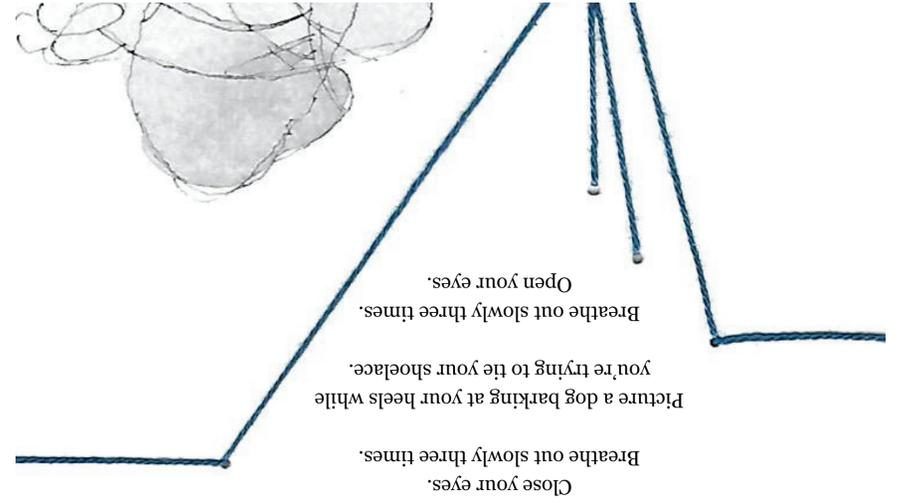


Close your eyes.  
 Breathe out slowly three times.  
 Picture yourself standing at the sink,  
 eating noodles from a pot.  
 Breathe out slowly three times.  
 Open your eyes.



Close your eyes.  
 Breathe out slowly three times.  
 Picture a dog barking at your heels while  
 you're trying to tie your shoelace.  
 Breathe out slowly three times.  
 Open your eyes.

Close your eyes.  
 Breathe out slowly three times.  
 Picture yourself trying to remember  
 your dream from last night.  
 Breathe out slowly three times.  
 Open your eyes.



meditations

Close your eyes.  
 Breathe out slowly three times.  
 Picture yourself treading water at a  
 public pool, watching the sky for signs.  
 Breathe out slowly three times.  
 Open your eyes.

