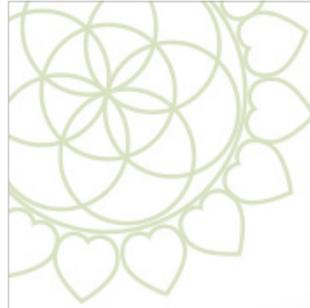
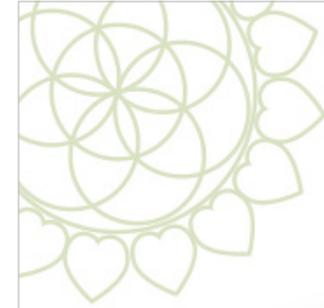




*Take a deep breath  
and smile.*



*I am here  
and now*



*Inhale.  
Exhale.*



*Just  
breathe*



*Just this moment.  
Just this breath.*



*I am present  
and peaceful*