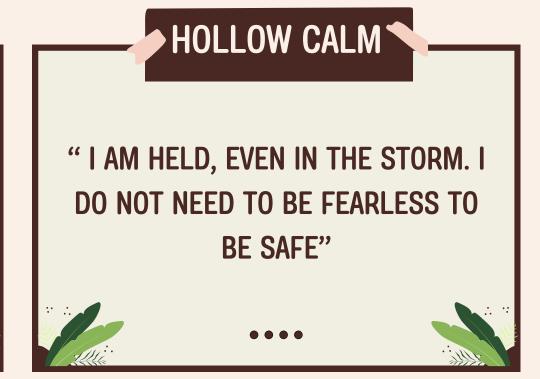
CAMOMILE CALM

"I SOFTEN INTO STILLNESS.

MY BREATH IS A LULLABY, AND

MY BODY REMEMBERS HOW TO

REST"



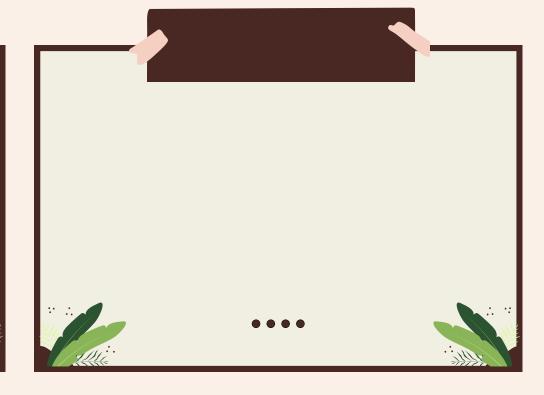
GENTLE RISE

"I RISE SLOWLY, WITH GRACE.

MY HEALING IS NOT A RACE- IT

IS A RHYTHM"





ROOT & RESIN

"I RETURN O MYSELF. MY
BREATH DEAPENS, MY SENSES
SETTLE, AND THE EARTH HOLDS
ME."



" MY THOUGHTS SLOW LIKE DUSK. I AM ALLOWED TO PAUSE, TO REST, TO BE"







"I AM NOT TO MUCH. MY
ENERGY IS SACRED, AND I MOVE
WITH INTENTION."

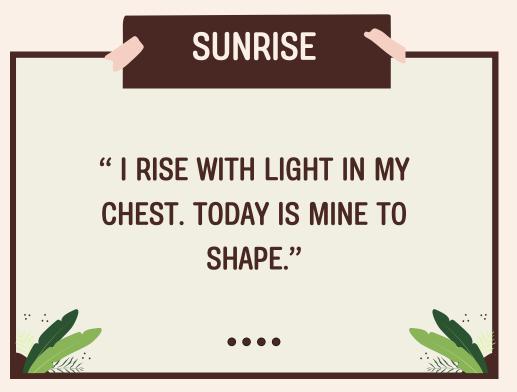


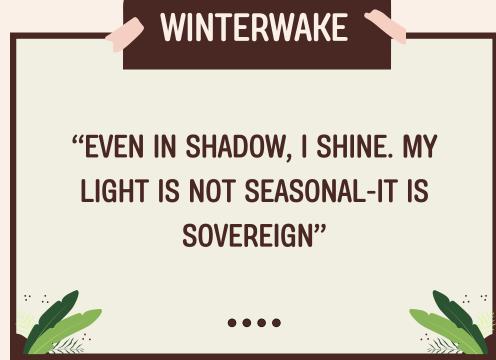
WOOD & WHISPER

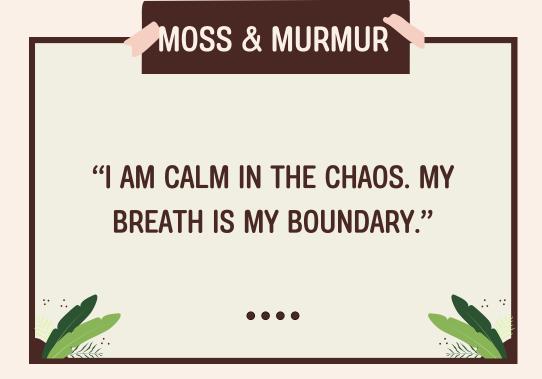
"SLEEP WELCOMES ME LIKE A FAMILIAR FOREST. I AM SAFE TO LET GO."

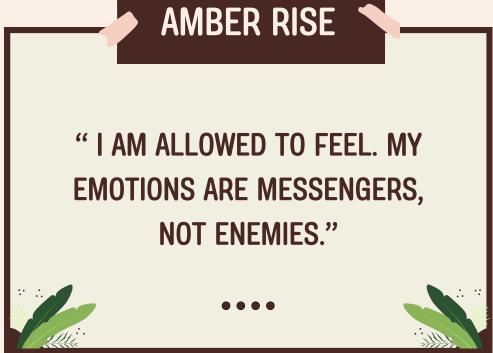


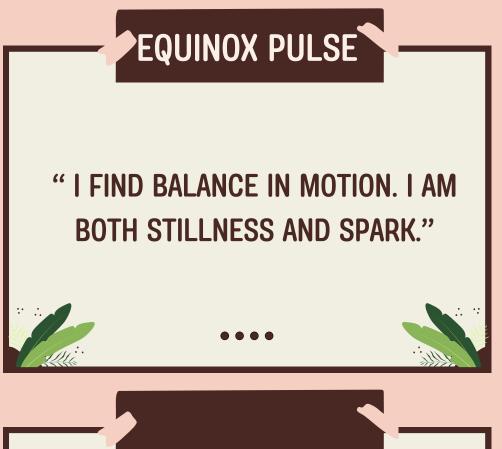




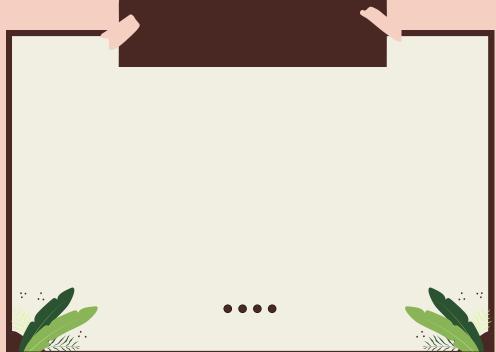


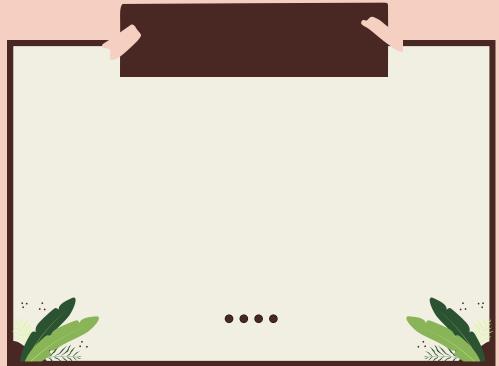


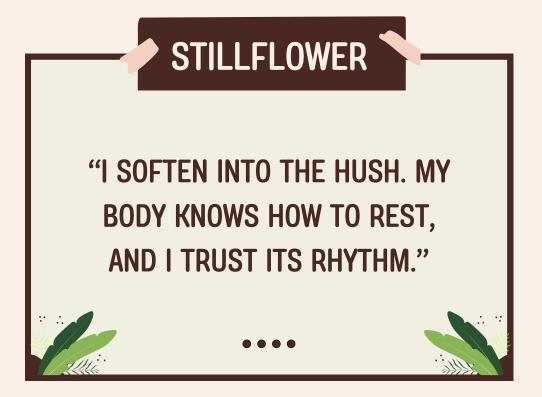


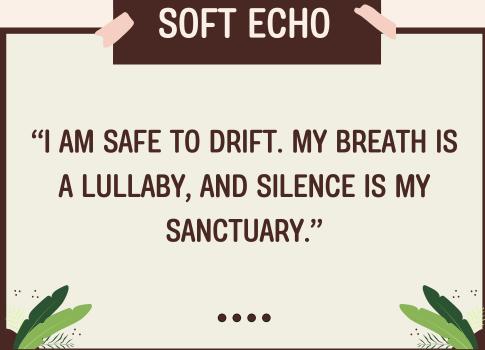












"MY THOUGHTS SLOW. I RELEASE THE DAY AND WELCOME THE DARK WITH GRACE."

