

MEADITATION BY A COW



- Kasim:** (scratching his head) Is meditation a bovine process?
- Wan-Sze:** For some, perhaps. For others, it's a way of going beyond words, thoughts, and even breath.
- Nadia:** (shaking her heading) Why are we wasting time playing with words?
- Will:** (shrugging) Real meditation can never explained, only experienced.

– T Newfields

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