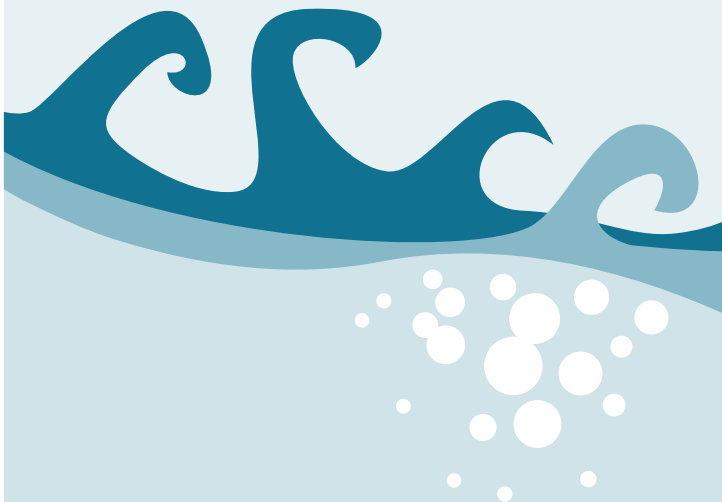


A: The turbulence

you're experiencing in
life is caused by ...

**B: You're not just the surface.**

Write down five ways that you
can stay in touch with the
stillness and calmness from
deeper down ...

