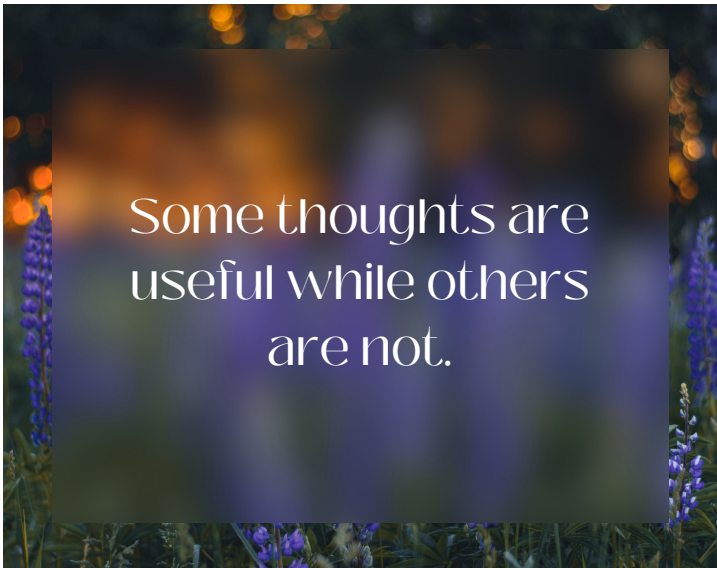


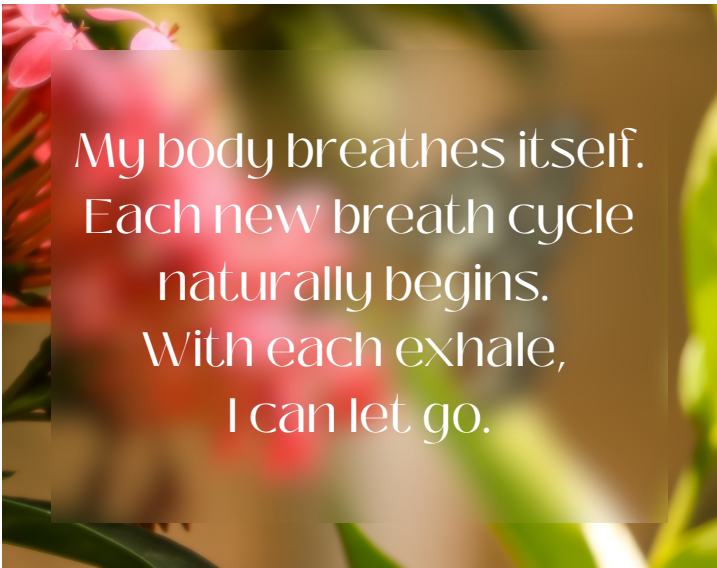


One aspect of me is  
my thinking part.

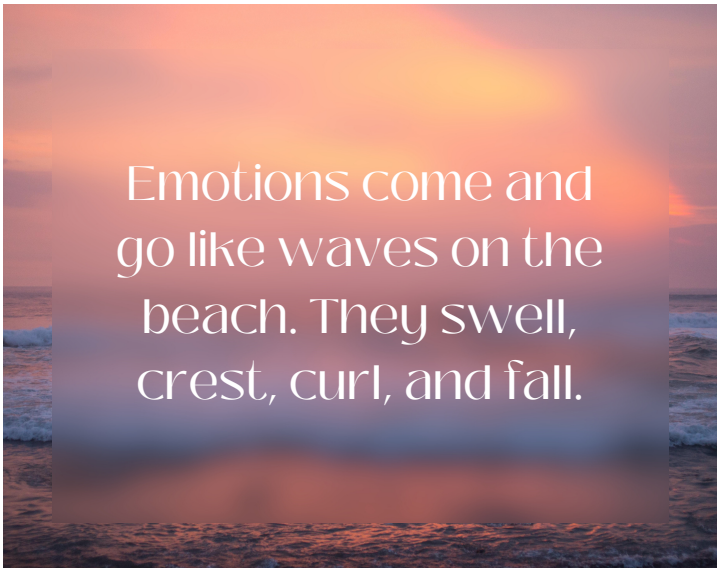
I am more than my  
thoughts.



Some thoughts are  
useful while others  
are not.



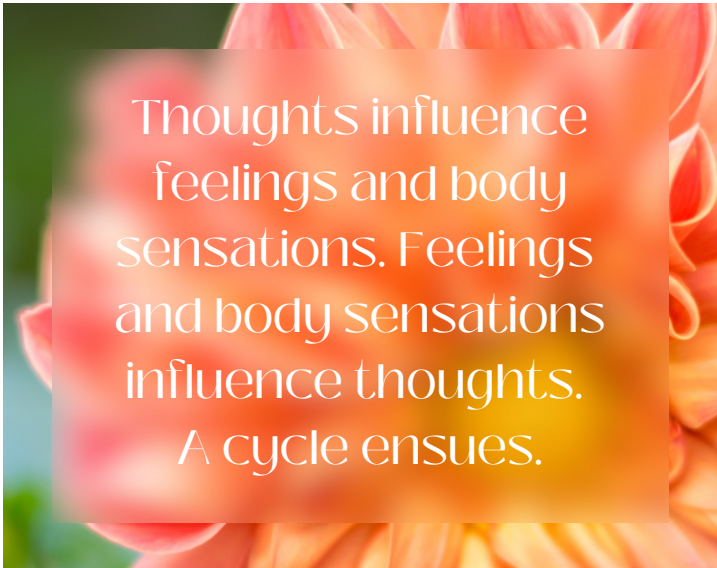
My body breathes itself.  
Each new breath cycle  
naturally begins.  
With each exhale,  
I can let go.



Emotions come and  
go like waves on the  
beach. They swell,  
crest, curl, and fall.



Thoughts bubble up  
continuously without  
my effort.

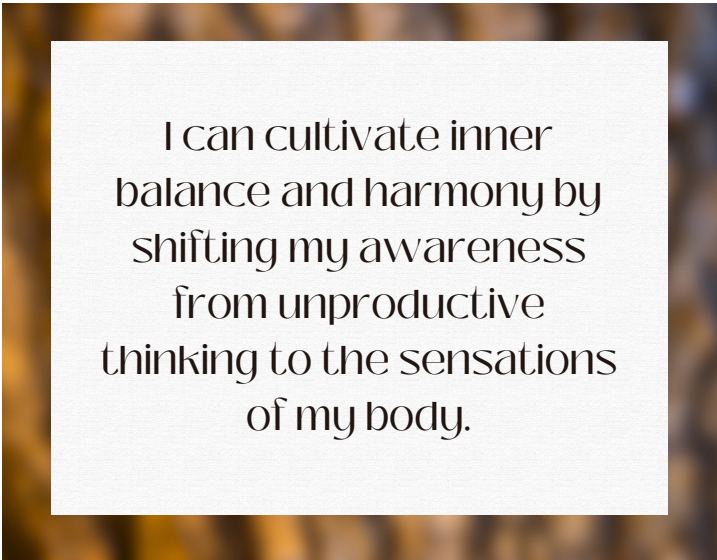


Thoughts influence  
feelings and body  
sensations. Feelings  
and body sensations  
influence thoughts.  
A cycle ensues.

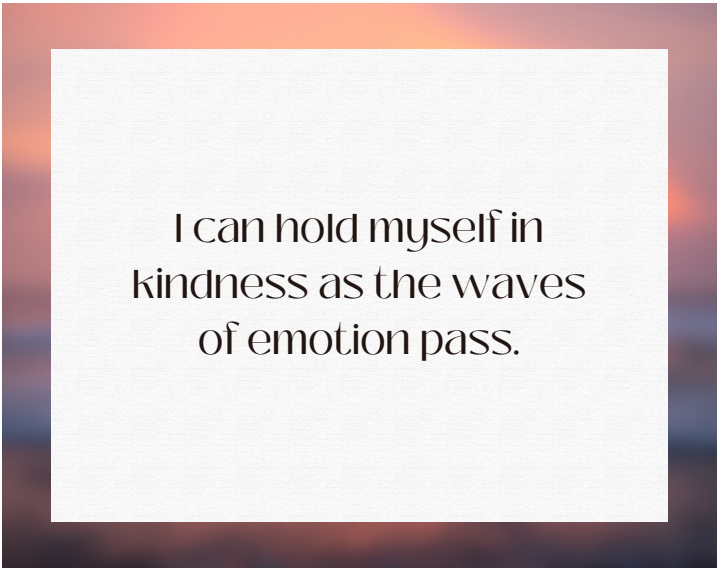




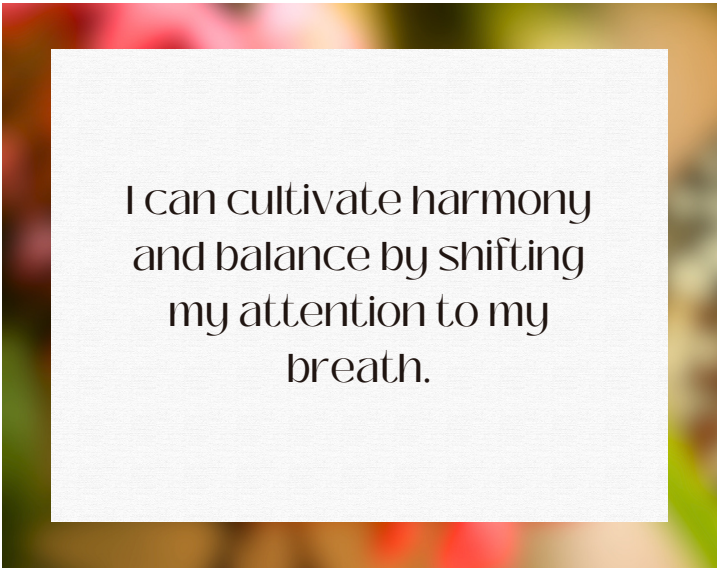
I can let go of thoughts  
that are not useful.




I can cultivate inner  
balance and harmony by  
shifting my awareness  
from unproductive  
thinking to the sensations  
of my body.



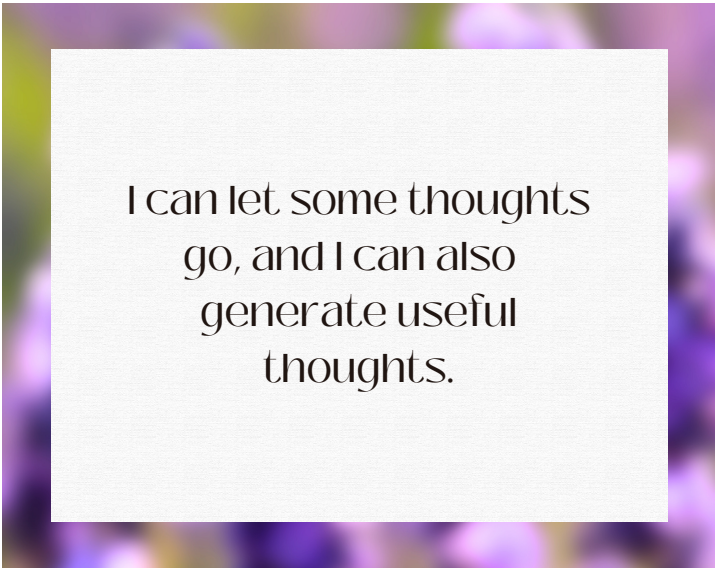
I can hold myself in  
kindness as the waves  
of emotion pass.



I can cultivate harmony  
and balance by shifting  
my attention to my  
breath.



I can attend to my internal  
experience with kindness  
to support my healing.



I can let some thoughts  
go, and I can also  
generate useful  
thoughts.



Our many self-aspects  
are connected like  
train cars on a track.



My experience flows  
and is constantly  
changing.

## Instructions

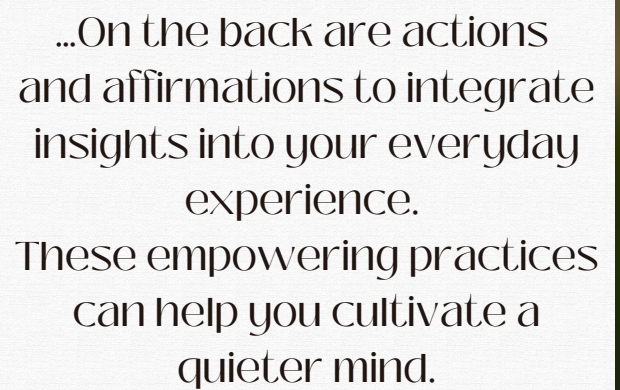
After practicing short meditation sessions, you may gain insights about your own thought and feeling patterns. On the front of these cards are insights that are commonly experienced by meditators...



I can flow with life.



When we do something  
to change our experience  
in one aspect, the others  
also shift.



...On the back are actions  
and affirmations to integrate  
insights into your everyday  
experience.  
These empowering practices  
can help you cultivate a  
quieter mind.