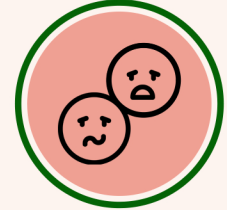


MEDITATION THOUGHT CYCLE

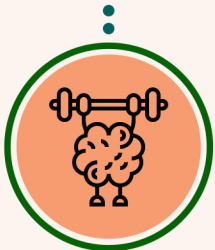
A thought arrives...
What do I do?



Choose a new path, create a new identity, choose growth!



Choose to stay in my old habits. Do the same thing I always do.



This equals discomfort! Can you move through it! Break on through to the other side?



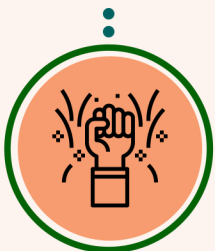
This equals comfort, what we are used to. The easier way!



With this comes vulnerability, truth and clarity!



With this comes continued resistance, pain and confusion.



You did it! One step closer to fueling your mighty intuition, strengthening your practice and connecting to the answers that are already inside of you!



Keep trying! Try not to shame yourself of give up!