



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 Breath Practice.

Ritual - Breath Practice

Breathe in deeply through your nose into your belly

Allow the breath to grow awareness

of the strength and Presence within you.

Hold your breath and feel the comfort and courage grow.

Exhale through your mouth...you are not alone.

Repeat a few times.

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

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