anxious or worried, take this out and read over the following. Let your mind wander. Breathe deeply and slowly:

1) Picture a night sky. It contains 99 moons — full to crescent. An occassional comet jets among them, leaving a sparkly trail.

2) You are in a chest-deep pool at the bottom of a waterfall. The water is warm and clear. As you get closer to the waterfall a light spray touches your face. As you watch the light glint on the falls, you realize a small golden fish is actually swimming up the falls. Magically. It catches your eye and winks to you as it skirts away.

3) You're in a meadow, carpeted with soft grass and thousands of multi-colored flowers. There's a rainbow in the sky. 37 butterflies are chasing each other from

(2)

Sept. 2011

Dear Mom —

I know how anxious you are about your upcoming surgery, rehabilitation, and recovery. I'm here to tell you that, I too, have prescient abilities and know that all will go well. But I also know that just that assurance won't be enough to quell your worries and fears, so I am investing this note with all the love, care, concern, good thoughts, prayers, positive vibes, and similar emotions and powers as I can. I am also creating this note for you as a talisman to ward off all evil spirits, to protect you, to provide calm, and to give you something to meditate over and with.

So, whenever you begin to feel

8-937-0145
Lipozine 29.95
Joy Bauer recipes

H 24568
18 Egg + Pretzels 42.72
M 23015 2
44.26
46.92
41.85
44
3
141.
Janie Bra 60
694-9293
Mark Stengler
Joel Fuhrman Mutronutrients
8-222-1292
Levindale
859-3069 Aluma Nallet #11

blossom to blossom. You smell honey in the air. The sun is warm on your neck.

4) You have been miniaturized and placed on the canvas of a wonderful painting that lies flat. You travel the colors and impasto of the paint trying to determine what painting you're in...oh. There are hills of umber over there, valleys of crimson there, a peak of white in the distance.

5) You are riding in a boat on a river of dark chocolate. You can scoop down with a cup and take as much as you want. The trees along the way offer delicacies from their branches—all within reach: lobster tails, plates of crab roe, caviar, steaks, creamy mashed potatoes, baked potatoes bursting with butter and chives and sour cream. Anything you can think of immediately becomes available. In the boat is an endless supply of napkins, straws, crushed ice, steak knives.

And anywhere you turn in all of these worlds, you're surrounded by my Love, Mark