



THE CENTER FOR HEALING

Sponsored by LifePath Systems

MY PEACEFUL PLACE

Your Peaceful Place is where you feel safe and secure. This place could exist in your imagination or be a location where you've felt at ease, free from worries or stress. It could be by the seaside, in the mountains, or even a setting from a book or video game. Whenever you feel stressed or anxious, shut your eyes and envision yourself in this comforting place. The more vivid and lifelike you can make your Peaceful Place in your mind, the more effective it will be in soothing your mind.



What do you see?



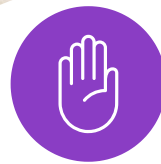
What do you hear?



What do you smell?



What can you taste?



What can you feel?

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