Quick Start
to
Mindfulness Meditation

Volume 1

Learn how to meditate with
simple instructions for beginners

*"Begin Your Journey
to Inner Peace"*

Charles A. Francis
The Mindfulness Meditation Institute

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web preces the cantor and choir sing the introductory verse lord open thou our lips and our mouth shall shew forth thy praise god make speed to save us lord make haste to help us glory be to the father and to the son and to the holy ghost as it was in the beginning is now and ever shall be world without end amen praise ye the lord

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