

Mastering Calmness

Regular practice

Get comfortable

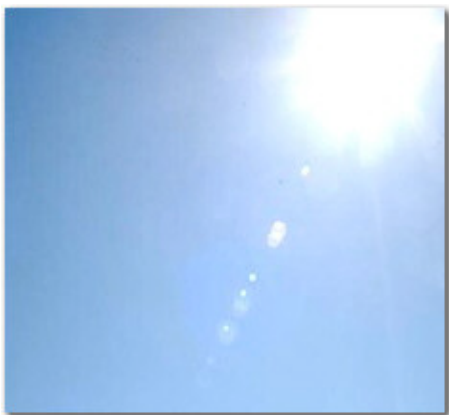
Calming your breathing

Calming your body

Deepening relaxation with the feeling of heaviness



Deepening my relaxation with the feeling of warmth



Anchoring your feeling of calmness



Healing in calmness



Returning to normal consciousness

