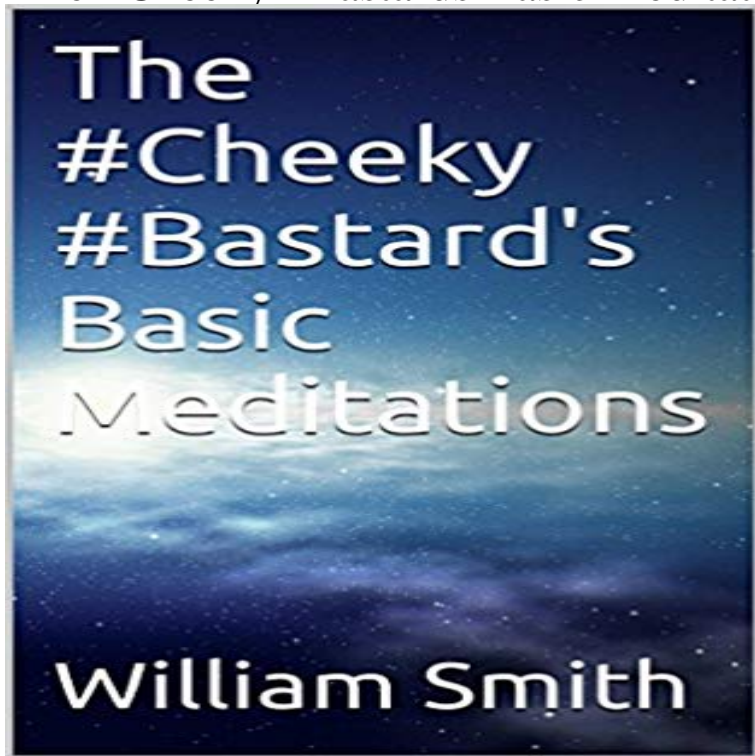


# The #Cheeky #Bastards Basic Meditations



This book from the #Cheeky #Bastard is intended to help people work with meditation. The first meditation is a basic one, something to get you started meditating. The second meditation is intended to cover some ground that is not well covered in terms of meditations, examining where your self-esteem is and pondering how to improve it. The final meditation is based upon exercises that have been previously taught at The Light Institute in Galisteo, New Mexico, and adapted in order to provide a means of centring yourself as you make it through your day. May they prove helpful to you in your own lives.

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