

A Balm for Stressful Times

Please read the following lines and try repeating them when you are feeling anxious or upset. Sorry I don't know the original Japanese, but this is a pretty faithful translation. Just ~~say~~^{say} them out loud, and I find it works best to repeat them like a mantra, speaking clearly and steadily, where others can hear you. You might prefer to do it with one partner or a small group. I promise, you'll find you feel better in no time. There's a lot to be said for the ancient Eastern meditative wisdom!

Get comfortable. Get relaxed. Speak clearly and loud.
Repeat at least 3 or 4 times.

I am We;

Todd did.

I am Sofa King.

We,

Todd,

Did.

Take care of yourselves. Smile! ☺