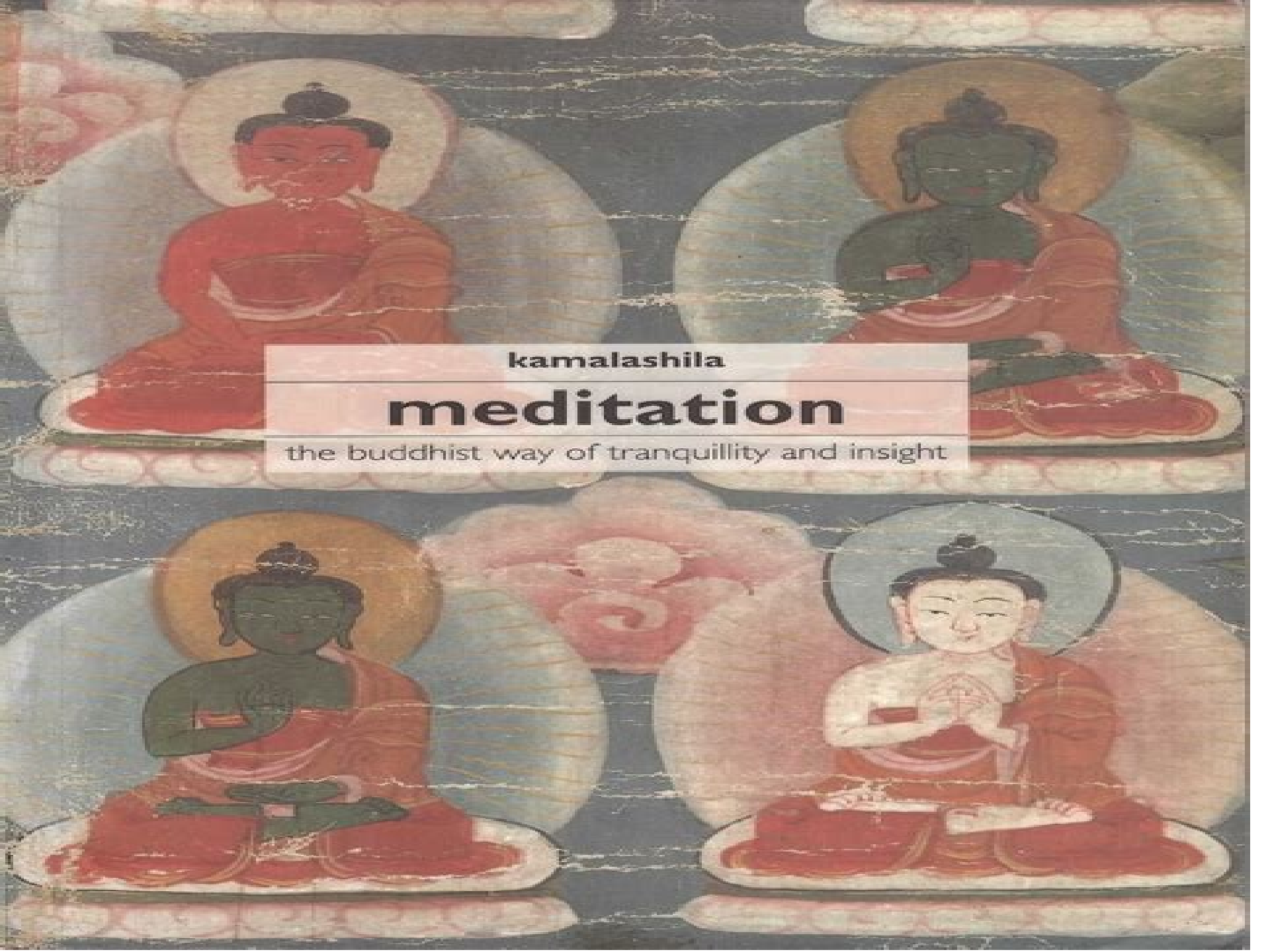


The background of the entire image is a traditional Buddhist painting. It features four figures seated in meditative postures (Padmasana) on lotus petals. The figures are arranged in a 2x2 grid. Top-left: A figure with a reddish face and hair, wearing a red robe, with a white halo. Top-right: A figure with a dark green face and hair, wearing a red robe, with a yellow halo. Bottom-left: A figure with a dark green face and hair, wearing a red robe, with a yellow halo. Bottom-right: A figure with a light skin tone and hair, wearing a red robe, with a blue halo. The figures are set against a dark blue background with stylized clouds in shades of pink, red, and white. The overall style is reminiscent of Tibetan Buddhist art.

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the buddhist way of tranquillity and insight

Meditation The Buddhist Way Of Tranquility And Insight

Bronwen Logan



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