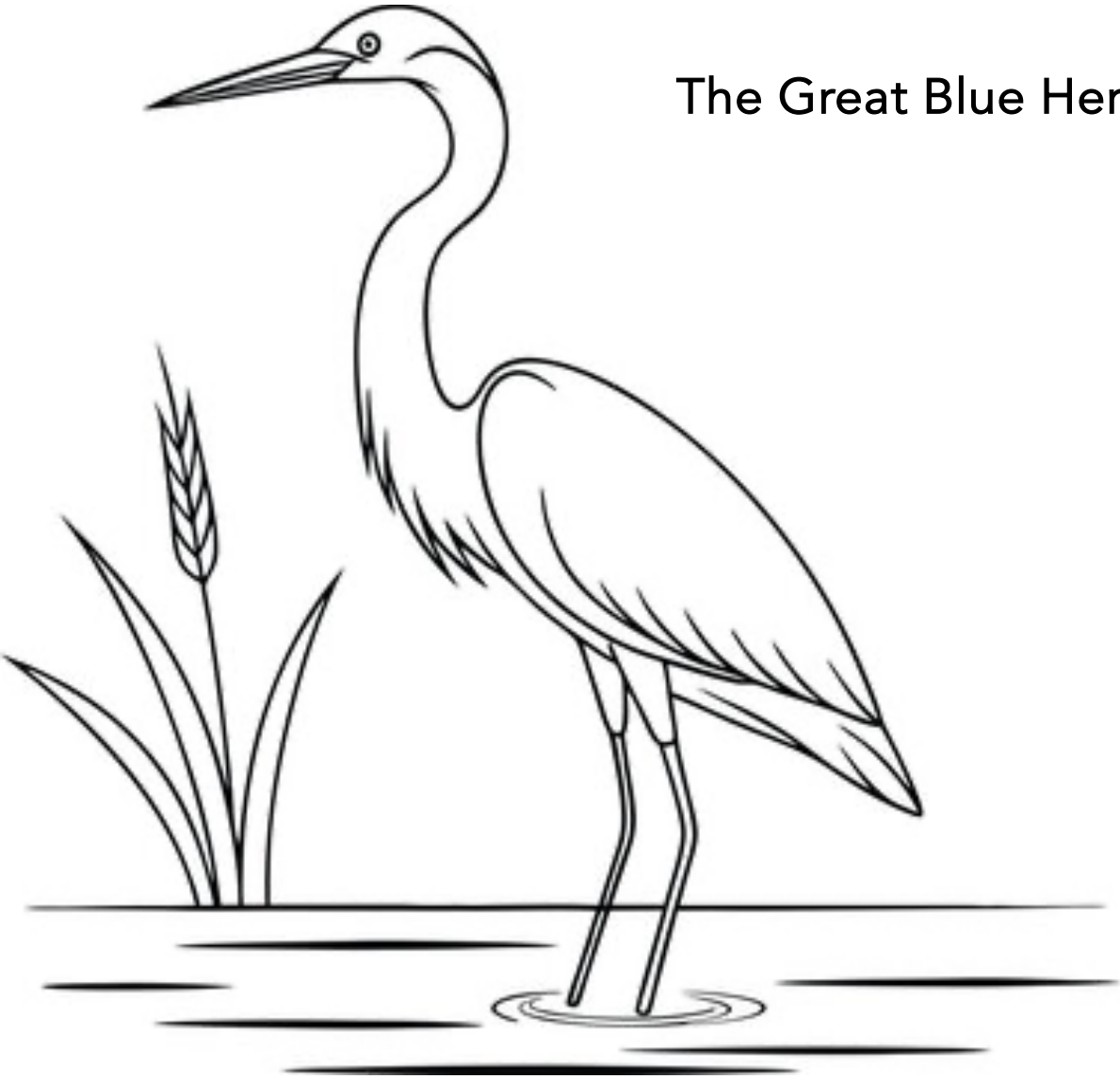


# The Great Blue Heron



Write 3 things you noticed inside your inner ocean when practicing being mindful and still like a Great Blue Heron?

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