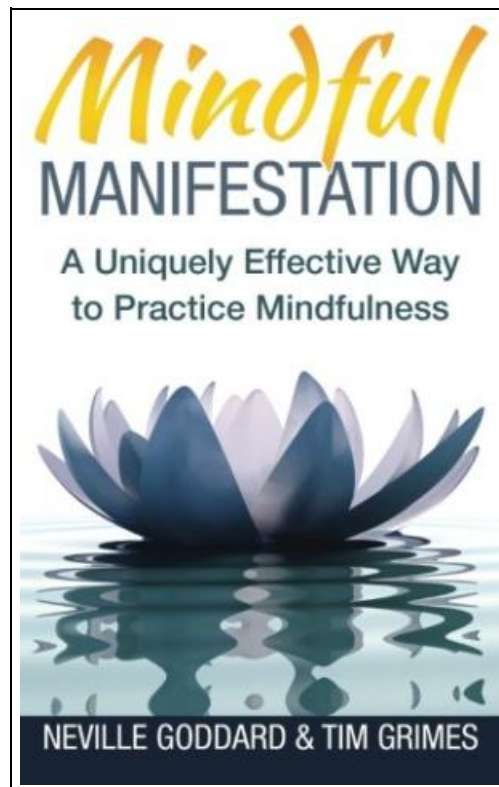


## Mindful Manifestation: A Uniquely Effective Way to Practice Mindfulness



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*(Keegan Abernathy)*

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