

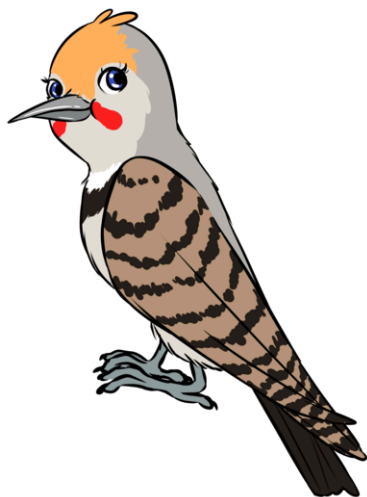
Find stillness in the chaos.



**It's time
for a
Peaceful Pause.
Just
BREATHE.**



**You are
NOT
alone!**



**LOVE ALWAYS
MULTIPLIES
It never divides!
And LOVE
never dies!**



**Forgiveness
is a gift you
give yourself!**



**Feel it to
HEAL it!
Make friends
with your
emotions.**



**Whatever
you feel,
it's **ok**.
I promise!**



**Forgiveness
is an
expression
of love.**



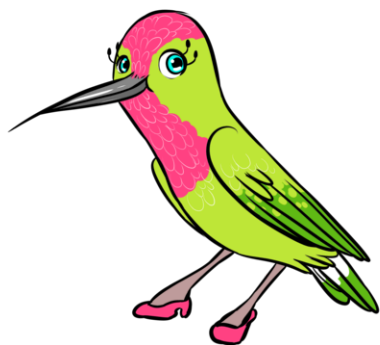
**Whatever it is,
I can talk
about it
or SING
about it!**



**Cherish your
memories.
Share them with
someone you trust.**



**Remember...
You are
smarter than
you think and
stronger than
you can
image!**



And I'm more stylish than most!!

**Allow Mother
Nature to
nurture you!**

Hug a tree, feel the wind
or watch a bird fly!

