

Aa Bb Cc Dd Ee Ff

Gg Hh Ii Jj Kk LI

Mm Nn Oo Pp Qq Rr

Ss Tt Uu Vv Ww Xx

Yy Zz

0 1 2 3 4 5 6 7 8 9

0 1 2 3 4 5 6 7 8 9

0 1 2 3 4 5 6 7 8 9

0 1 2 3 4 5 6 7 8 9

0 1 2 3 4 5 6 7 8 9

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The page features ten identical sets of horizontal lines for handwriting practice. Each set consists of three lines: a red top line, a blue middle line, and a black bottom line. The sets are evenly spaced vertically down the page.

Imagine you have a special

power sleeping inside you, like

a tiny dragon. Sahaja Yoga is

a way to wake up that power

gently and safely. When the

power wakes up, it makes you

feel good, happy, and peaceful.

It's like magic, but it's real!

This power can even help you

if you're feeling sick or sad.

It's like a superhero inside you!

Sahaja Yoga is easy and

anyone can do it. You don't

need to be special or know a

lot of things. Just try it and

see how amazing it feels to be

directly connected to God!

directly connected to God!