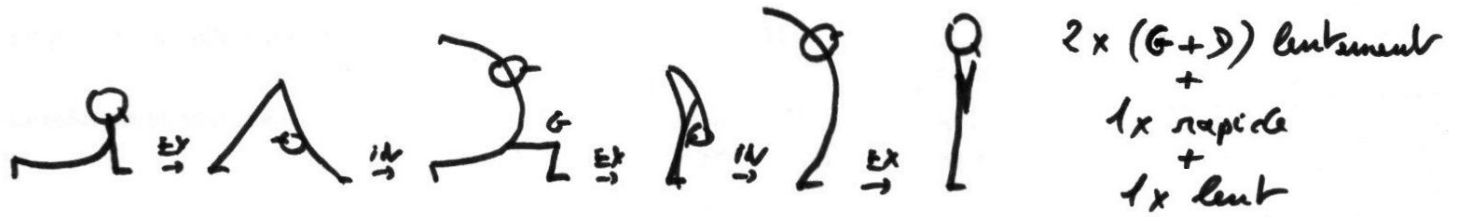
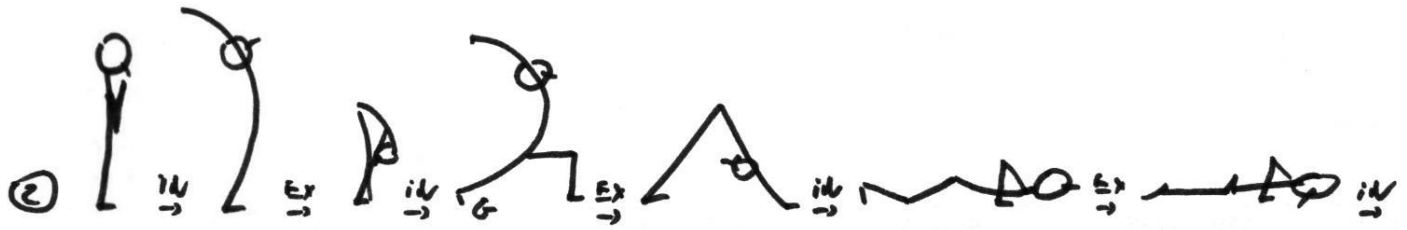


① se relier à
bonne Nature

YS II 33 : Vitarkabâdhane-pratipakshabhâvanam :
Au temps du tourment : réajustement



③ repos + visualisation ①

