

Session 5: Ride out the Storm with Hope



Life is a puzzle, a paradox

Peace of mind is inside job

1)

2)

Humans 101

We are designed for joy

- 1) _____

- 2) _____

- 3) _____

- 4) _____

Hope and the Hands of Time

- 1) _____

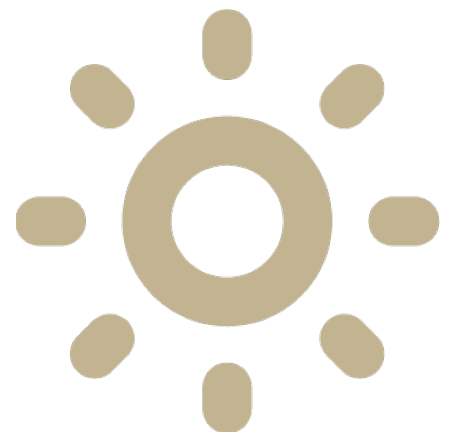
- 2) _____

- 3) _____

- 4) _____

- 5) _____

- 6) _____



Meditation