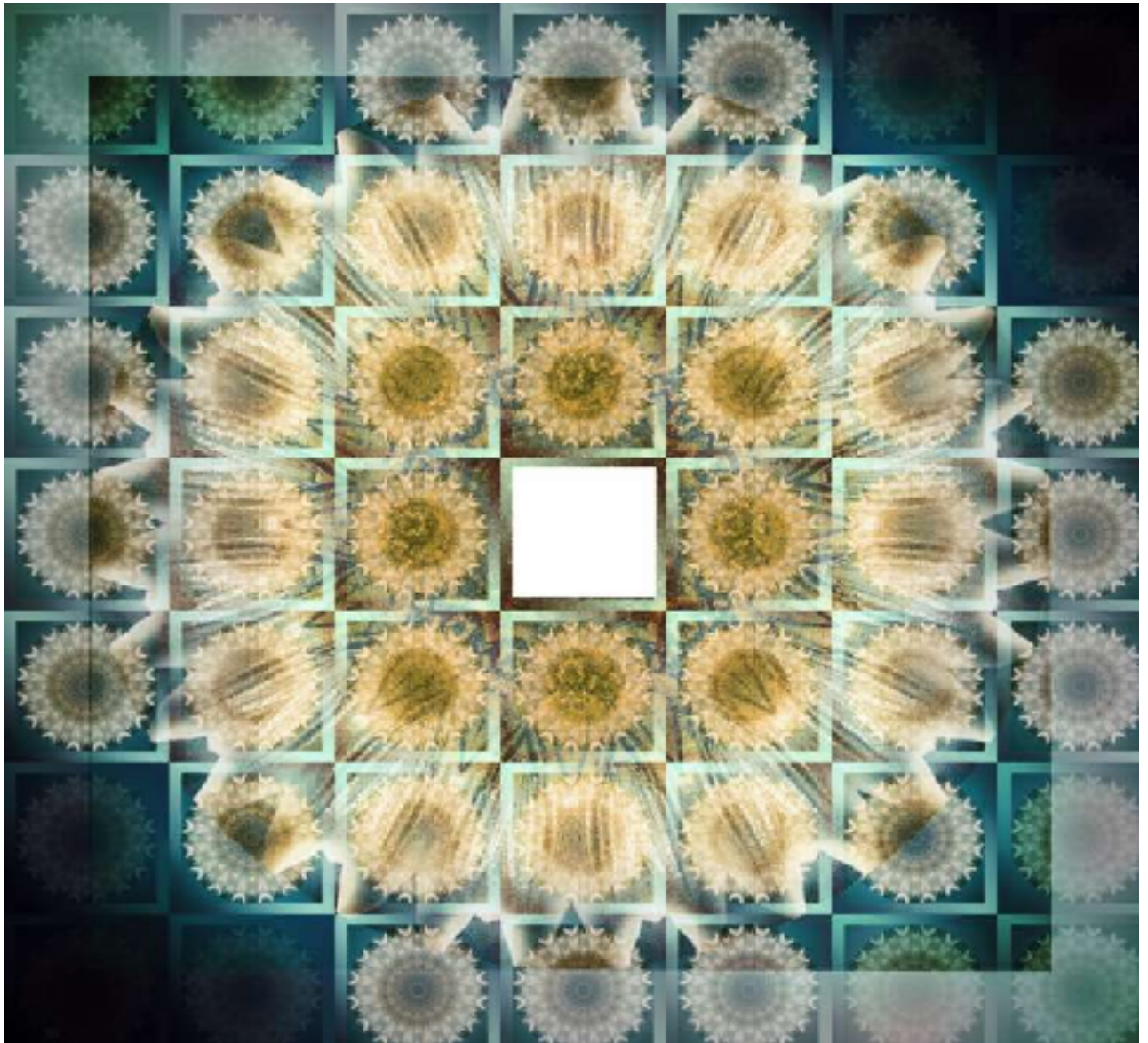


# *MEDITATION:*

## *Some thoughts mindful awareness*



**Anya :** Isn't meditation the process of going beyond sound and image into silence?

**Brice :** Don't ask me - I'm just an ordinary bloke trapped in the wheel of time.

**Devani :** (thinking carefully) Well, why should meditation be only one thing?  
Can't anything be a meditation?

**Carlos :** (blinking his eyes in surprise) Whatever! In the big picture, I doubt that our small existence is consequential in any way. Still, it is amusing to observe how most beings act as if they were the center of the universe. That is something worth meditating on!

**- T Newfields**

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