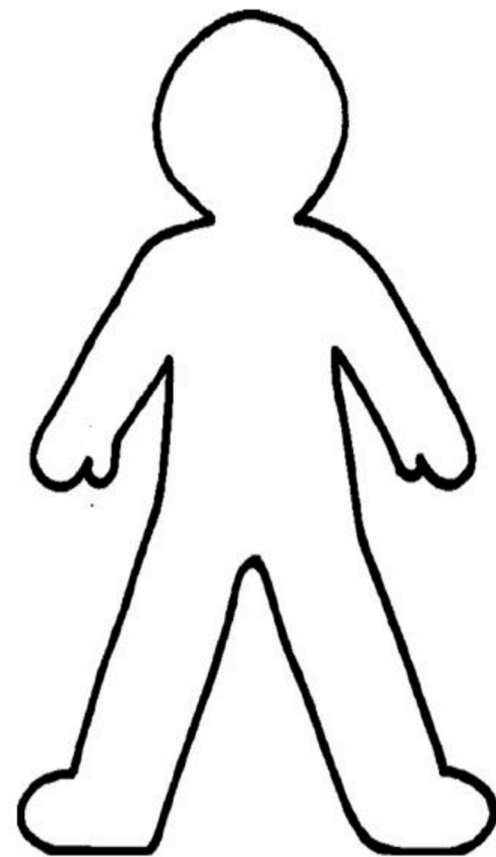


Mindfulness



心を込めること

(kokoro → kokoro o komeru koto outside (the bell) -→ inside(breathing)