

And we have witnessed some journey together. We have smudging. Take care, and experienced some games. We are at the end of our smudge away.



more in half. Shred the piece

Sign the paper. Fold it once

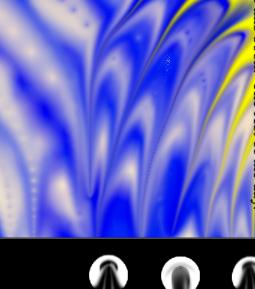
in as many pieces as you can.

Find a piece with writing on Put it in your pocket and

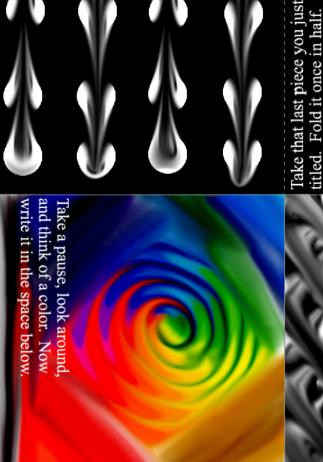
throw the rest of the piece

step away from life. Prepare for the with eyes closed. Feel the warmth of long as you need. Take this time to the rays on your face. Stay there for as Take a walk outside. Stare into the sun rest of this book . The rest of the day.

Eye



draw another. Now make a circle that does not touch either of the lines. Draw any not touch the other marks. drawing you made. Think Grab a blank piece of paper. Draw a line. From that line, form of your own that does Create a final line that passes through each previous about these past few minutes, and title your work.



In the coming pages are the above games...

Shree

