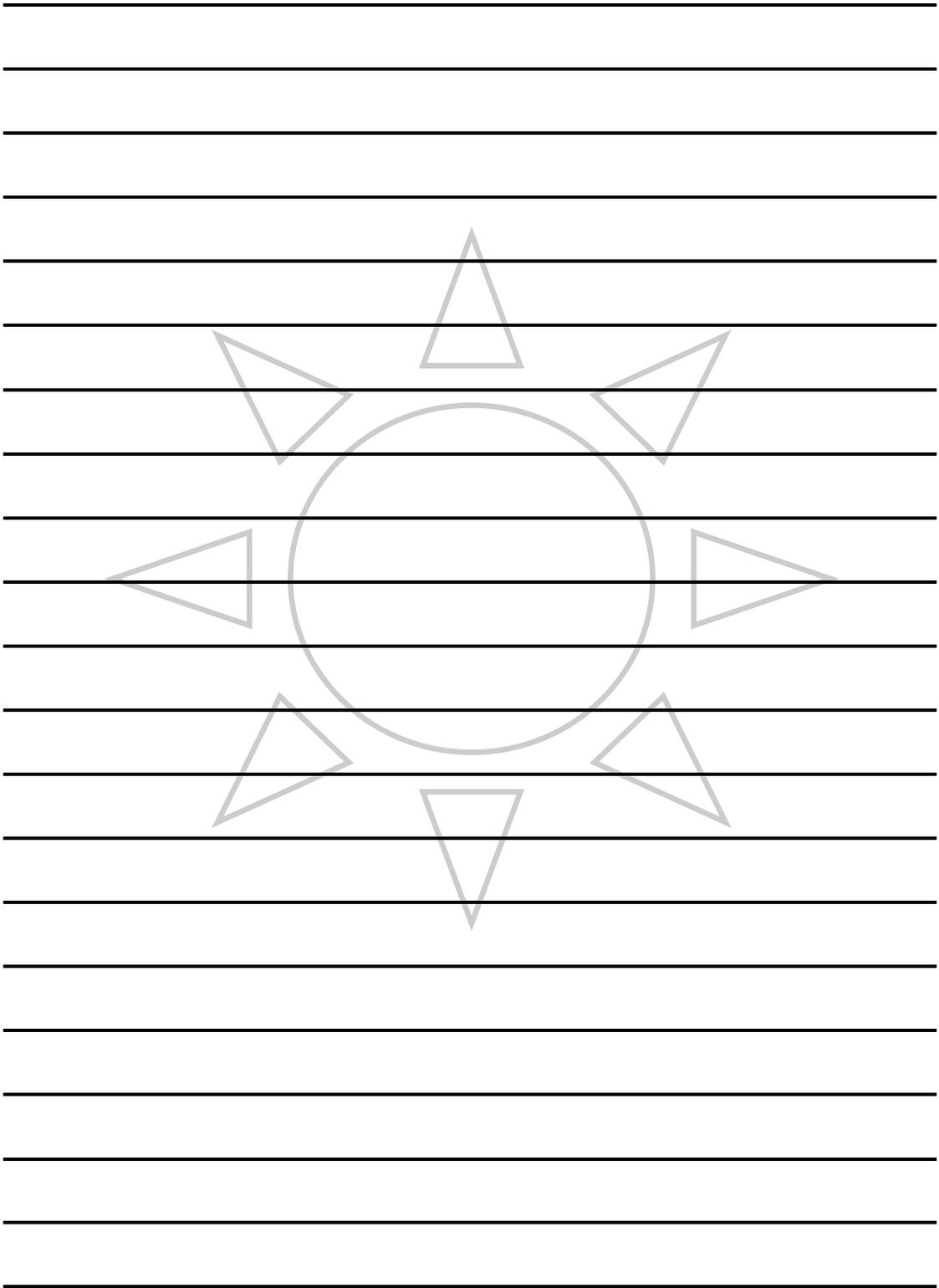


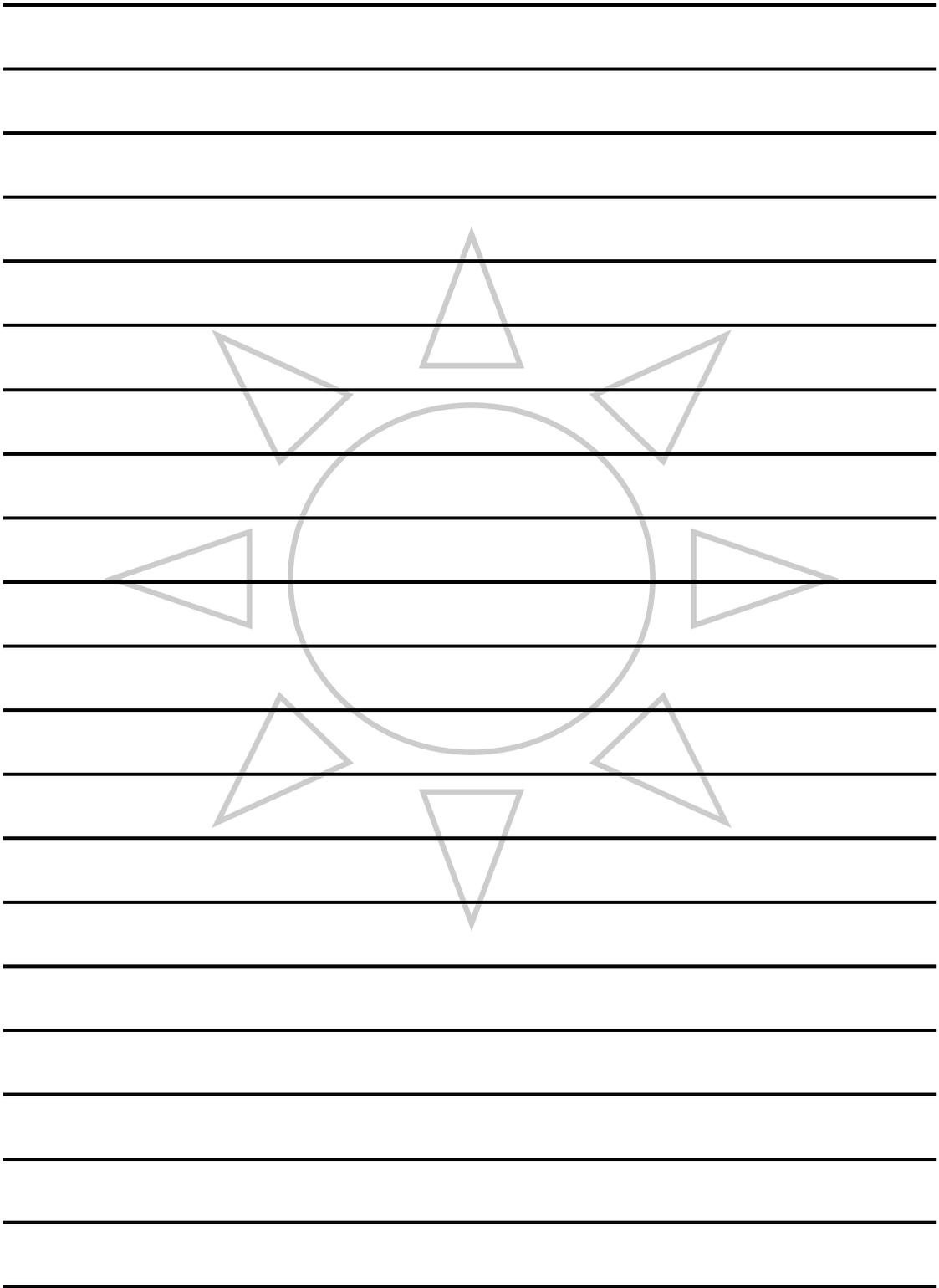


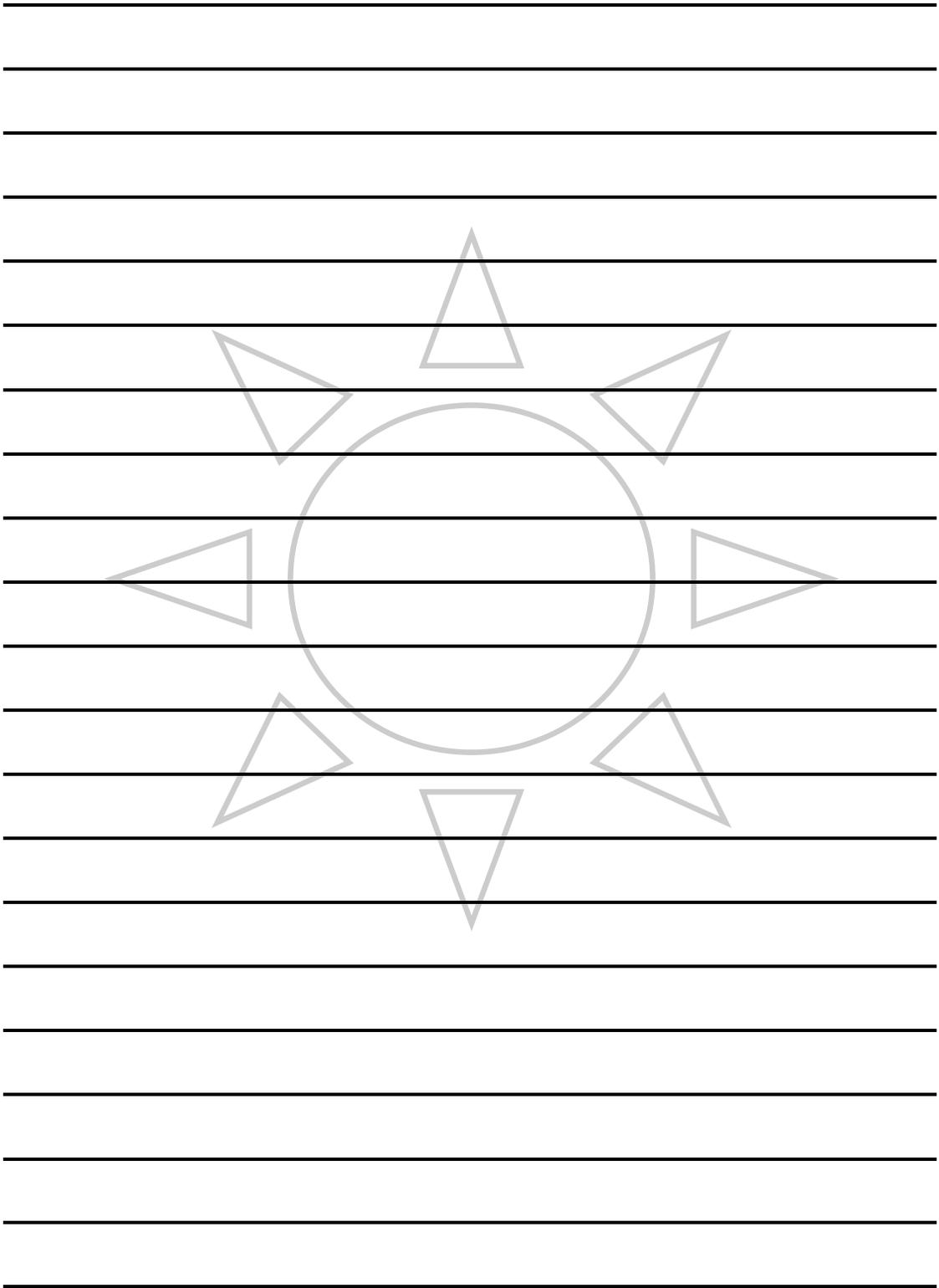


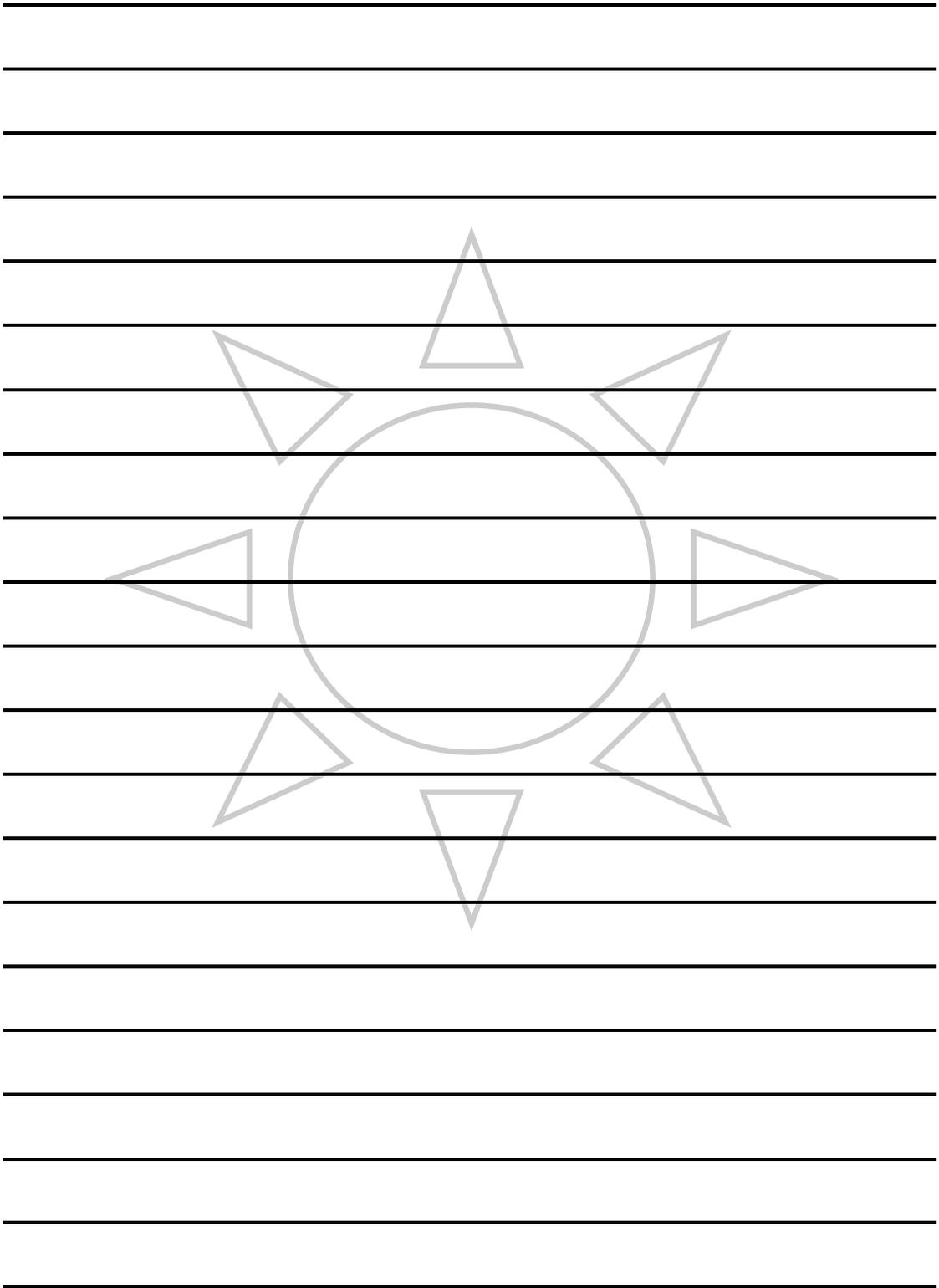


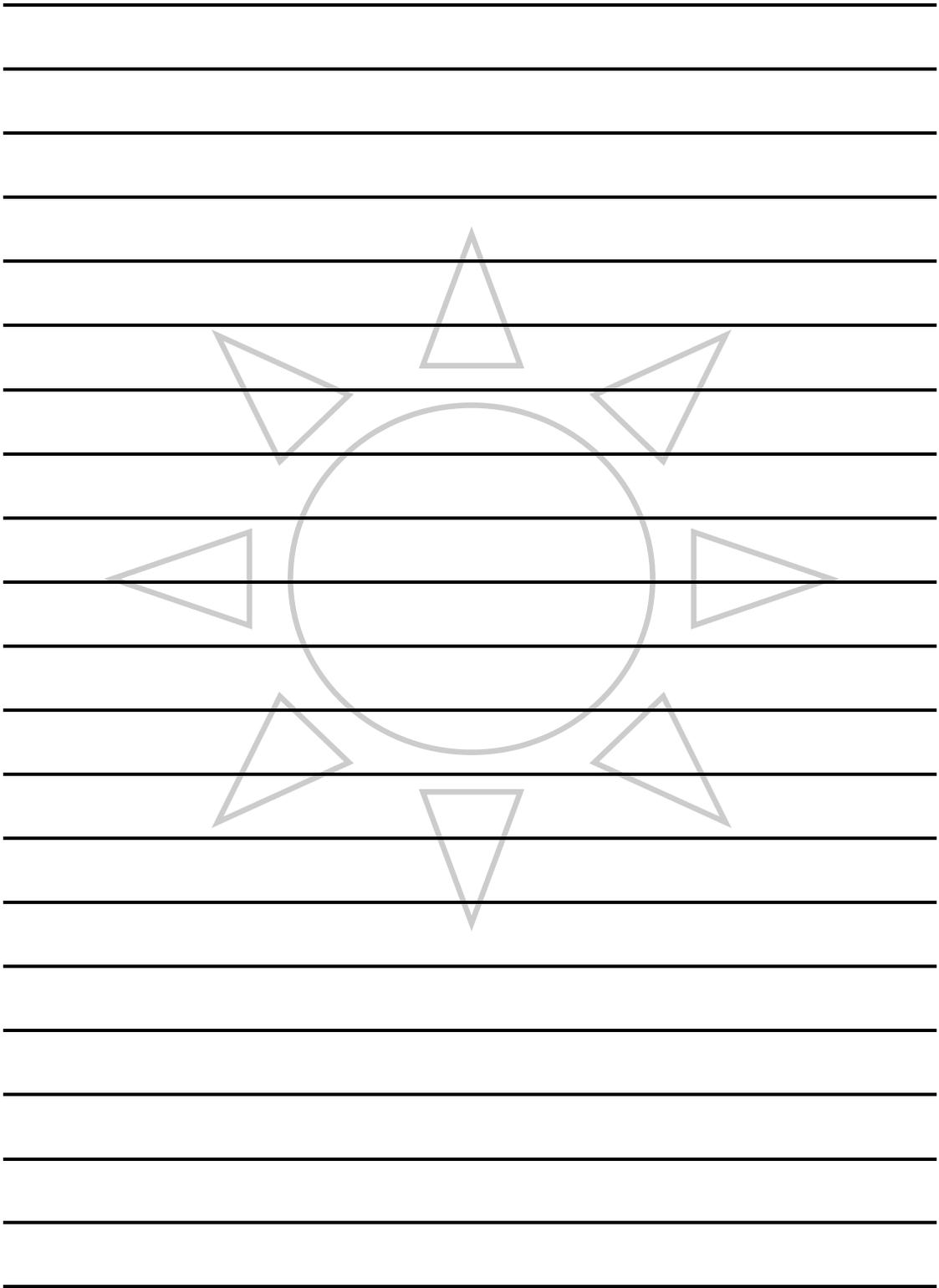


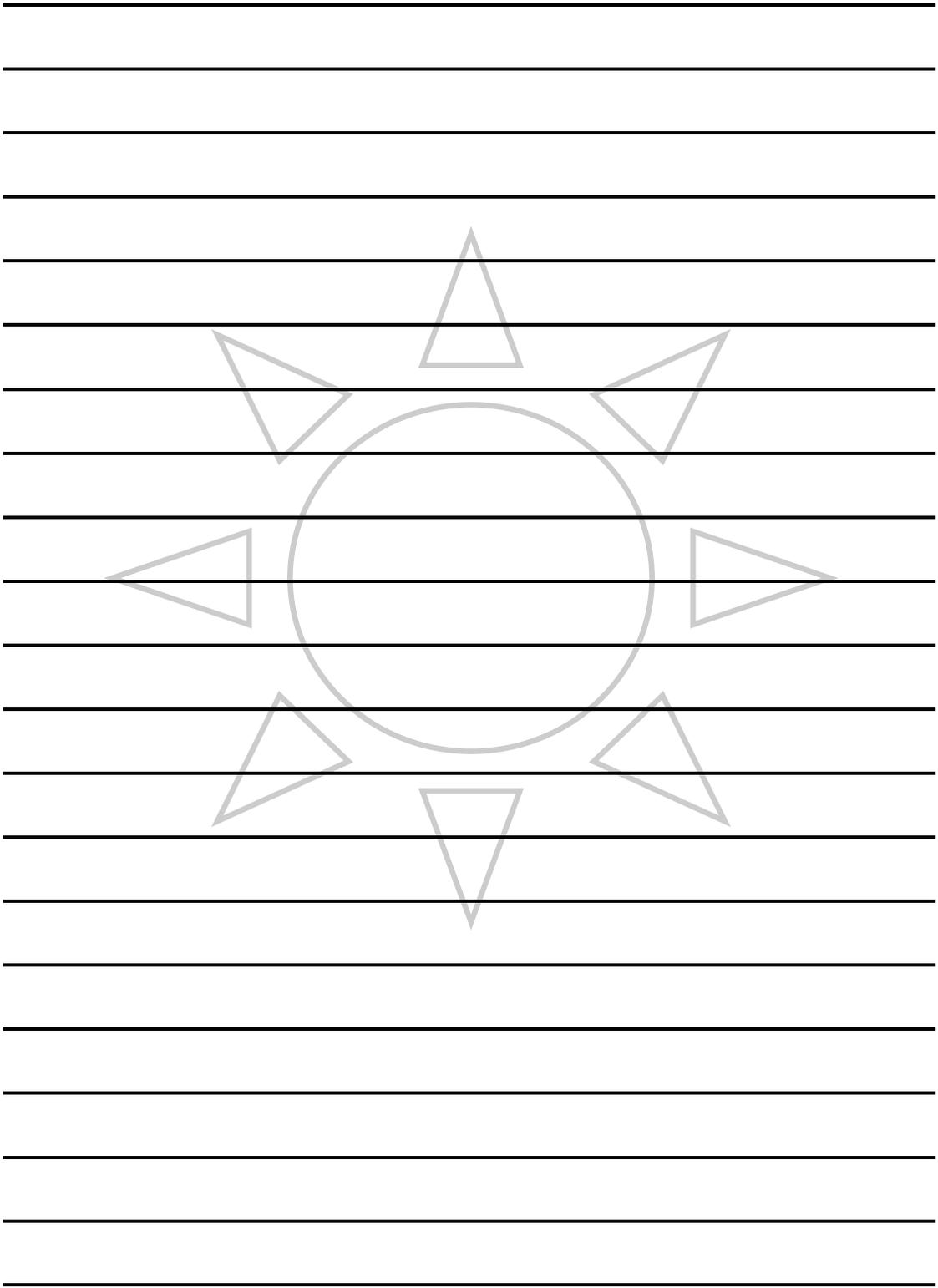


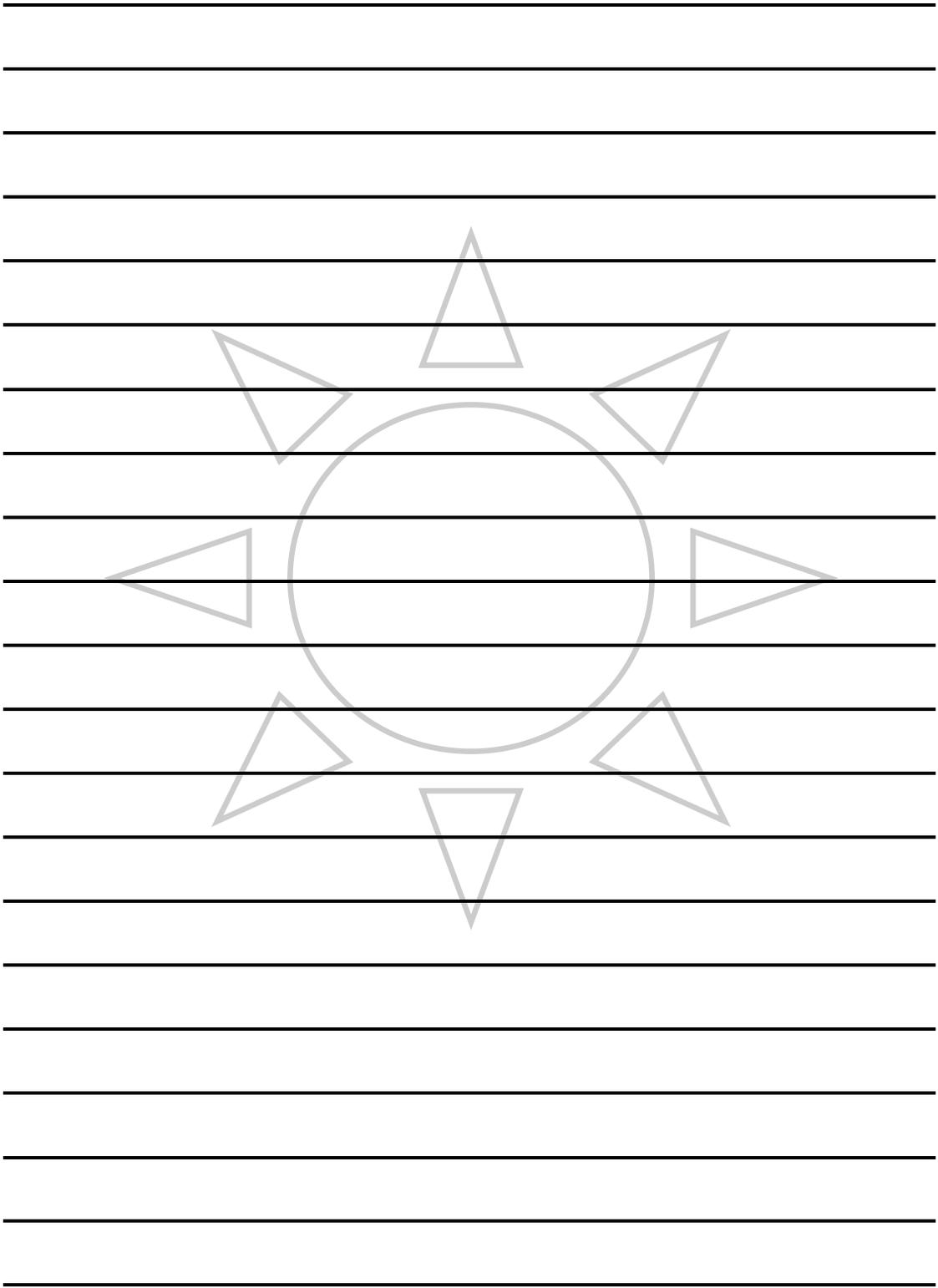


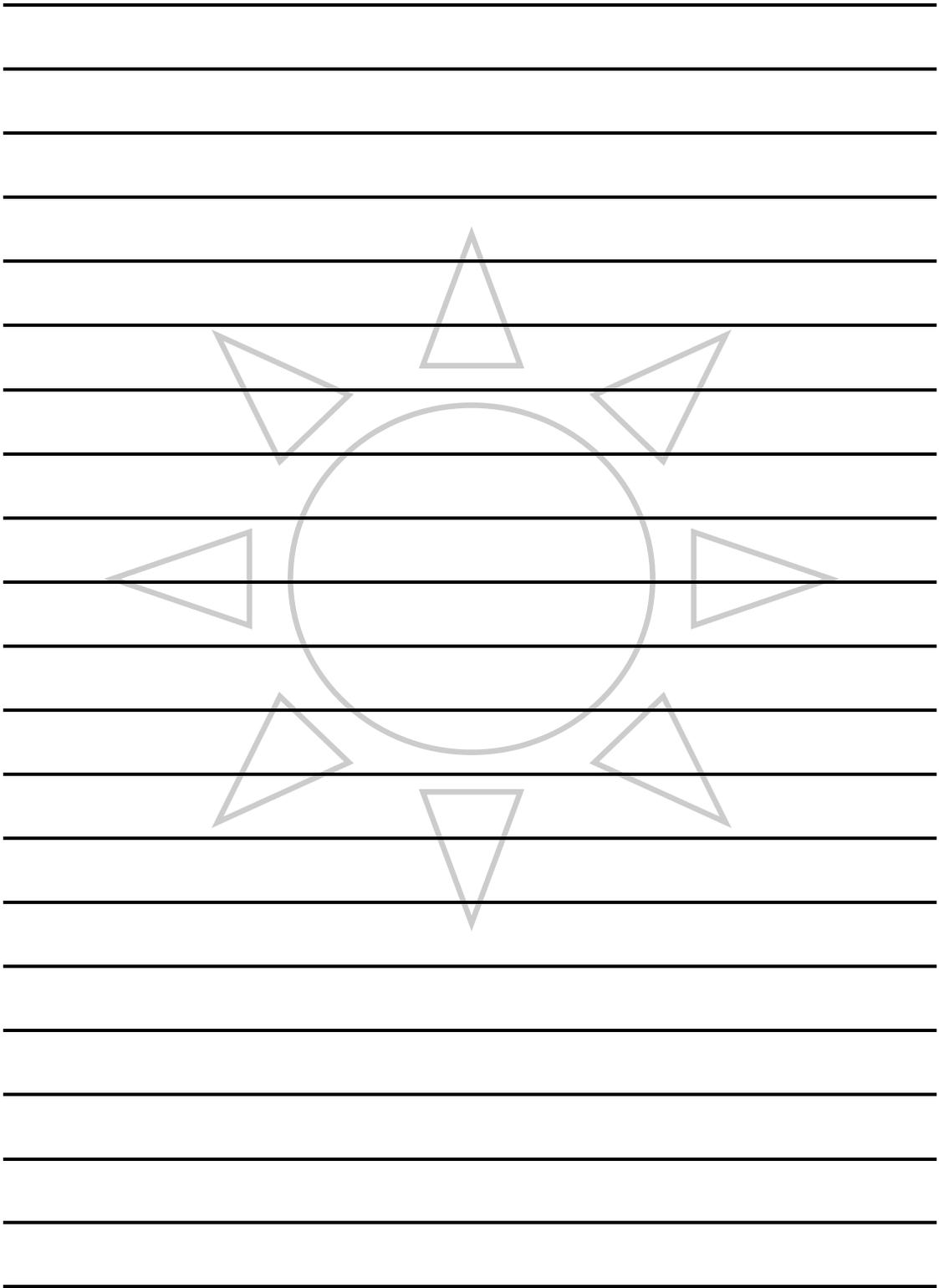












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