

A photograph of a sunset over a field of golden wheat. The sun is a bright yellow circle in the upper center, casting a warm glow over the scene. The sky is a gradient of orange and red. Several birds are flying in the sky, their silhouettes dark against the bright background. The foreground is filled with the golden stalks of wheat, some in sharp focus and others blurred.

**Il tuo dolore,  
è solo il punto di partenza  
per una nuova vita**

**- Yogi Bhanan - [www.equilibrioyoga.it](http://www.equilibrioyoga.it)**