

The image features three small green seedlings with two leaves each, growing out of a dark, textured soil surface. The seedlings are arranged in a row, increasing in size from left to right. The background is a soft, out-of-focus green. Overlaid on the upper half of the image is a quote in white text. Below the quote, a horizontal line is positioned above the name 'SWAMI SIVANANDA'.

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Mind Into Heart

Yan Bai



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