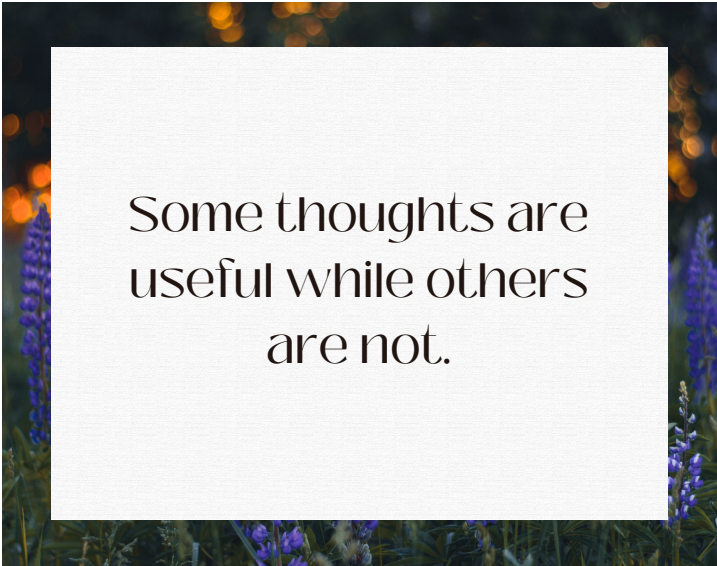


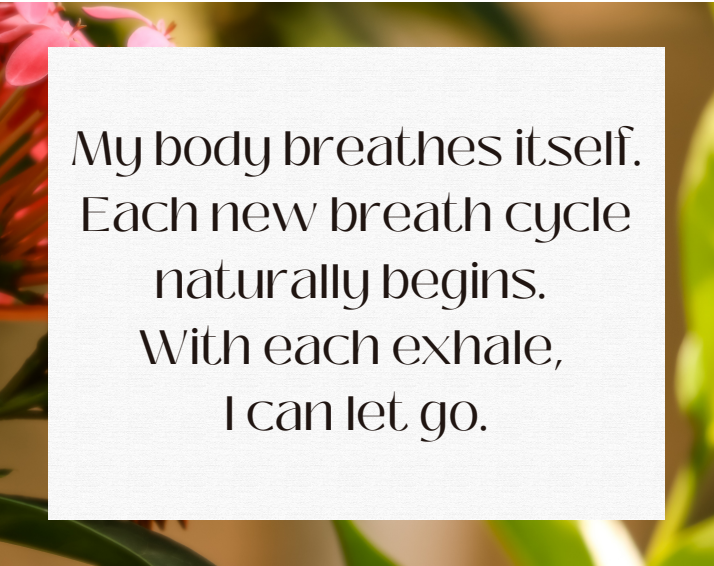
A close-up photograph of a tree trunk with rough, textured bark in shades of brown and grey.

One aspect of me is  
my thinking part.

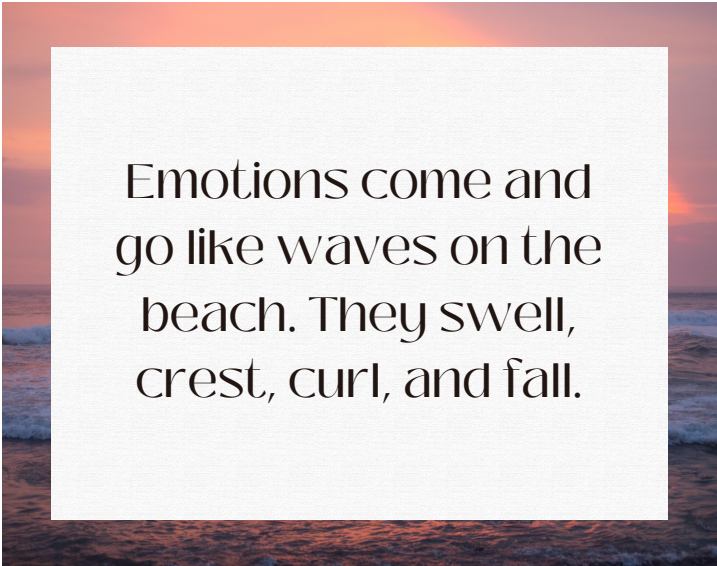
I am more than my  
thoughts.

A photograph of purple flowers, possibly lavender, with green foliage, set against a dark background with bokeh light effects.

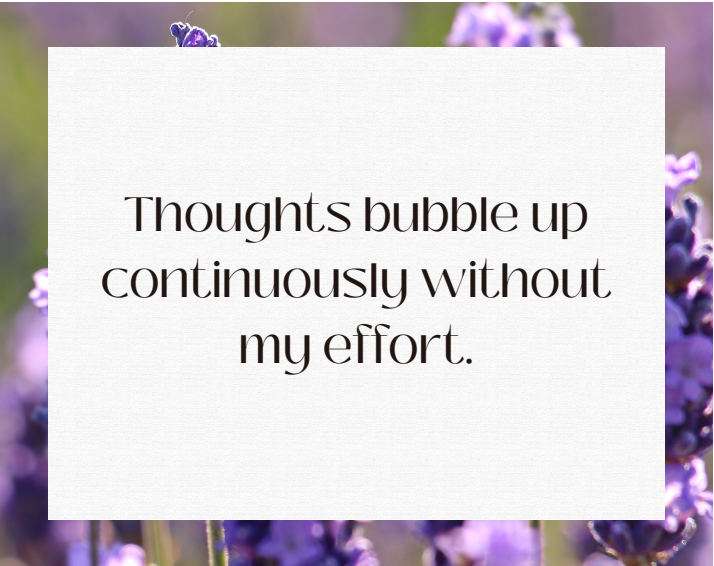
Some thoughts are  
useful while others  
are not.

A photograph of pink flowers, possibly geraniums, with green leaves, set against a blurred background.

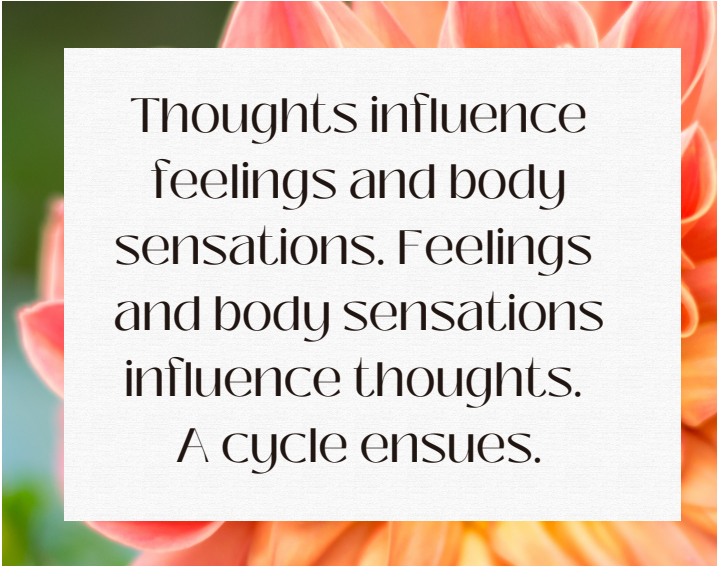
My body breathes itself.  
Each new breath cycle  
naturally begins.  
With each exhale,  
I can let go.

A photograph of a sunset or sunrise over the ocean, with waves breaking on a beach. The sky is a mix of orange, pink, and blue.

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

A photograph of purple flowers, possibly lavender, with green foliage, set against a blurred background.

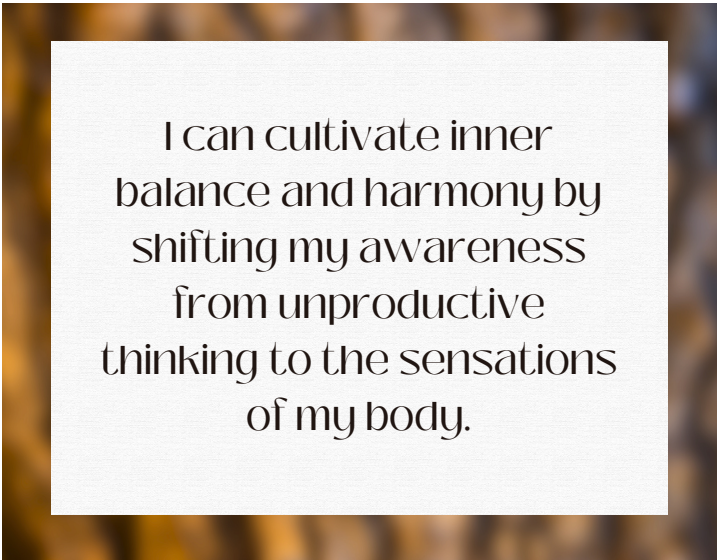
Thoughts bubble up  
continuously without  
my effort.

A photograph of orange flowers, possibly tulips, with green foliage, set against a blurred background.

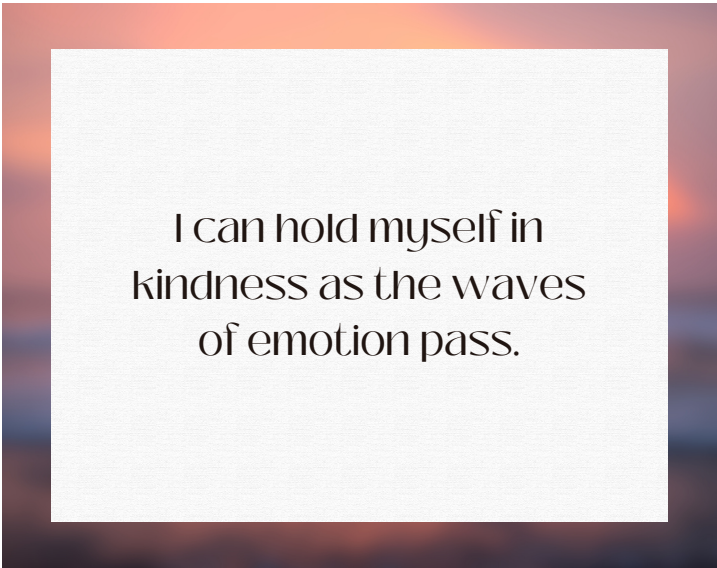
Thoughts influence  
feelings and body  
sensations. Feelings  
and body sensations  
influence thoughts.  
A cycle ensues.



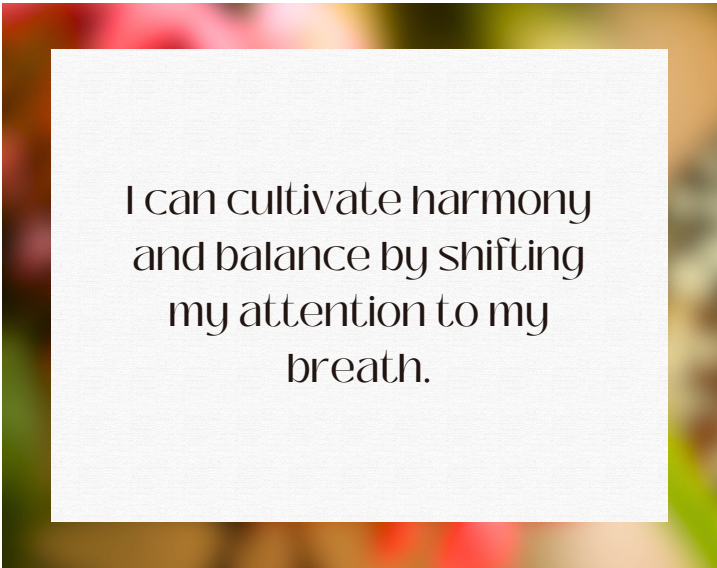
I can let go of thoughts  
that are not useful.




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



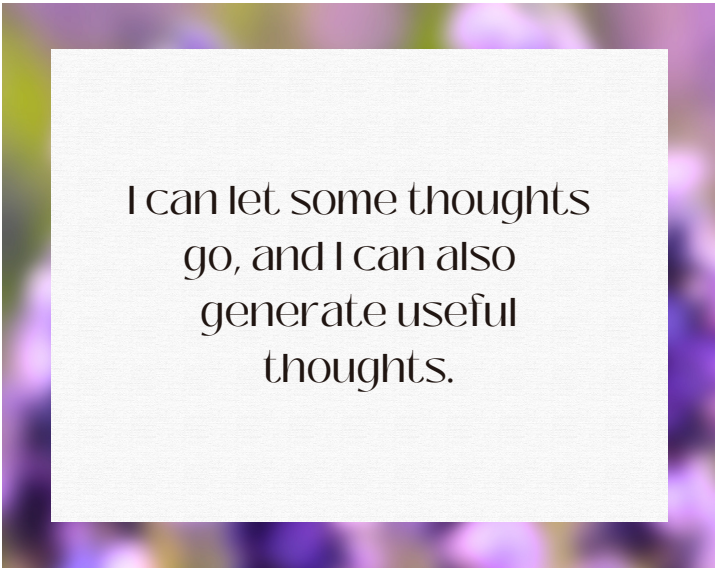
I can hold myself in  
kindness as the waves  
of emotion pass.



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.



A close-up photograph of a sunflower with bright yellow petals and a dark brown, textured center. The background is a soft, out-of-focus green.

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

A photograph of a cluster of small, vibrant purple flowers with yellow centers, set against a dark, blurred background.

My experience flows  
and is constantly  
changing.

### **Instructions**

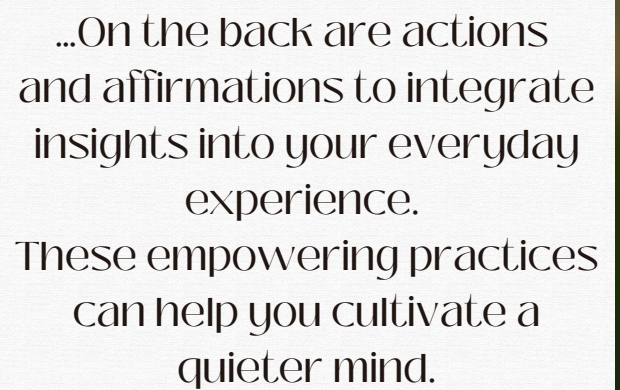
After practicing short  
mediation sessions, you may  
gain insights about your own  
thought and feeling patterns.  
On the front of these cards are  
insights that are commonly  
experienced by meditators...



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.