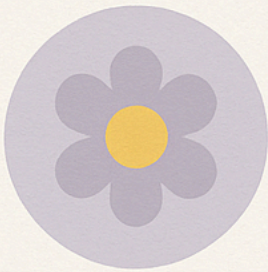


# Pebble Practice

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



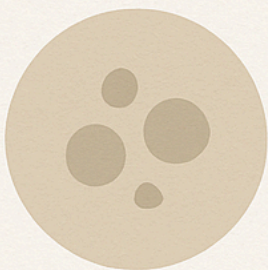
I am fresh  
and blooming



I am solid  
and strong



I am calm  
and clear



I am free  
and open