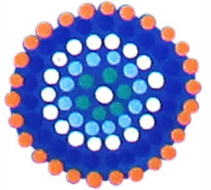
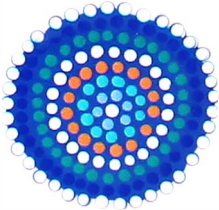


WAIT a moment, what is happening now? Listen. Slow your breath, push your feet into the floor, push your hands together. Something to put you here, now.



ALLOW your thoughts and feelings to be a part of you, even though it is hard. Listen gently to yourself with care and notice there is more here.



I am here now, in this moment, with My ancestors, connecting myself to all the things around me.



TAKING this all with me on my journey, I shall encourage others and myself. Rather than aiming spears at myself, I will aim for the stars.