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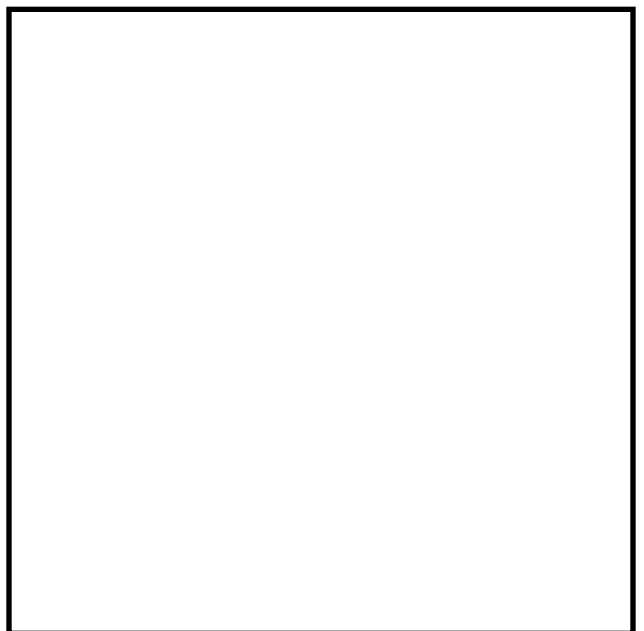
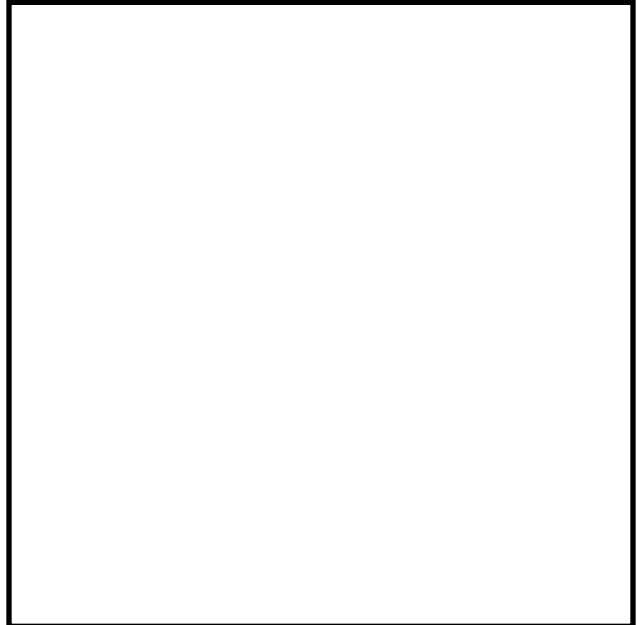
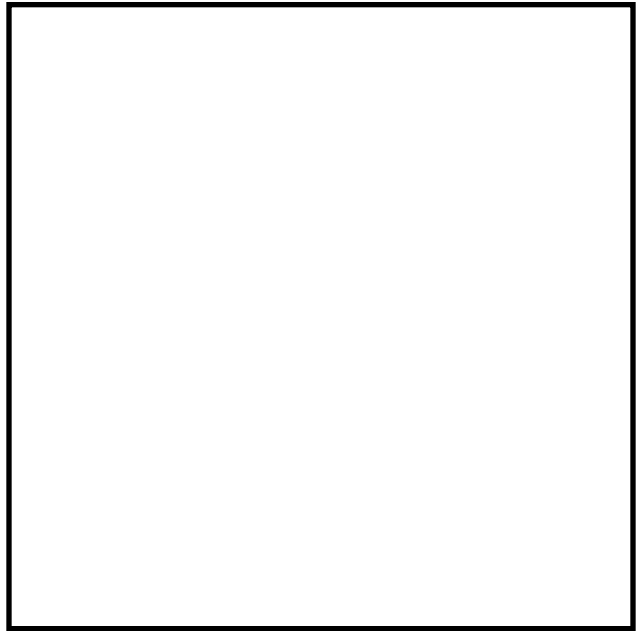




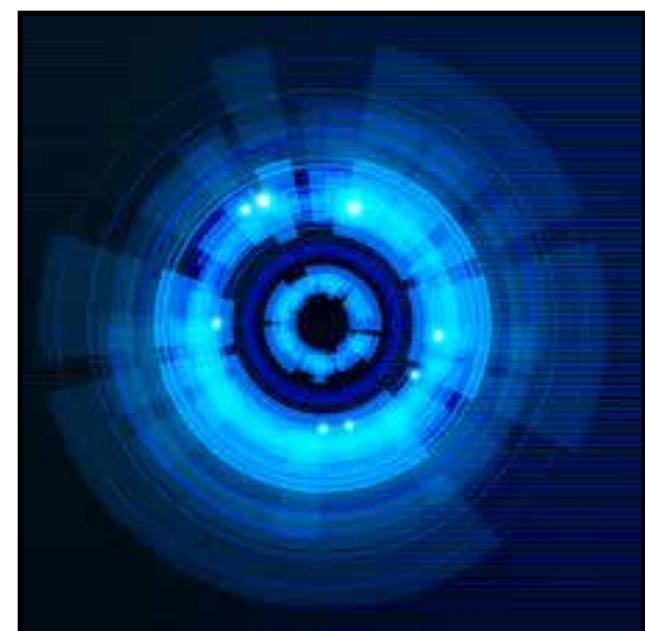
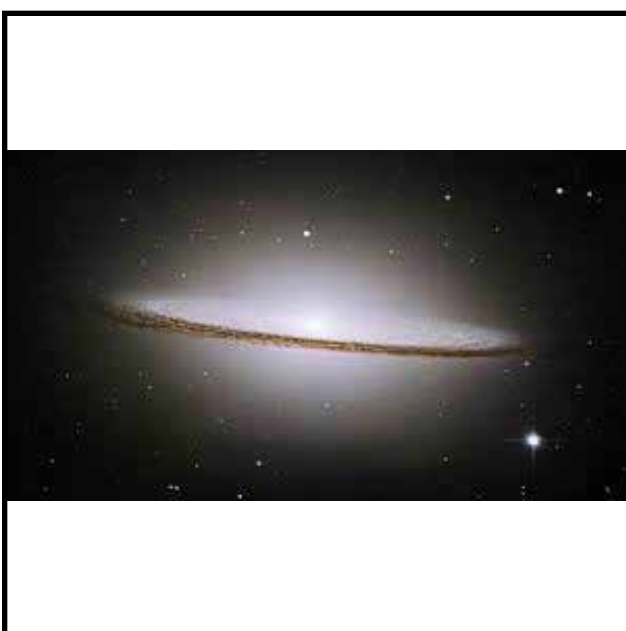
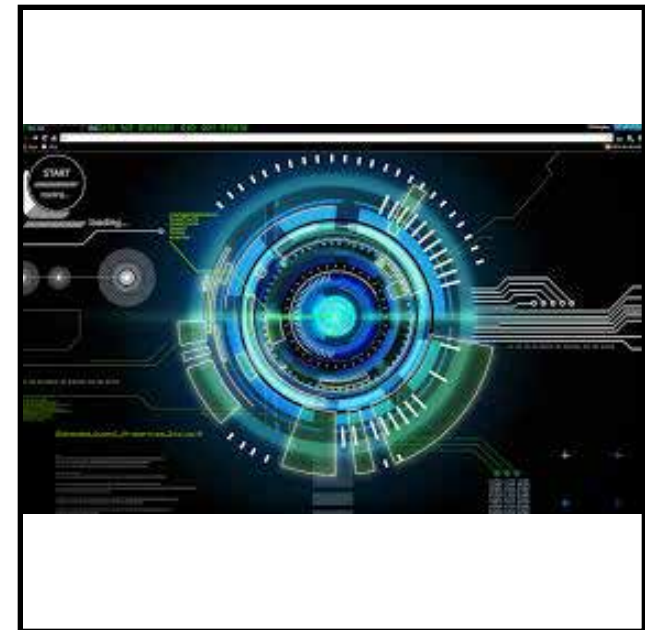
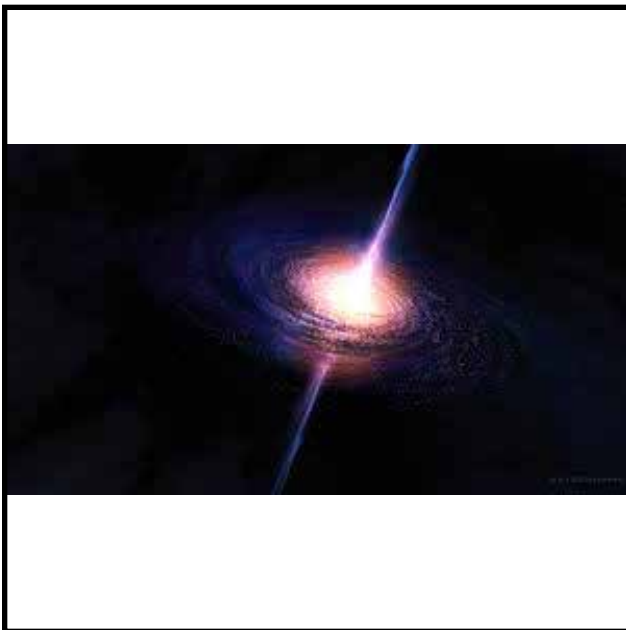
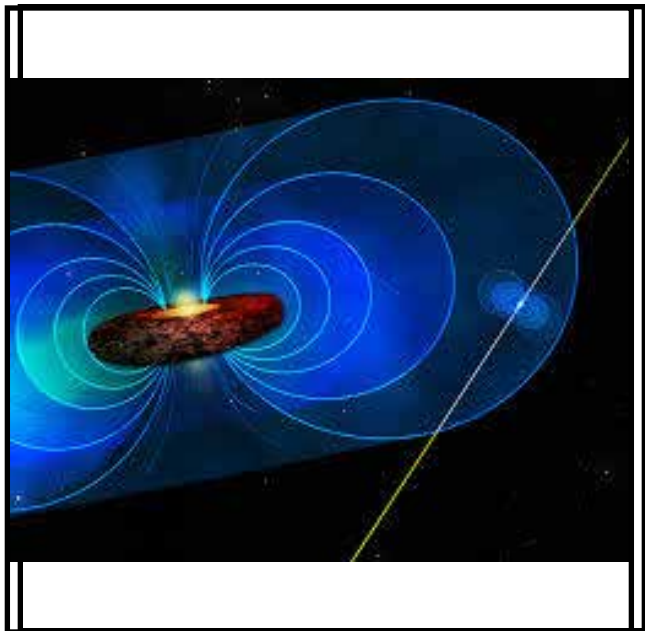
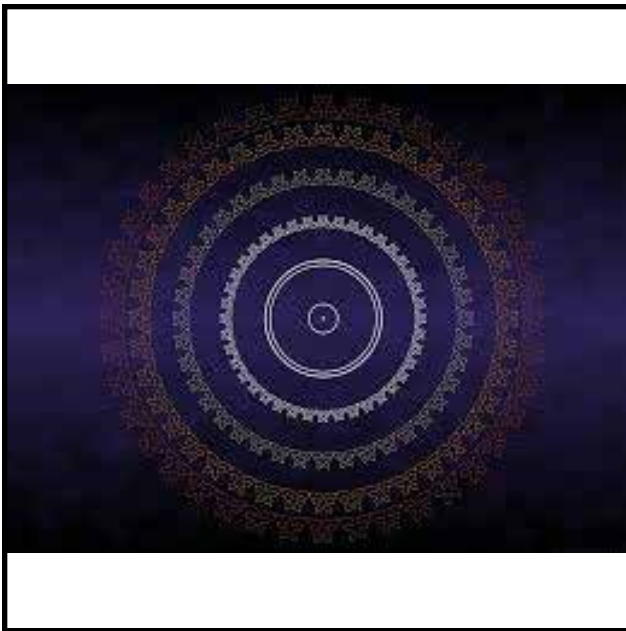
Photo by Ajay V

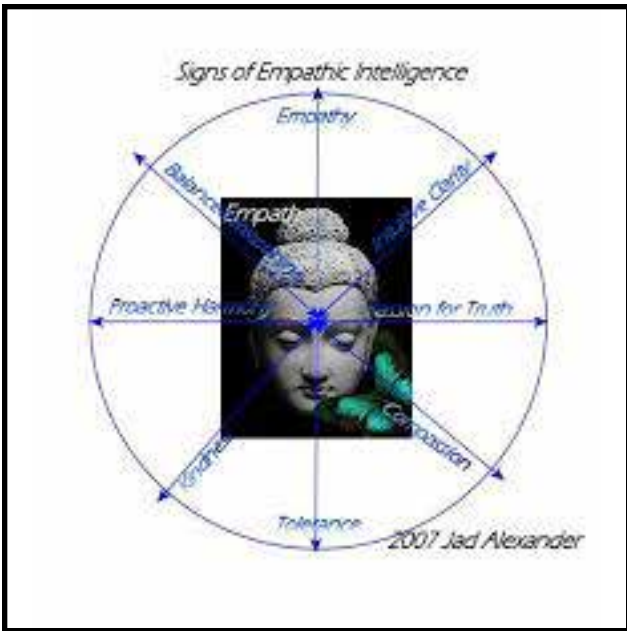


Photo by Ajay V









### Buddhist Practices

- Loving-Kindness
  - Metta
- Compassion
  - Karuna
- Sympathetic Joy
  - Mudita
- Equanimity
  - Upekkha