

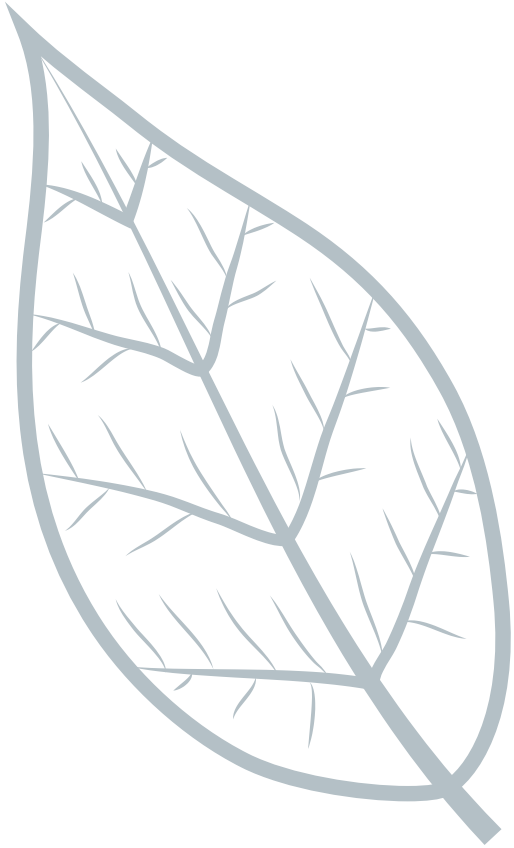
Dhyana

'Meditation Practice'

(dai-a-nuh)

How do you practice
meditation?

Draw it below:

A large, empty rectangular box with a double-line border, intended for drawing.