

A young woman with short dark hair, wearing a white short-sleeved dress, is sitting cross-legged on a white mat on a grassy field. She has her eyes closed and hands resting on her lap in a meditative posture. She is leaning against a vertical wooden pole. The background consists of many similar wooden poles spaced out in a field, receding into the distance under bright, natural light.

“What lies behind us and  
what lies before us are tiny  
matters compared to what  
lies within us.”

~Ralph Waldo Emerson



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