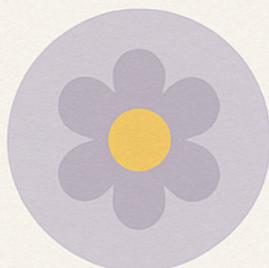


Pebble Practice

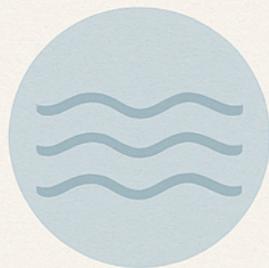
Hold a pebble. As you breathe in, breathe out, imagine:



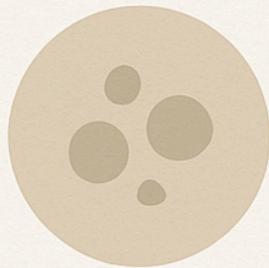
I am fresh
and blooming



I am solid
and strong



I am calm
and clear



I am free
and open