

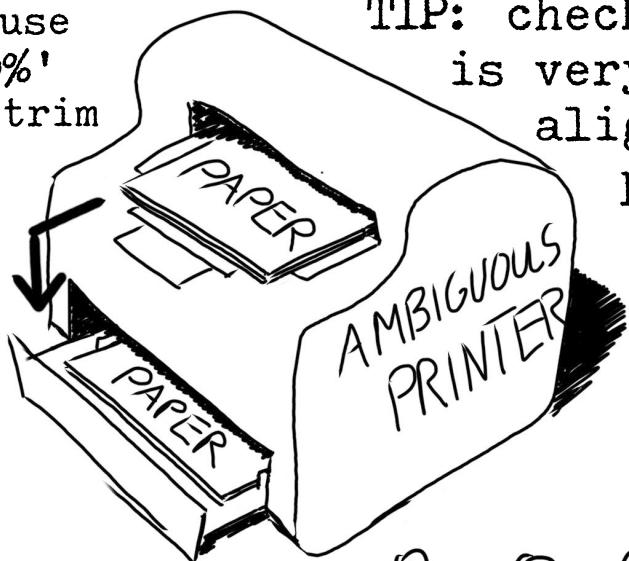
HOW TO

(designed to be easy and quick)

1) Print page 2 of this document. (If you use setting 'scale:100%' you won't need to trim any edges later!)

TIP: check the paper is very centrally aligned in the paper tray.

2) Move the paper into the paper tray, without rotating or flipping it.



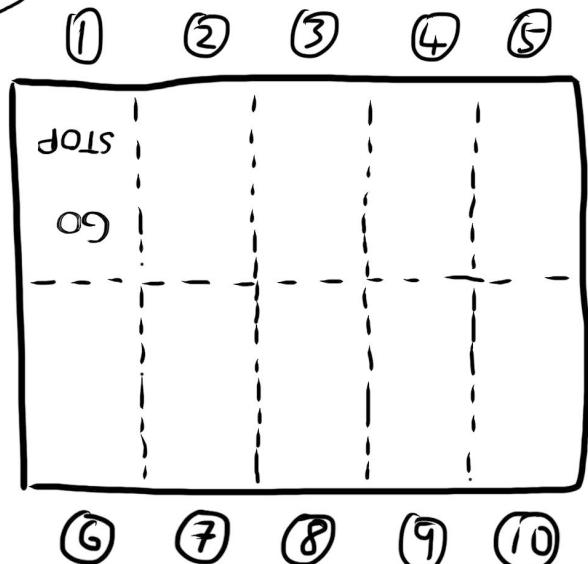
3) Print page 3 of this document.

4)a) With STOP and Go upside down in the top left corner...

4)b) ...cut the page into 10 pieces following the dotted lines...

4)c) ...putting each piece on the bottom of the pile:

from top left, to top-right,
then bottom left to bottom-right



5) Fold the pile in half, and staple/bind it in the centre...



..Finished! Now...

TIP: if you lose the order, just refer to the online or downloaded version!

STOP



Where are
you?

No one needs
anything from
you right now.

What's going
to happen
after this?

Let them be
them

The idea:

- be comfortable
- don't do
anything

You
want
to
stop?

Make a space
for you.

Here,
now,
is everything
you need, to
get where you
need to go

You
are
be
as you feel
to be.

(Even doing
this, just
STOP)

How are you?

There is no
wrong way to
be here.

The rest of
life can wait.

Let this moment
be the gift,
you give
to yourself,

If they stick
around,
let them.

They are what you
came here for.

Slow right down,
until you can
feel
every detail of it

So still,
you can barely
turn
the
page...

Whatever thoughts
or feelings
come up,
you can let
them drift
away.

Sink into
whatever you're
experiencing
right now...
slow...
...slower...

Let
nothing
happen.

Slow,
until it's ok
to be still.

STOP

Let go your
plans. You need
no goals here.

Not even silence,
or stillness

This moment
is for
you.

for no other
reason,
than that you
are you,
and that is ok.

And you be
whoever,
however,
whatever
you happen to be.

So,

Go

You can
always be
this here.

Let

(and stop
whenever you
need to.)

...still
breathing?

What do you have
to do?

Let future - you
deal with that.

There's just
you
and your space.

Like after a
long day, or
after having
finished
everything you
needed to do.

Do it now,
or let it be a
concern for after
this.