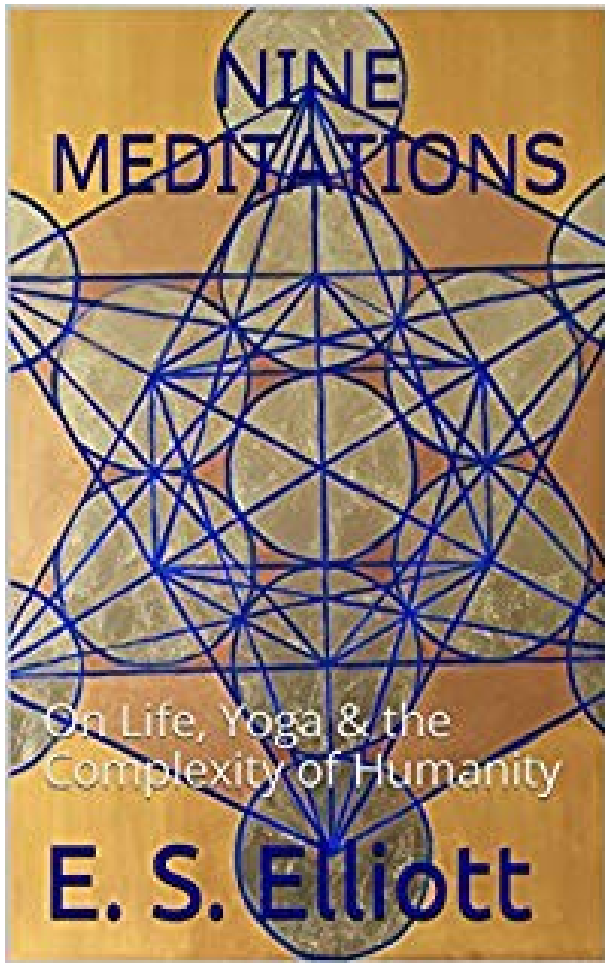


# NINE MEDITATIONS: On Life, Yoga & the Complexity of Humanity



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These meditations are about the depth of human beings, how are physical bodies reflect the struggles going on deep in our individual souls and minds, how we are all here on spiritual journeys. There are numerous references to the hot yoga room, where I started on my own journey of personal healing.