So here we are.

You've made it to the end of the course.

Congratulations on a well done job. Learning to meditate is such an important and powerful skill and tool to have in your toolbox.

So, it's really a great thing you've done.

And so last, I just want to say thank you for joining me on this adventure.

I hope you've enjoyed it as much as I have.

So until next time, take care.