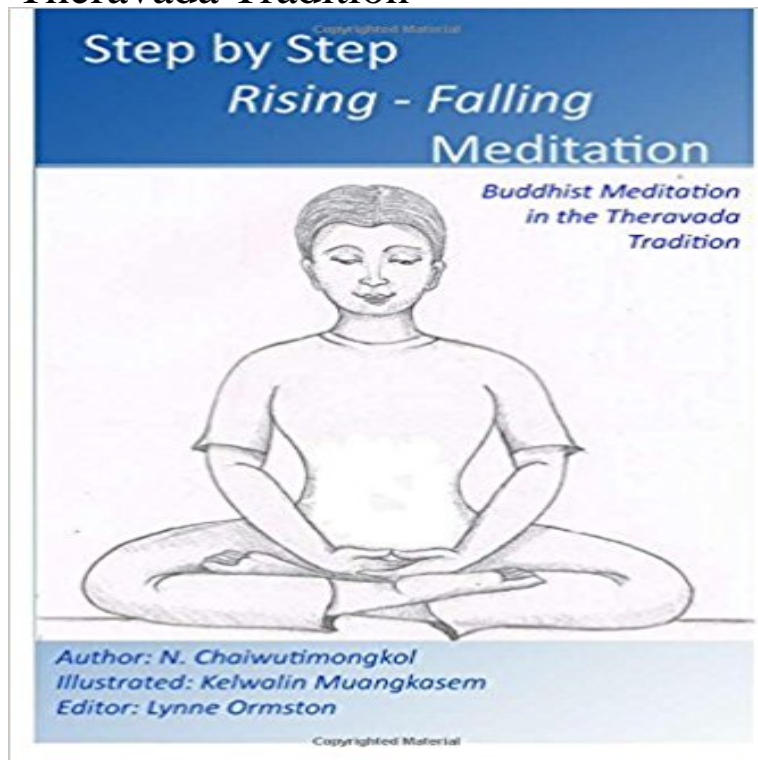


# Step by step Rising-Falling Meditation: Buddhist Meditation in the Theravada Tradition



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