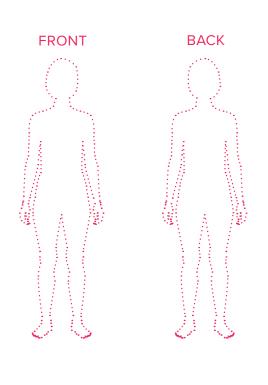
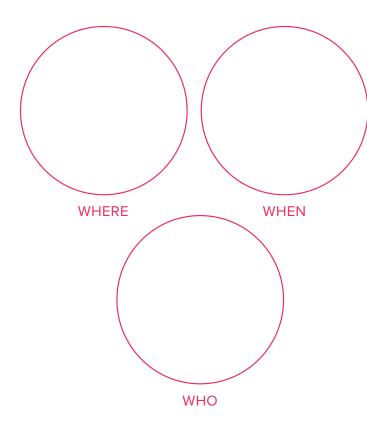
# BTR.ORG MEDITATION I AM HEALING

**EXERCISE 01** 

EXERCISE 02





# EXERCISE 03



IF THE OBSTRUCTIONS COULD SPEAK, WHAT WOULD THEY SAY?

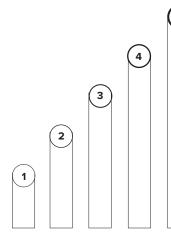
# **EXERCISE 05**

# (4) (3) (1)

5 HEALING!

Because I am finally emotionally and psychologically safe, with no one constantly injuring me anymore, I am able to finally tend to my emotional and psychological wounds. I start the final healing process.

# **EXERCISE 06**

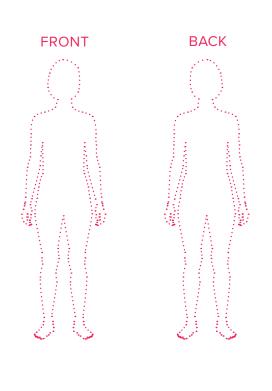


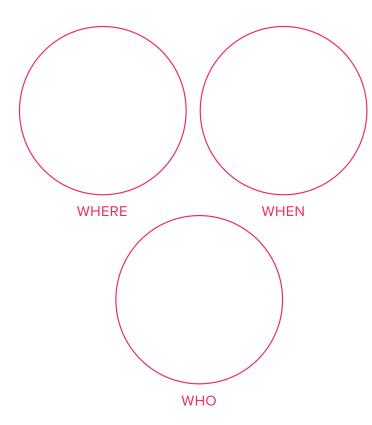
5 HEALING!

Because I am finally emotionally and psychologically safe, with no one constantly injuring me anymore, I am able to finally tend to my emotional and psychological wounds. I start the final healing process.



EXERCISE 02



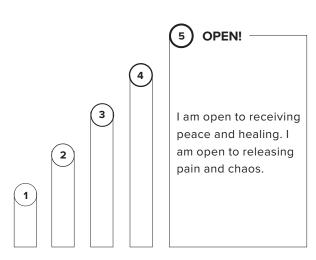


# EXERCISE 03

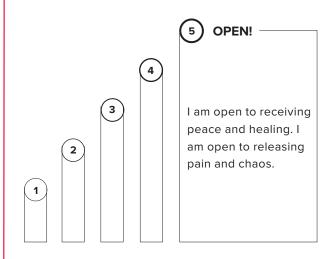


IF THE OBSTRUCTIONS COULD SPEAK, WHAT WOULD THEY SAY?

# **EXERCISE 05**



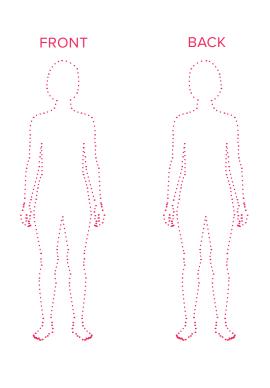
# **EXERCISE 06**

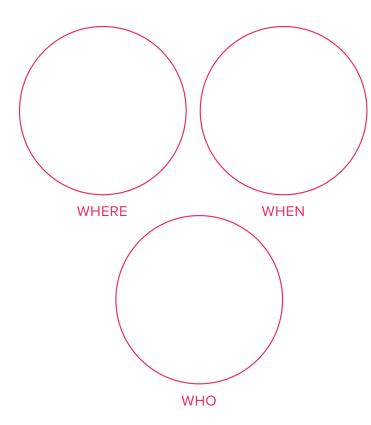


# BTR.ORG MEDITATION I AM GRATEFUL :....

**EXERCISE 01** 

EXERCISE 02





# EXERCISE 03

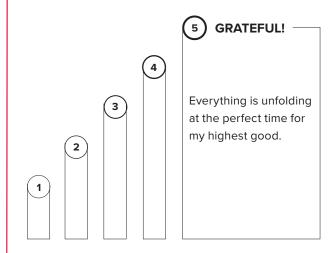


IF THE OBSTRUCTIONS COULD SPEAK, WHAT WOULD THEY SAY?

# **EXERCISE 05**

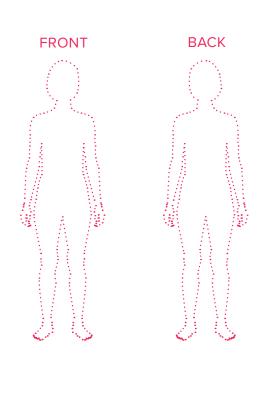
# Everything is unfolding at the perfect time for my highest good.

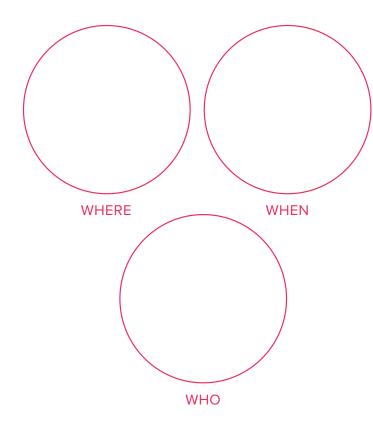
# **EXERCISE 06**





EXERCISE 02



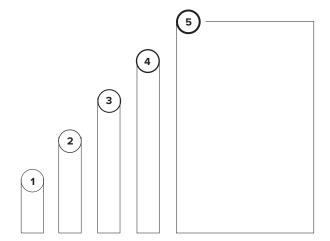


# EXERCISE 03



IF THE OBSTRUCTIONS COULD SPEAK, WHAT WOULD THEY SAY?

# **EXERCISE 05**



# **EXERCISE 06**

