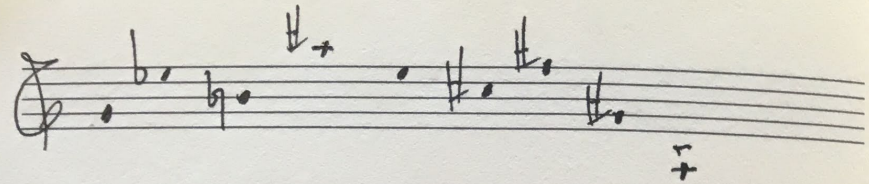
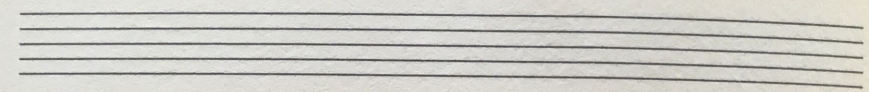
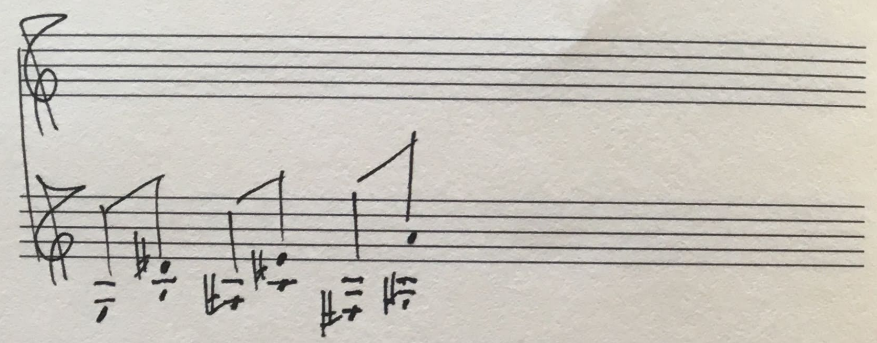
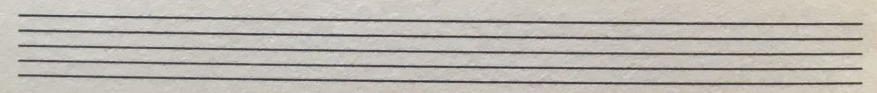
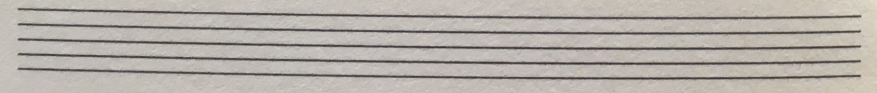
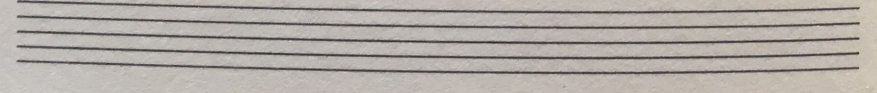


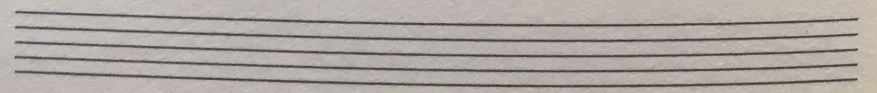


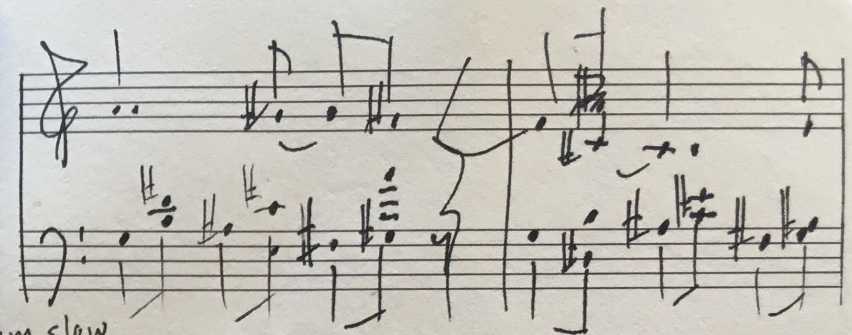






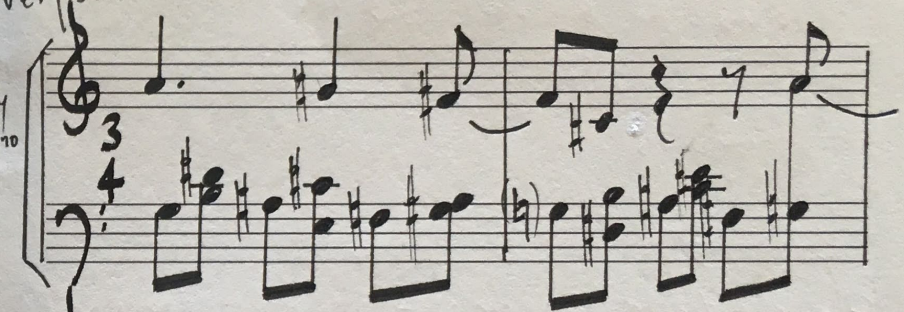


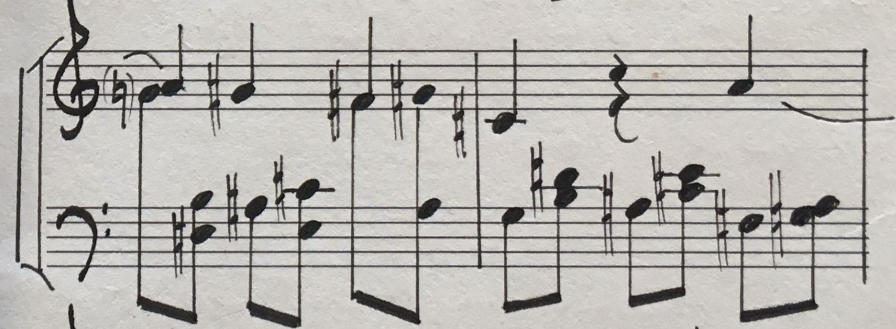


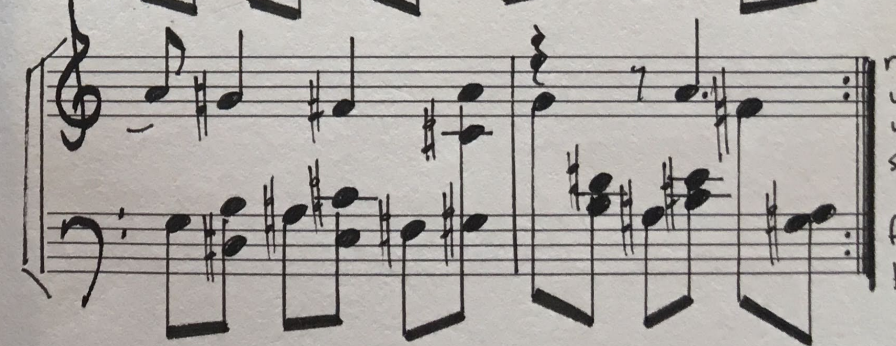


very slow

toy piano







repeat until you start to feel better

Viral Meditation
Martin Epstein 8-23-20