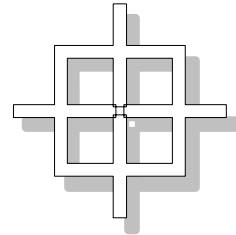
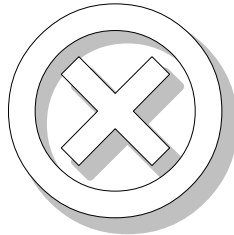
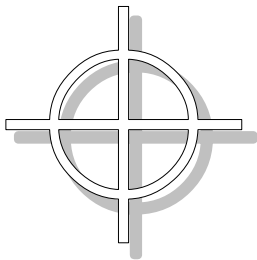


truth

Staying centered U will know the truth



COLOR ME CENTERED

The truth is that we are very busy people with very busy lives. We're always running from here to there trying to get so many things done. We can get off center in all this busy-ness and have trouble discerning truth. Then we can become stressed out, off balance and out of peace. By simply taking a few minutes alone... closing our eyes....breathing deeply and slowly while focusing on our breath...we are able to clear our minds and become peaceful. We can then go to the center of our soul and connect to the sacred space within us where all truth resides.

U ARE YOUR OWN BEST GURU. SO STAY CENTERED AND U WILL KNOW THE TRUTH.

I AM CENTERED IN TRUTH