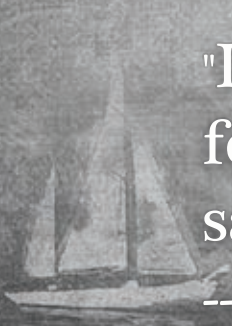


COMPASSION IS THE KEY TO FREE YOURSELF FROM FEAR

Visualize your fear as a child who needs your guidance.
Ask your fear what it needs and respond with empathy.
Record your responses.



"I'm not afraid of storms,
for I'm learning how to
sail my ship."

--Louisa May Alcott

