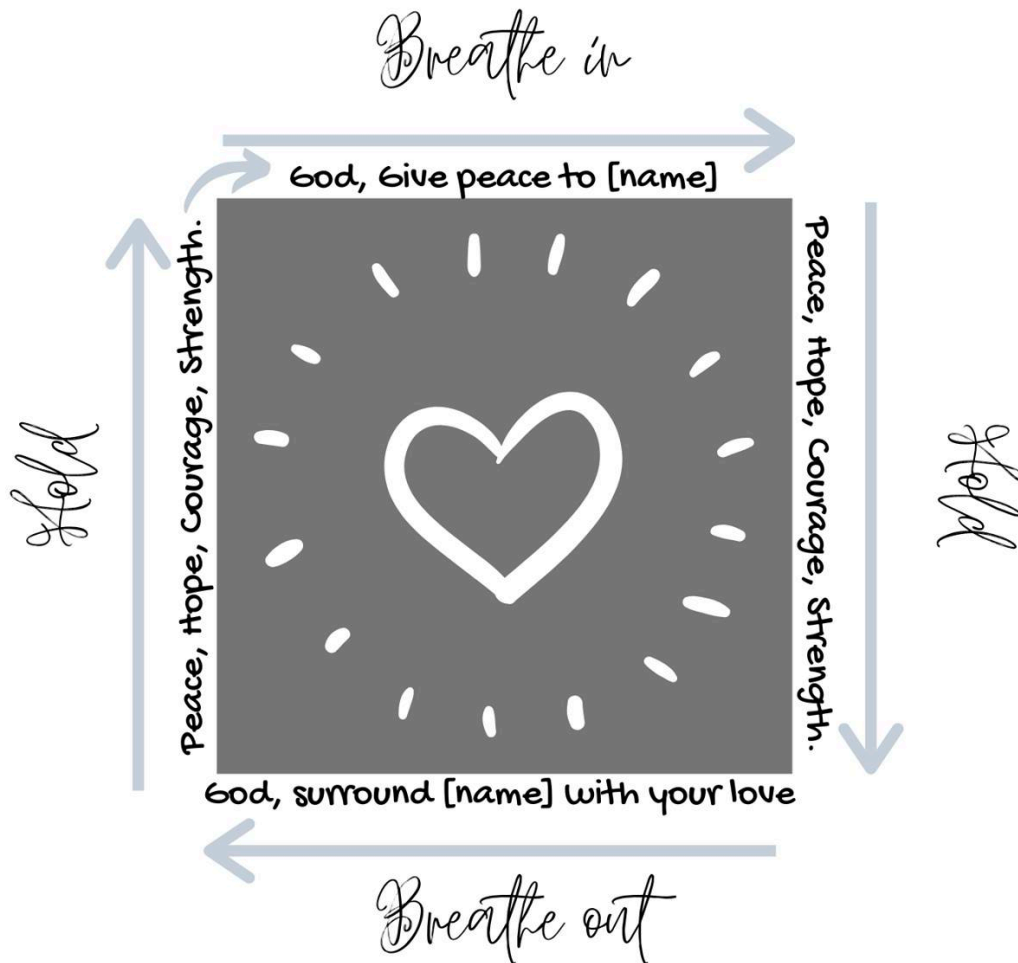


One way to pray for yourself and for others,
while you help your body relax and be more calm,
is a breathing prayer:
Follow the words around the square.
Breathe in, hold, breathe out, and hold.



You can keep going, in a circle around the square.
Once (or more) for every person you want to pray for.

