



IGNITE YOUR POTENTIAL

INSPIRATIONAL. MOTIVATIONAL.



Toratherapeutics®
Rus Devorah (Darcy) Wallen, LCSW, ACSW

A stylized blue illustration of a plant with a thin stem and several leaves, some of which are elongated and pointed. The plant is positioned on the left side of the page, extending from the bottom left towards the top left. The entire page is framed by a thin gold border.

Toratherapeutics®

A Torah Inspired Approach to Holistic Growth & Healing

Toratherapeutics® provides high-quality, holistic, Torah-consonant therapy, consulting, workshops, educational materials, therapeutic audio, retreats, trainings, and more! We have been providing personalized services for over 25 years!



Dear Friend,

Toratherapeutics® is my passion. I am continuously amazed how the Torah "knew it all along." I love being able to distill Torah's amazingly prescient, "new age" insights to benefit my clients, customers, students, and friends. "The son of Bag Bag said, turn it (the Torah) over and over for everything is in it..." (Pirkei Avos, 5:26). He was right on!

Only in the past few decades have the sciences come to see the value of God and spirituality in human flourishing. Although for years, science had been at odds with God, lately, in very prestigious journals, conferences, and respected institutions, God, religion, and spirituality are at front and center. As matter of fact, having a spiritual inclination or religious practice is considered one of the best predictors for health and longevity. Now, neuroscience and positive psychology ascribe such significance to having a spiritual bent, that it is considered necessary for a healthy lifestyle! Finally, after thousands of years, science is catching up with the Torah!

Our mission is to enhance people's lives by helping them attain greater life satisfaction through providing therapeutic tools, techniques, and ideas informed by the Torah. We strive to offer services of the highest caliber in the most caring and authentic manner possible. Our aim is to share and transmit our love of G-d, life, and people, with our gifts of humor and optimism. We work to inspire others to learn and grow toward self-awareness and increased well-being.

In these pages and on Toratherapeutics'® new and improved website, I hope to be able to share with you some of the concepts I've incorporated in my life's work and inspiration as well as give you practical, easy to use tools, for self-growth. Please peruse our site to find out how Toratherapeutics® and our NOGA™ brand can benefit you, your family, or your community. Let us know what you think about our growing site and what you might like to see us offer here. We warmly welcome your comments and thank you in advance for visiting!

Rus Devorah (Darcy) Wallen, LCSW, ACSW
Founder

Rus Devorah Wallen

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To book Rus Devorah for your next seminar, workshop, webinar, coaching session, conference, concert, Shabbaton, retreat, professional consultation, or more, contact her at:



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TORATHERAPEUTICS® CHASSIDUS AND LIFE ENHANCEMENT WORKSHOPS

No prior Torah background is required for these workshops.
All participants will receive handouts and materials for later review.



WORKSHOP #1

The Consonance of Current Therapeutic Trends with Torah

According to the Zohar, in these Pre-Moshiach times, the world will be filled with a burst of secular knowledge that will parallel the emerging secrets that have been submerged in the Torah for thousands of years. These bases of knowledge - science and Torah - are on a wondrous collision course. Contemporary scientific research has recently shown its consonance with Torah. Due to the proliferation of Chassidus ChaBaD, these secrets are readily available for the lay person and can be utilized for self-awareness and positive growth.

In this dynamic, interactive workshop, we will learn about various current successful trends and concepts in secular sciences and therapies and show the source or corollary found in Torah and Chassidus. Then, we will open up the keys to integrating these ideas into our daily philosophy and lifestyle with practical tools and techniques to utilize after the workshop.



WORKSHOP #2

Positive Thinking – Its Effect On Our Body, Soul and Pocket!

Often negative messages work their way into our unconscious and can cause harmful effects on our behaviors and health. Current research in psychoneuroimmunology shows how positive mental images and messages have visible health benefits (i.e., improved blood pressure, normalized metabolism, etc.). Additionally, these negative messages may sabotage us from accomplishing our personal life goals.

ChBaD Chassidus has answers, that when properly distilled are the ultimate self-help tools. One such concept, The Lubavitcher Rebbe has often reiterated, is the philosophy of the Tzemach Tzedek – “Tracht gut vet zein gut” – “Think optimistically and it will be good.” Although it may sound like a simple aphorism, this statement is actually a way of life that when embraced, can help us attain our wishes and goals. Through reframing our thinking patterns with the use of positive language, we can produce tangible, positive results that are readily experienced. This is a means of truly reprogramming the neuroplastic brain. These concepts are only recently considered scientifically proven, yet the Torah has known them all along.

In this dynamic, interactive workshop, you will learn how The Rebbe's positive approach can help you:

- Attain your life's goals
- Become aware of self-imposed obstacles and remove them
- Feel “lighter”, happier, improve even physiological functioning
- Become more optimistic and happier, and more satisfied with your life
- Have impact on creating positive changes in your surroundings
- Turn negative thinking patterns into positive ones



WORKSHOP #3

The Strangely Ironic Impact of The "Garments of the Soul" on our Subconscious

According to ChaBaD Chassidus, Thought, Speech, and Deed are the external "garments of the soul". Chassidus teaches us that ironically, these "superficial" garments, when utilized in a certain way, can have a deep and profound impact on the neshama (soul) itself. The Alter Rebbe explains in a discourse that through practice, a person can change not only his character traits, but also his inner nature and personality! This is absolutely in line with the current understanding of neuroplasticity, the ability for the brain to grow and change. Chassidic philosophy shows its prescience in knowing the basic principles of neuroscience only discovered in the last few decades.

In this session we will study and translate the text of the Lubavitcher Rebbe's discourse, "V'lo Yikaneif Od Morecho", (or "Vayishlach Yehoshua"). From these concepts, participants motivated for change will be able to:

- See the profound effect simple thoughts, speech, and behaviors will have on their body, mind and soul.
- Acquire techniques to reprogram their thoughts, speech, and action.
- Learn the basis of this phenomenon from our age-old Teachings and its only modern neuroscience parallels!



WORKSHOP #4

Tikkun Therapy - Practical Techniques for Changing Bad Habits and Old Messages

Negative messages are ingrained in us since early childhood. So many of us are used to the messages that came from without, that we shift into "autopilot" and reiterate these negative messages daily (and even more often). Some messages may be in the form of a joke or sarcasm, some might be more serious. According to a statistic, 80-95% of the average person's thoughts are negative. Some messages may seem benign, but they work their way into our subconscious, and have deleterious effects on our behaviors, day-to-day accomplishments, and our focus on positive goals .

In this dynamic and potentially life altering workshop, participants will learn three simple and effective techniques of utilizing thought, speech, and action to reprogram old, negative messages or habits into positive ones. Rooted in ChaBaD philosophy, these methods will stand the test of time and current trends in Positive Psychology, CBT, and Neuroscience.



WORKSHOP #5

**Bitachon – “Let Go and Let G-d” -
Trusting It Will All Work Out for the Best**

Often life's challenges “blindsides” us. We may feel lost and confused by what we are confronting. We don't read the future and we are told not to rely on miracles. What do we do in the moment? What do we do in the face of what appears an insurmountable obstacle? Trusting that we're “in Good Hands” and that God has our back helps us become more calm and serene.

In this workshop, we will discuss some of the differences of faith (emunah) and trust (bitachon) and how we can put them to use in a way that helps us maintain our perspective (as well as our ‘cool’). Having bitachon is a unique mitzvah, requiring practice to strengthen it. This “trust muscle” needs to be exercised like any other skill requires for mastery. Resources will be provided for strengthening our bitachon. We will also learn about the effect “Letting Go” has on our spiritual, emotional, and physical selves in promoting self-growth and healing.



WORKSHOP #6

What Do We Do When We Feel Unmotivated or Numb Inside? Ma'amar - V'Isha Achas - (A Chassidic Discourse beginning with the words, "There once was a woman...")

Sometimes in our life there are situations that cause us to feel down and deenergized. The tricky aspect of feeling numb and "dead" inside, is the lack of energy itself, which causes even more apathy and entropy. The biggest problem when we are down is not how to get up, but how to want to get back up - how to start the motion altogether. The most critical challenge is how to get over the first threshold – how to begin stepping out onto the "path." Once we begin the process, taking even the most cautious, "baby steps," puts us in a better position to get "unstuck." Once the process has begun, even the most deadly numbness and indifference can be dispelled.

In this workshop, we will explore the Biblical narrative and learn how Elisha gave a poor widow hope to live, by reconnecting her with her "spark" of vitality. We will then delve into the original source text of The Alter Rebbe's discourse – V'Isha Achas. Through the metaphors of the Haftarah, the Alter Rebbe, Rabbi Schneur Zalman of Liadi, teaches us very significant principles in self-growth. The artful and insightful metaphors of this Haftarah portion and The Rebbe's elucidation will be life altering! These age-old Torah and Chassidic concepts predate current understanding of cognitive behavioral therapy, positive psychology, neuroplasticity, and more!



WORKSHOP #7

The Rebbe's Request: Therapeutic Meditation and Relaxation Techniques Following the Guidelines of the Lubavitcher Rebbe

In private communications as well as public addresses, The Lubavitcher Rebbe discussed an array of holistic health issues and at times recommended very specific therapies or techniques. The Rebbe predated many current, cutting-edge trends. Even more prophetically, in 1978-1979, the Lubavitcher Rebbe contacted health and mental health professionals and publicly requested (13 Tammuz, 5739) the development of a value-free format of meditation that avoids all elements related to avodah zara (idolatry elements). Speaking about the therapeutic benefits of Transcendental Meditation - TM, (a Hindu-based meditative technique, containing actual idolatrous elements) the Rebbe urged professionals to develop and disseminate a "pareve," therapeutic meditation similar to it, but without the Hindu-based element. The technique should "calm the nerves" (baru'iken die nerven) and bring "peace of mind." At the time of this appeal, minimal research was done, but meditation had promise toward these ends.

Today, various formats of meditation are ubiquitous. In fact, mindfulness or focal point meditation has become one of the most successful techniques used in therapeutic circles (consider DBT, MBCT, MBSR, etc.). Additionally, there is significant research demonstrating the beneficial neuroplastic effect meditation has on the prefrontal cortex of the brain. However, despite their scientific benefit, most of the available methods contain some avizrayhu d'avodah zara (more subtle Eastern religious elements). Had the Rebbe's request of 40 years ago been heeded sooner, meditation in manners prohibited by Torah law could have been avoided by thousands of people, and more could have been healed by the curative properties, meditation has that only now we are aware of.

With the distractions from digital technology, anyone who uses electronic devices can benefit from learning these techniques and applying them to one's daily life. The Rebbe was truly prophetic when in the 70's he pleaded for therapeutic meditation stating, it was "like medication" and "it will save countless lives."

In this workshop, participants will:

- Learn what makes such techniques halachically problematic or permissible.
- Experience actual techniques to calm their body and mind - "Tzu baru'iken di nerven."
- Receive handouts, audio recordings and materials to use on their own.
- Learn about the effects of Stress Response vs. the Relaxation Response



WORKSHOP #8

**How Happiness Happens: Infusing Life
with Simcha (Joy) and Bitachon
(Confidence and Trust in G-d)**

There are times in our life when we feel down and deenergized. According to current trends in positive psychology, one can actually enhance one's "happiness quotient" (HQ) and "Positivity Bias" by introducing techniques and attitudes into one's life. By nature, without intentionally working on our automatic, default thinking mode, we have a "Negativity Bias." Thinking about certain concepts, practicing cognitive reframes, developing mindfulness skills, and living in the present moment are ways to improve our mindset and increase our "happiness quotient."

In this workshop, various insights about the science, psychology, and neuroscience of happiness will be shared. Additionally, participants will learn how to enhance their own positivity and happiness, with easy to learn practices. These techniques, when practiced regularly, can have a significant impact on the mind and brain, as well as one's attitude, peace of mind, and overall wellbeing.

Extensive references to popular books on Happiness that are Torah consonant will be provided.

*NOTE: Although these are individual workshops, they are each independent of the others. Participants may attend one without any of the others in the series. Students will find insights in any or the whole series. If you are inclined to working further in private or group sessions to deepen study of these themes, please contact the Rus Devorah at the email address or number below.

REFERENCES

NAMES OF SHLUCHOS/IM REFERENCES



- Bassie Gourary – Simi Valley, California
- Bassya Deitsch – New Haven, Connecticut
- Chani Aisenbach – Toronto, Ontario
- Chani Katz – Miami Beach, Florida
- Chanie Krasnianski – Upper East Side, New York
- Chani Marlow – North Miami Beach, Florida
- Chani Rosenblum – Pittsburgh, Pennsylvania
- Devorah Alevsky – Cleveland Heights, Ohio
- Devorah Caytak – Ottawa, Ontario
- Devorah Leah Alperowitz – Cape Cod, Massachusetts
- Devorah Leah Andrusier – Bal Harbor, Florida
- Devorah Leah Mangel – Dayton, Ohio
- Devorah Leah Schmuckler – Albuquerque, NM
- Esti Grossbaum – Chabad Gate, Thornhill, Ontario
- Elkie Zarchi – Harvard Chabad – Cambridge, Massachusetts
- Fradel Bukiet – Los Angeles, California
- Fruma Schapiro – Sydney, Australia
- Goldie Plotkin – Markham, Ontario
- Hinda Leah Sharfstein – Bais Chana Women's International (CH)
- Hindel Levitin – Palm Beach, Florida
- Kreindy Klein – Mikvah.org, Brooklyn, NY
- Leah Rubashkin – Monsey, NY (Postville, Iowa)
- Lilly Gniwisch – Junior N'shei Montreal, Quebec
- Rabbi Berel and Nechama Farkash – Seattle, WA
- Rabbi Chay Amar – Golden Beach, Florida
- Rabbi Falik and Simie Schtrocks – Vancouver, British Columbia
- Rabbi Mendel and Faiygie Kaplan – Flamingo, Ontario
- Rabbi Mendel and Nechoma Dina Feller – St. Paul, Minnesota
- Rabbi Mendy and Luba Greenberg – Bonita Springs, Florida
- Rabbi Mendy and Shternie Deitsch – Chandler, Arizona
- Rabbi Nechemia and D'vora Deitsch – Midtown Toronto, Ontario
- Rabbi Pinny and Helena Herman – Raleigh, North Carolina
- Rabbi Reuven and Frumy Wolf – Ma'ayon Yisroel Center, Los Angeles, California
- Rabbi Shaya and Devorah Leah Deitsch – Montgomery County, Pennsylvania
- Rabbi Shmuel and Chana Posner – Boston University, Massachusetts
- Rabbi Shmuel and Sara Weinstein – Pittsburgh, Pennsylvania
- Rabbi Yisroel Bernath – Montreal, Quebec
- Rachel Holzkenner – Las Olas, Florida
- Rachel Sugarman, Oryah Vogel – Wilmington, Delaware
- Rochel Lea Pearlman – Wilkes-Barre, Pennsylvania
- Sarah Ita Meretsky – State College, Pennsylvania
- Sarah Shemtov – Riverdale, New York
- Shoshana Laufer – Warwick, Rhode Island
- Shternie Shanowitz – Summerlin, Nevada
- Toby Bernstein – Richmond Hill, Ontario
- Zeesy Raskin – Burlington, Vermont

TESTIMONIALS

OUTREACH AND EDUCATIONAL

I've known Rus Devorah since I was a single girl attending Bais Rivkah in Crown Heights. Since the time I met her (at that time as a farbrenger and song leader) she has always been an inspiring motivator and community leader. Recently, we reconnected when she provided some Shabbos programming for us in Markham, Ontario. Whomever she spoke for -- from a mixed crowd, to women only, to post-seminary girls -- they were not only entertained and inspired, but also felt her genuine warmth and charismatic personality. Rus Devorah is learned in Torah as well as in her professional fields of healing and therapy.

With confidence I encourage my peers/shluchos to utilize her versatility for any sort of programming or services in their organizations.

*Rebbetzin Goldie Plotkin -
Co-Director Chabad Lubavitch of
Markham, Director, Torah Tots
Preschool
Markham, Ontario, Canada*

Rus Devorah Wallen is a fine and caring person who wants what is best for her clients. In my work with her, what I appreciate most is her willingness to work collaboratively and her result-oriented approach.

*Rabbi Moshe Taub - Rabbi of Young
Israel of Holliswood, NY, Rabbinic
Editor and Contributing Author, AMI
Magazine*

Rus Devorah has a particular niche and strength as being both a therapist and a healer. She approaches each person as a whole, connecting the mental, emotional, physical and spiritual needs of that individual through a positive perspective. Her powerful way of working has high impact on others and has brought much success for her clients.

*Chaya Abelsky - Life Coach at
Triumphant Journeys
New York City, NY*

With more than 35 years of experience teaching and lecturing, Rus Devorah is so well versed in many areas of both secular knowledge as well as Torah and Chassidus, that anyone listening to her is bound to learn something new. The additional musical component she brings with her when she asked to sing and play guitar, enhances her ability to engage others, and infuse their experience with positivity and joy!

*Esty Grossbaum - Lubavitcher
Shlucha
Toronto, Ontario, Canada*

Rus Devorah has the rare ability of being able to understand people of all walks of life. Her deep-rooted knowledge and feeling for Chassidus blended with her compassion makes her the special blend which she is.

*Rabbi Yossi Jacobs BA (BHL) - Chief
Minister Birmingham Hebrew
Congregation, Birmingham, UK*

When in need of professional help for one of our students or alumnae, I feel confident in turning to Rus Devorah. She has also provided tremendous guidance for our staff members who interact with our students on a daily basis. Additionally, her musical talent coupled with her outgoing personality creates an atmosphere of enthusiasm.

*Rabbi Shloma Majeski - Dean of
Machon L'Yahadus Institute
Brooklyn, NY*

TESTIMONIALS *(Continued)*

PERINATAL ISSUES AND CLINICAL SUPERVISION

It came into contact with Rus Devorah several years ago when she co-founded SPARKS (Serving Postpartum Women and Families with Awareness, Relief, Knowledge and Support). Though at first our communication was long distance, I had the pleasure to meet Rus Devorah in person when I was invited to provide training on perinatal disorders to her and the SPARKS' professionals.

It was obvious then, and confirmed since, that I was placing the mantle of training and educating for SPARKS into the right hands.

As clinical supervisor of SPARKS, she has shown excellent clinical skills as well as leadership and motivational qualities. She is well informed about perinatal mood and anxiety disorders, she has educated hundreds, and directly helped numerous clients and their families weather the postpartum storm. Rus Devorah is a wonderful mentor and trainer to professionals and lay people alike in this very important field. I highly endorse her work.

*Shoshana Bennett, Ph.D. - Clinical Psychologist, Author of Postpartum Depression For Dummies
San Francisco, CA*

Rus Devorah is a creative, caring, and insightful supervisor and clinician. Her warmth and her optimism make her skill and talent even more effective. She is truly gifted and working with her has been a gift.

Rabbi Yitzchak Shmuel Ackerman, LMHC, Counselor in Private Practice, Educational Consultant, Parenting Columnist for the Flatbush Jewish Journal Brooklyn, NY

PSYCHOTHERAPY TESTIMONIALS

In all the excitement I forgot to thank you. Yitzy is married and I have never seen him so happy. May Hashem continue to Bless you with the ability to help individuals. I'm having difficulty expressing the depth of my appreciation. Thank you!!!

MF

Today I took my driver's test, and thank Hashem, I passed. It just made me realize once again how much I gained from the one appointment I had with you. I was hardly nervous, and, as someone who has anxiety issues, the road test should have totally overwhelmed me. In the past, I most certainly would have closed up and if by some miracle I would have taken the test, my heart would have been beating so far, my hands shaking so much, I never would've passed. This is just one of the many things I have been able to do over the past couple of years...

Every step that I grow, I always feel that it is thanks to you. Thank you so much and may you be blessed...

Rabbi SZT

Your advice about keeping my phone out of my room at night has been wonderful. I sleep better and feel so much in control. Being that today is my birthday I want to wish you continued success in the work you do help others. You have given me the confidence to face challenges and everyday life and I know my life will be forever different because of you. So, I wish that you have the strength to continue giving to others and making a difference in the lives of others. It is truly a blessing to find the right help.

RC, Manhattan

TESTIMONIALS *(Continued)*

MEDITATION, RELAXATION & SOUND HEALING AUDIOS

For the past few years I have worked with Rus Devorah as a mentor for her sound healing projects. I knew her originally as a talented therapist and a budding recording artist with a passion for composing therapeutic music for her clients, colleagues and friends. As soon as I referred her to David Gibson of The Globe Institute for Sound Healing, she took an advanced course with him to expand her ability as a composer. Rus Devorah is a born healer with a huge heart who uses her G-d given gifts in the service of others. Whether teaching wellness principles, doing psychotherapy, or composing music, her efforts are all for the purpose of helping and healing. Darcy is a sincere, receptive and creative individual whose passion for her work is inspiring. I am honored to mentor her in the field of sound healing and am excited to watch her continued success in this field.

*Sharon Carne - Founder of Sound
Wellness Certified Sound Healer &
Certified Acutonics Practitioner*

Wow! All the meditation recordings and breathing exercises that you have provided for me are truly a blessing. I have learned to focus and control everyday stresses in my life. My thoughts, my anxiety and my stresses have become manageable to the point that my family and friends have noticed a big change in me. And for that I thank you. My life feels whole again, and my day-to-day activities and problems do not control me, I control them. This is through the help of my mediation recordings and breathing exercises that you've given me. Thank you so much.

C. Lennox - Client Testimonial

The recordings have been a lifesaver, especially with my hectic lifestyle. Having these recordings accessible helps me to push through some of those rough spots throughout out the day! As a client of Darcy's and a counselor myself, I have found them very helpful personally and have used them in sessions with my own clients. Having them in all in one comprehensive album is going to be just wonderful! OUTSTANDING job, Darcy!!! Thank you!!

KO

These meditations have greatly improved my overall functioning and awareness of my thoughts. Each time I do them, I feel I am attaining a gentle yet firm control over my thinking, which directly affects my life. Thank you!!

RK

I love the Beginner's Meditation! Ms. Wallen's voice is soothing, gentle, nurturing and in perfect cadence. To listen to her is powerful and transforming! If you need to counteract the stress, anxiety and chronic fatigue that our modern world so often causes, then this is the guided meditation for you. In just a few minutes a day you can enter a state of calm alertness, get in touch with your breath and increase joy and productivity while decreasing anxiety and irritability. Ms. Wallen is a giver of true healing and light! I recommend her to all my clients!

*M. Bruhns, Licensed Massage
Therapist*

The breathing space has given me an opportunity to just be; a skill which has reduced my anxiety and allowed me to take control at times when I need it most. It's amazing to realize how important it is to create that space for yourself; a state of just being. It is like having five minutes of Shabbos for your mind every day.

Yisrael B.

I have been listening to audio recordings created by Darcy Wallen and my life is changing. I have become more mindful. The noise in my mind has decreased. I can concentrate and sleep better. My self-esteem is rising, and I feel more relaxed and clear. Darcy created an audio recording specifically for me, which helps me imagine a comforting place, which gives me much peace. I am grateful for finding Darcy!

Lynn M.



BIOGRAPHY

Rus Devorah (Darcy) Wallen, LCSW, ACSW, founder of Toratherapeutics,® is an accomplished musician, performer, social worker, psychotherapist and educator. She conducts workshops on themes that improve emotional wellbeing and incorporate holistic practice with techniques such as sound healing and therapeutic meditation. In addition, her themes range from marriage enhancement, Chassidic philosophy, music, to religious observance. An alumna of Wurzweiler School of Social Work, College Conservatory of Music (University of Cincinnati), and Machon Alta Women's Institute (Safed, Israel), Rus Devorah utilizes her rich educational background to augment her natural abilities that inspire and heal. With advanced clinical training in several areas of diagnosis and treatment, she specializes in: Perinatal Wellness, Aging Well, Cognitive Behavioral Therapy (CBT), Mindfulness Based Cognitive Therapy (MBCT), Neuroscience and Lifestyle Medicine Coaching, as well as advanced therapeutic ethics for Clinical Supervision. As co-founder and first clinical supervisor of SPARKS (Serving Postpartum families with Awareness, Relief, Knowledge and Support), Mrs. Wallen speaks on women's perinatal issues (such as: postpartum depression, anxiety, etc).

She coordinates and performs for a multitude of various organizations, and travels extensively worldwide to impart her knowledge and share her talents. Rus Devorah makes her Torah-based therapeutic techniques accessible to the lay public by distilling therapeutic concepts from The Torah in general and in particular, Chassidic Philosophy and creates cutting-edge educational materials for her audiences and clients.

Wallen is most passionate about her latest endeavor, creating "kosher" healing audio recordings. NOGA™ Sound Solutions, vol. 1, contains "kosher/pareve" meditations under the supervision of Rabbi Yehoram Ulman, Av Beis Din - Sydney, Australia.



Scan the QR code or click on or type the link for your free, kosher meditation download, "The Beginner's Meditation on the Breath."



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