

DEEP BREATHING

SLOW
YOUR
BREATHING

**SIT OR
LIE DOWN**

somewhere comfortable



**BREATHE IN
THROUGH YOUR
NOSE**

for  counts

**BREATHE OUT
THROUGH YOUR
NOSE**

for  counts

**HOLD YOUR
BREATH**

for  counts

REPEAT

REPEAT

REPEAT

Daily Breath

RJ Alexander



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eddie goes to heaven where he travels through many shifting colors until he meets the blue man who was one of the circus freaks at ruby pier long ago the blue man tells eddie that in heaven he will meet five important people who will each teach him a lesson about his life

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