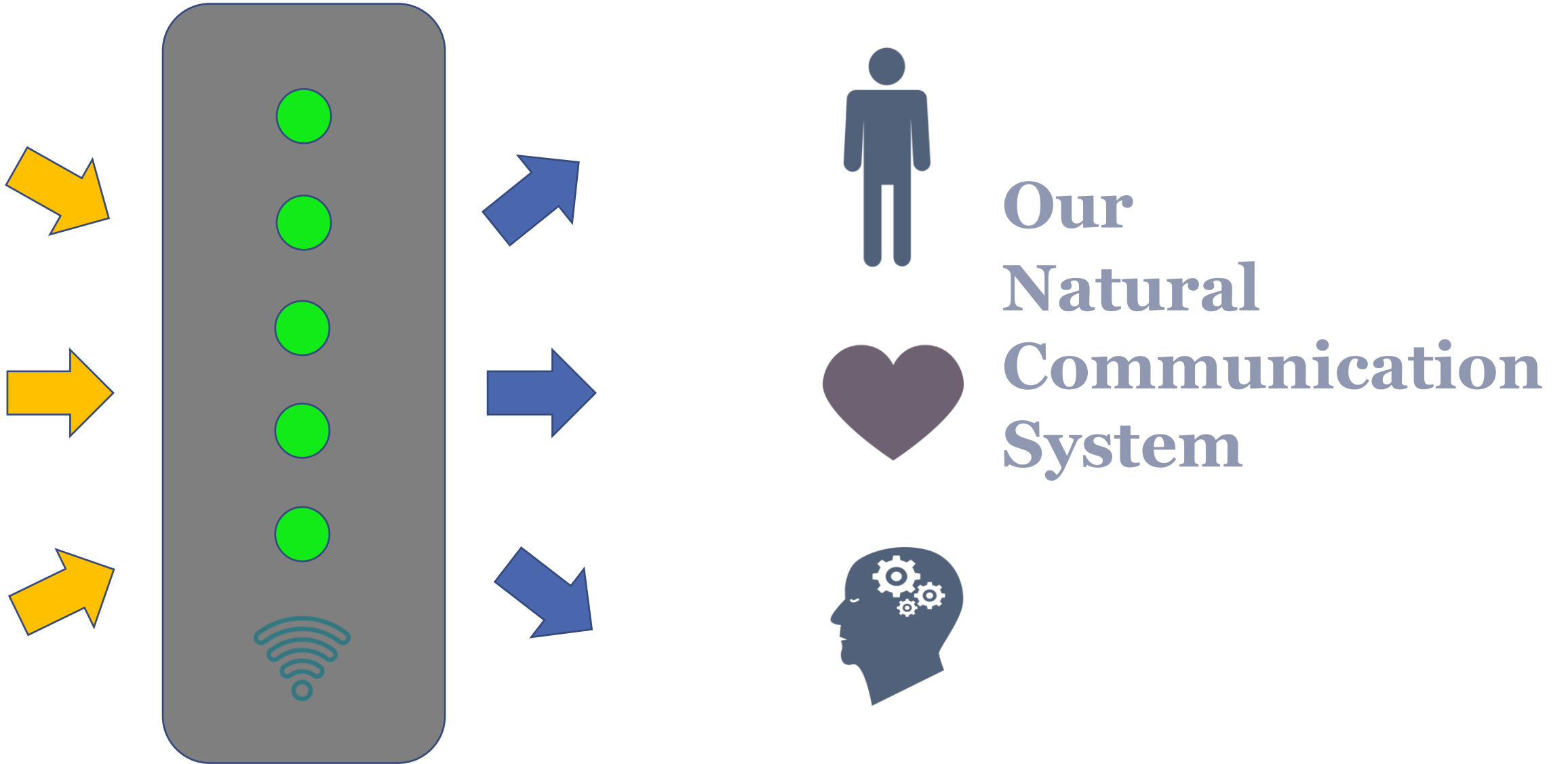
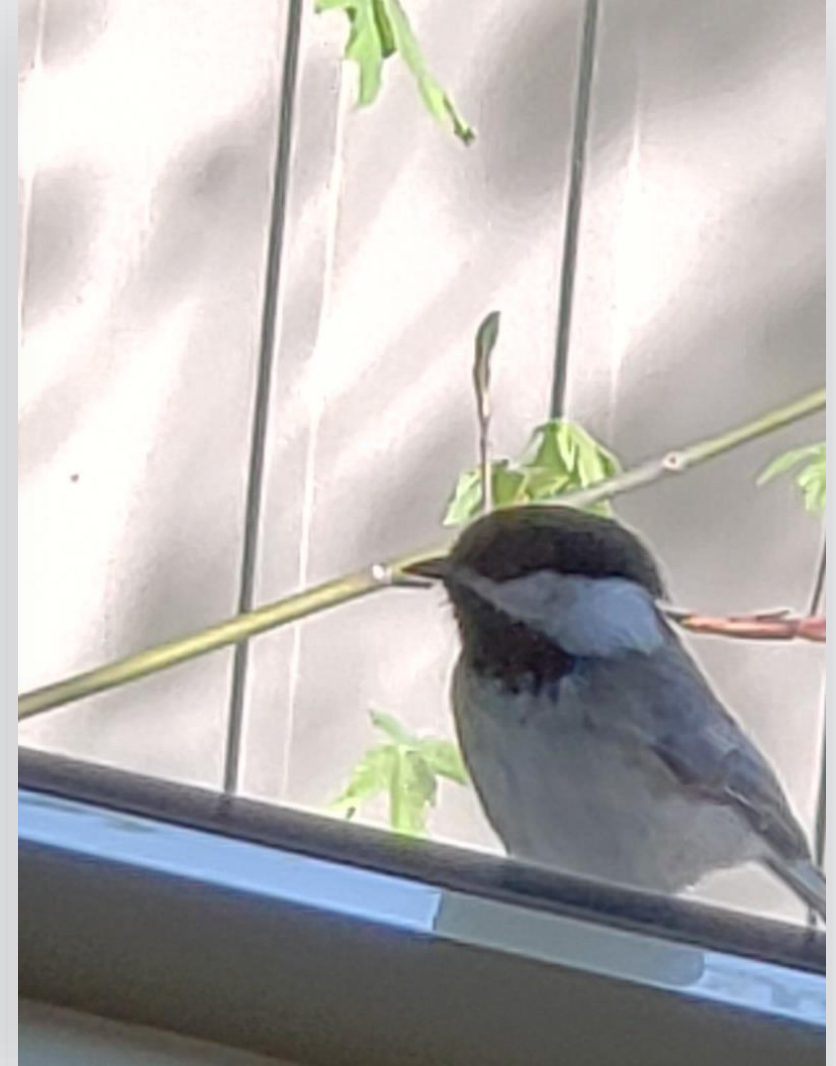


# Connecting with Self

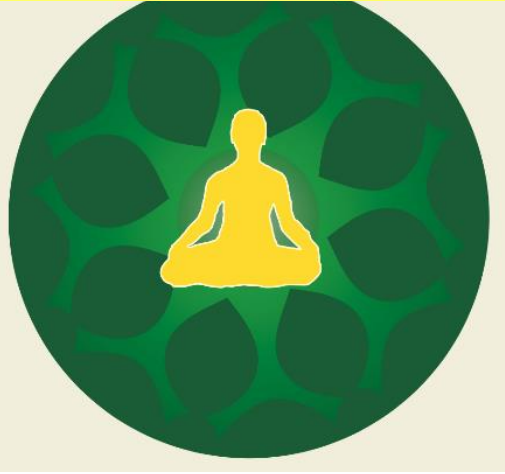
# “GATEWAY”



# Personal Green Zone



# Finding or creating your own personal green zone . . .



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