

**Shift and Shine®**



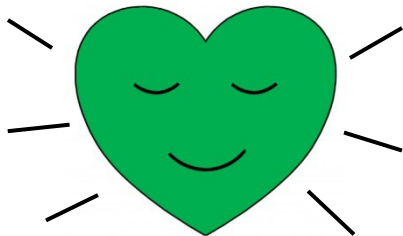
**Heart Focus +**



**Heart Breathing +**



**Heart Feeling =**



**Peaceful Heart**

# My Peaceful Heart Picture