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## (54) Title of the invention: AN APPARATUS FOR PROVIDING MEDITATION

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## (57) Abstract:

The present disclosure relates to an apparatus (100) for providing riveted concentration and focus to a user practicing meditation. The invention provides for a height adjustable stand (112) that can modify and regulate the height depending on the comfort of the user. A light illumination assembly (110) along with concentration enhancing images (114) are provided in the apparatus (100) that can enable the user to practice meditation for a long duration.

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