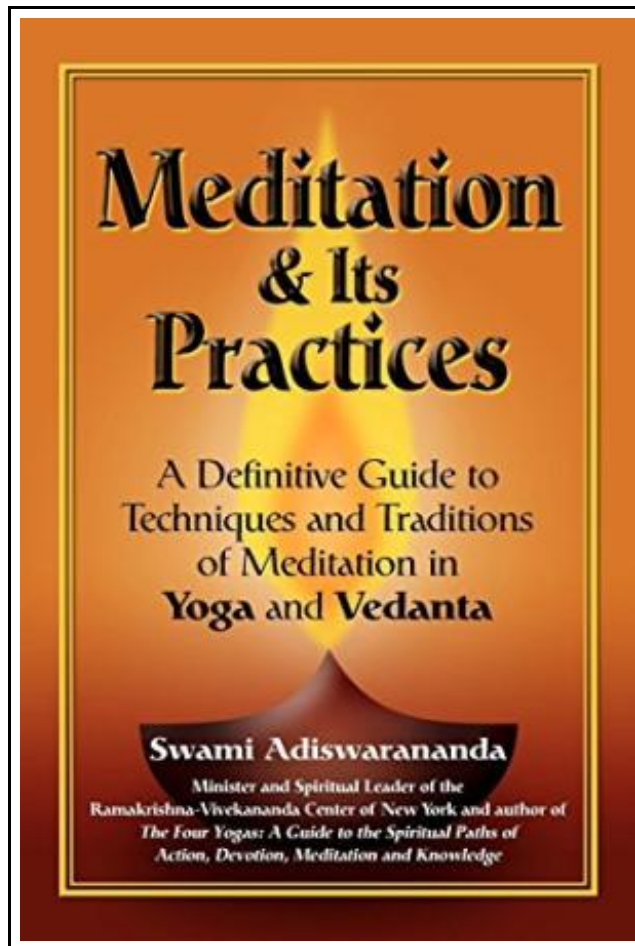


# Meditation and Its Practices: A Definitive Guide to Techniques and Traditions of Meditation in Yoga and Vedanta



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