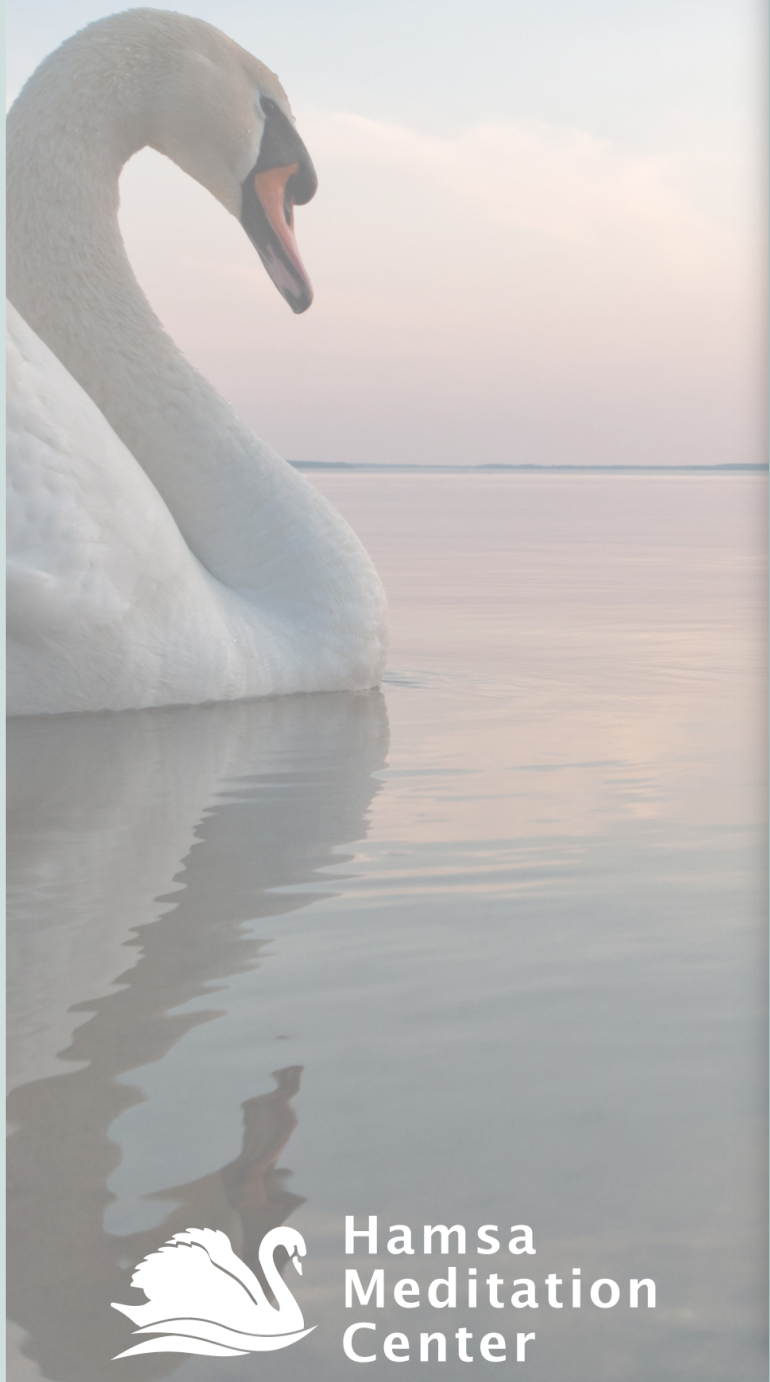


Be soft in your practice. Think of the method as a fine silvery stream, not a raging waterfall. Follow the stream, have faith in its course. It will go its own way, meandering here, trickling there. It will find the grooves, the cracks, the crevices. Just follow it.

~ Sheng-Yen



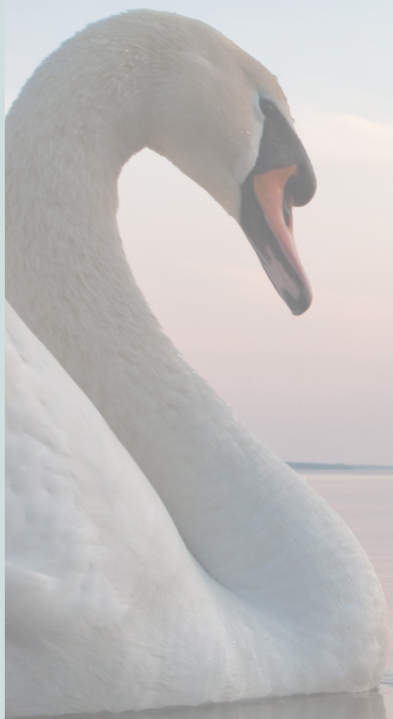
**Hamsa  
Meditation  
Center**

# My Meditation Log

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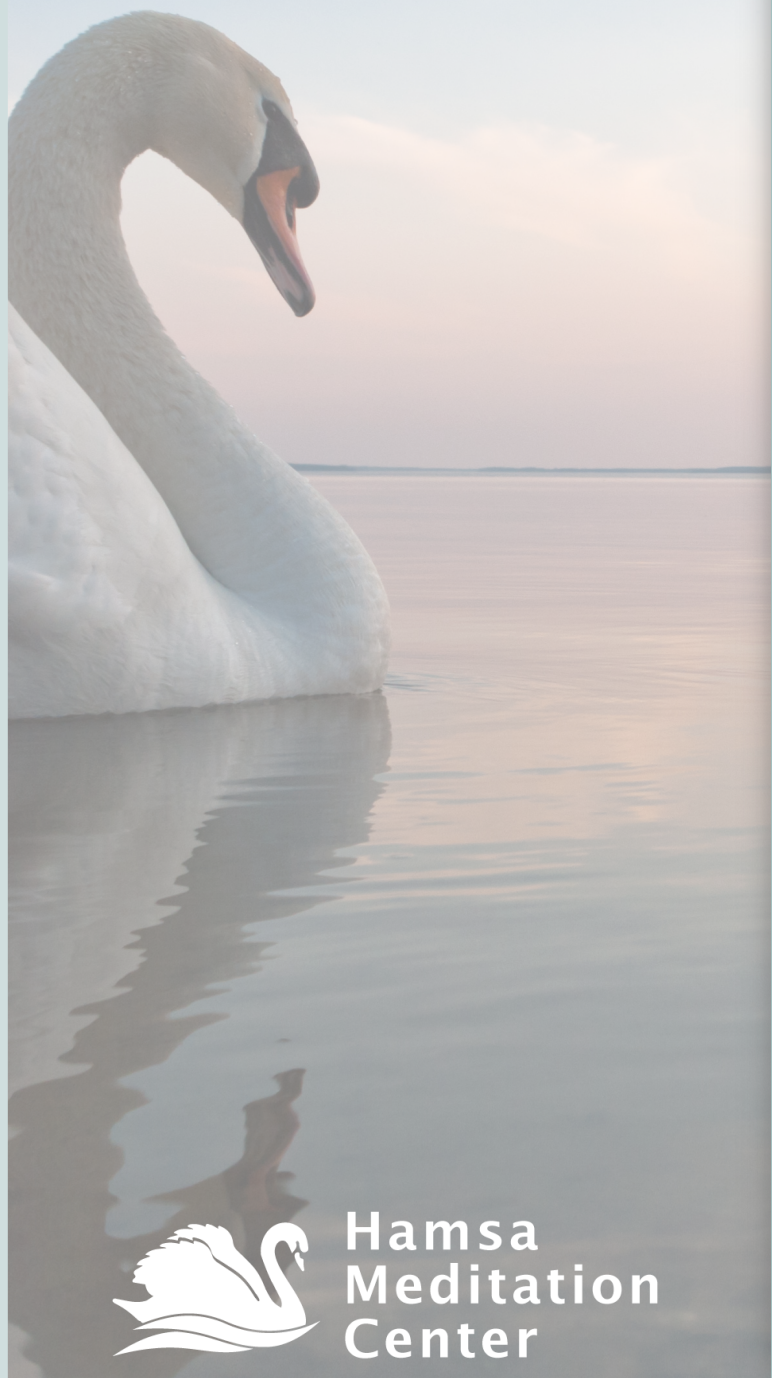
**Hamsa  
 Meditation  
 Center**

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**Hamsa  
Meditation  
Center**

## My Meditation Log

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