

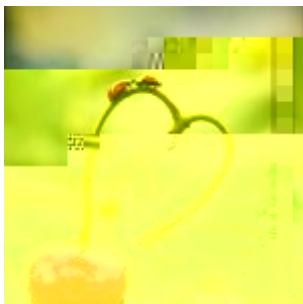
Inhale Love

Exhale Hate

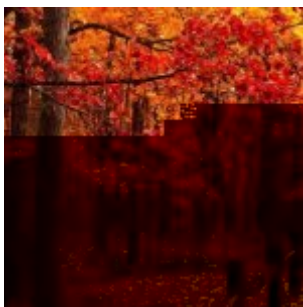
Inhale Love

Exhale Anger

Or Exhale Negativity.



Being Spiritual is Being
Lovey-Dovey



Do You Remember Your
First Experience of Love?



Recognizing Differences
between Anger and Rage



Dissipating Anger via
Prayer