

A soft-focus photograph of a natural landscape. In the background, there are several layers of mountains, their peaks obscured by a light mist or fog. In the middle ground, a dark, silhouetted line of trees or bushes runs across the frame. The foreground is a bright, hazy area that suggests a body of water or a clearing in the mist.

DZA KILUNG RINPOCHE

the
relaxed
mind

A SEVEN-STEP METHOD
FOR DEEPENING
MEDITATION PRACTICE

Nice Relaxed Mind Seven Step Deepening Meditation

CO Houle

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