

CONSTITUTIONAL AWARENESS

Service

Encumbrance
Cleansing



Fear
Courage

Movement

Apathy
Activation



Fire
Change

Forgiveness

Hurt

I own me

Doing Harm



Obstacles
to Practice



Burden of Responsibility

As I am

Resistance

Surrender

Tension
Relaxation



Defeat
Peace

Rest

Gratitude

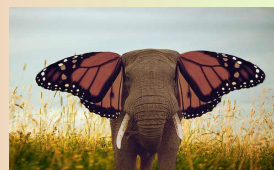
Resentment

Vis Medicatrix Naturae

Feeling Adequate



Obstacles
to Practice



What to Give

Soft Centered Now

Hardness

Compassion

Depletion
Nutrition



Loss
Love

Nutrition

