

# Adult Guided Meditation

Feed your mind, body, soul and heart what it craves, **You**. Discover how to release stress/fear, **BREATHE** and plan goals.



“And in the end, it's not the years in your life that count. It's the life in your years.”  
Abraham Lincoln

“Belief consists in accepting the affirmations of the soul; Unbelief is denying them”  
Ralph Waldo Emerson

“Believe nothing just because a so called wise person said it. Believe nothing just because a belief is generally held. Believe nothing just because it is said in ancient books. Believe nothing just because it is said to be divine origin. Believe nothing just because someone else believes it. Believe only what yourself test and judge to be true.”

Buddha

“We must accept finite disappointment, but never lose infinite hope”  
Martin Luther King, Jr

Luke: “I can not believe it”  
Yoda: ‘That is why you fail.’”