

Title: Conversations

Subtitle: Today is Amma's birthday

Second Subtitle: Re: Today is Amma's birthday

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Though I could really do with spending the time dedicated to yoga, I also do
ZaZen. This is to stay in almost a constant state of mediation. I like this
at times; having to separate your self to resort inner peace, the time can
as, if people learn to be in a constant state of enlightenment and medita
adjust to their surrounding at all times.

Go-go dancers Scott don't help with enlightenment.