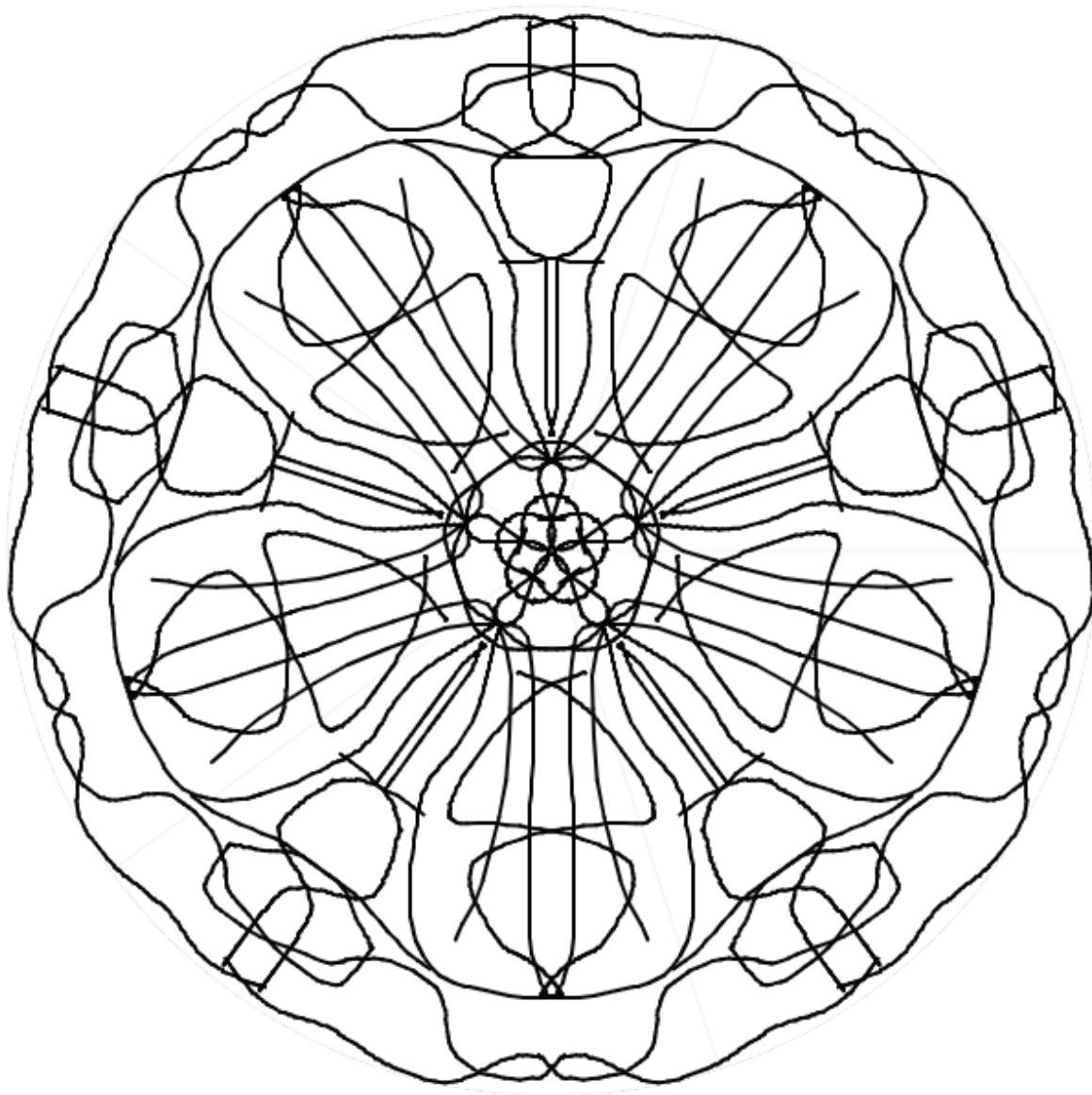
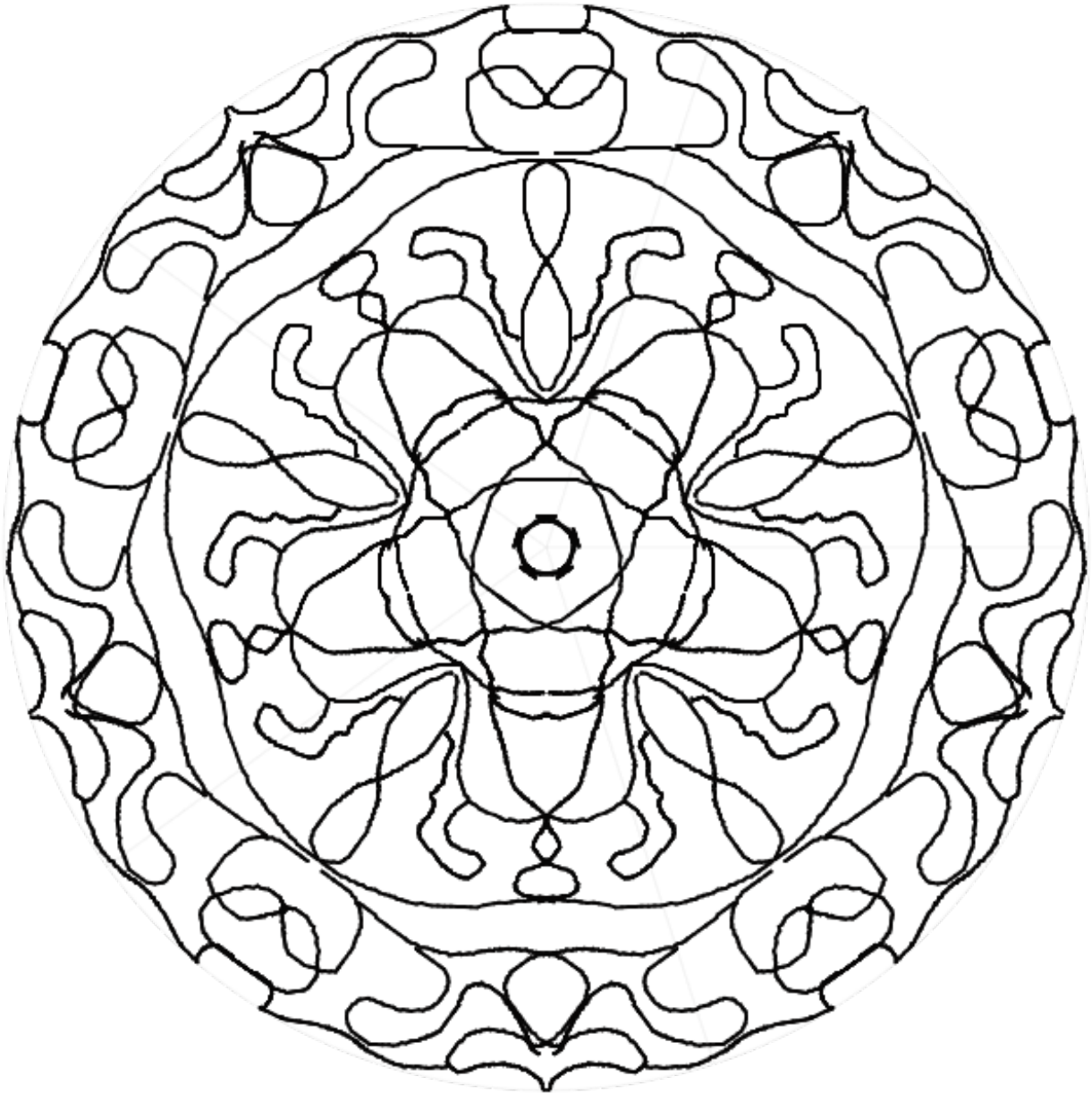


*Wherever you go, there you are. - Jon Kabat-Zinn*



*The present moment is the only time over which we have  
dominion. - Thich Nhat Hanh*



*You are the sky. Everything else is just the weather.*  
- Pema Chodron

