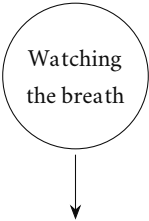


Watching
the breath



```
graph TD; A((Watching the breath)) --> B[Wise Reflection, Clear Comprehension];
```

Wise Reflection, Clear Comprehension

Cognition becomes familiar with: