



As we transition to being in the presence of strangers without wearing masks, we may need a simple ritual.

1. Practice this ritual when you are alone
2. Try the ritual in the grocery store
3. Gradually try the ritual at social gatherings
4. Take your time and be gentle with yourself

Place your mask on your face and close your eyes. Try the Mantra Practice.

**Ritual - Mantra Practice**

Breathe in deeply through your nose into your belly  
Allow the breathe to grow awareness  
of the strength and Presence within you.  
Hold your breathe and feel the comfort and courage grow.  
Exhale through your mouth.  
Repeat these words softly to yourself: **'I am not alone'**.

Open your eyes and remove your mask. Repeat the Mantra Practice.

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