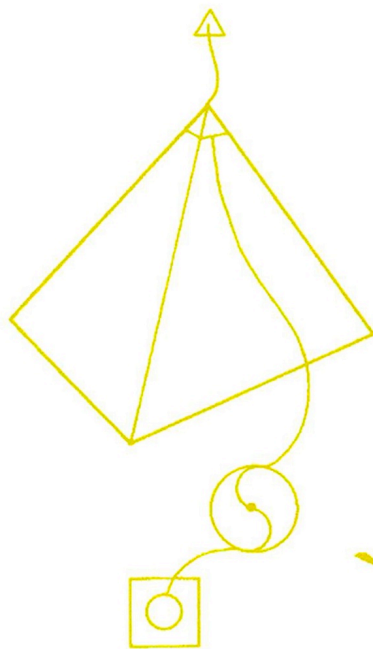


# A Mudrashram® Reader

## Understanding Integral Meditation



*Mudrashram*

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