



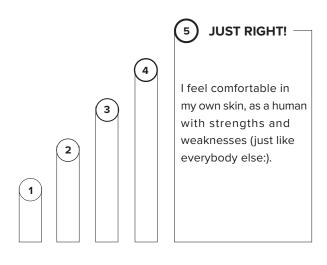
EXERCISE 04

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IF THE OBSTRUCTIONS COULD SPEAK, WHAT WOULD THEY SAY?

BTR.ORG MEDITATION

EXERCISE 05



EXERCISE 06

