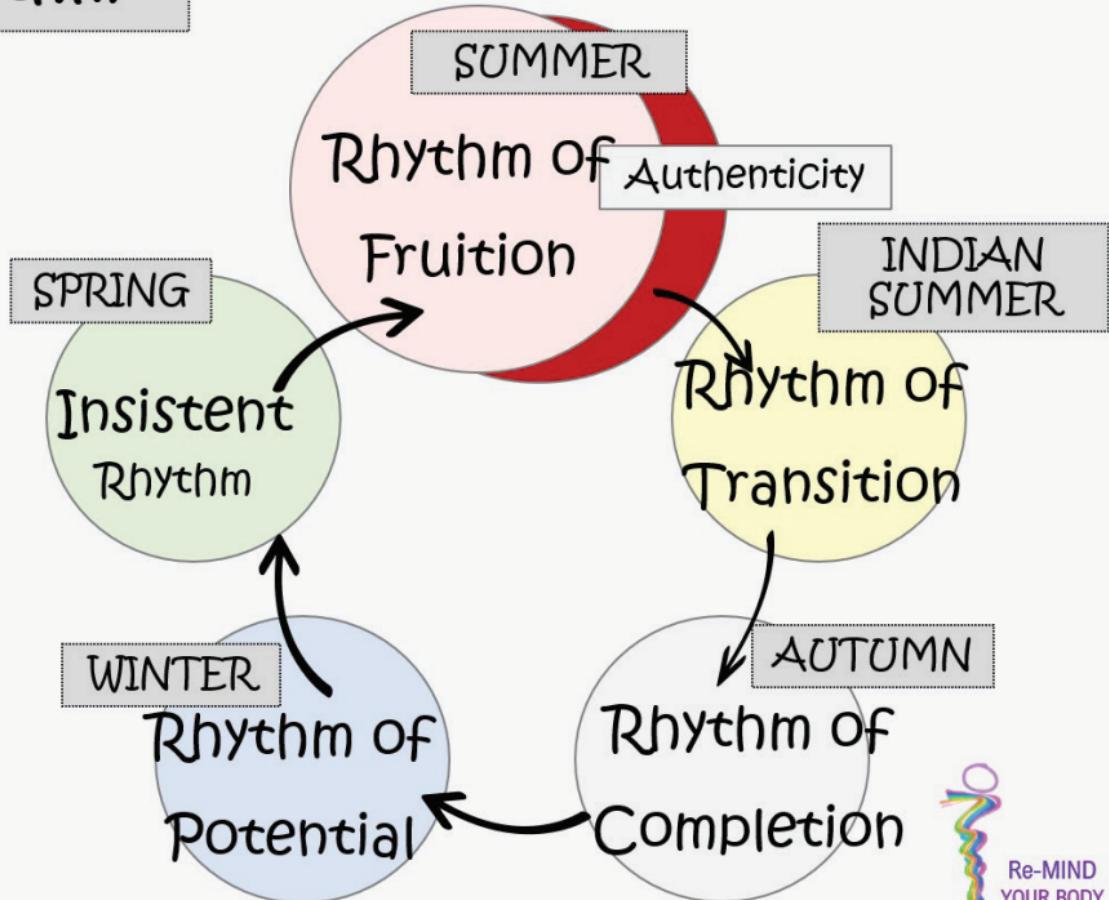


SEASONS



Re-MIND
YOUR BODY

Rhythm



Re-MIND
YOUR BODY

ENJOYMENT

STOP!
Judging
Comparing
Labelling
Asking: "Why?"

No Pretence



PLAY

TRANSITION
stabilising

REGAIN
YOUR
RHYTHM

HOME
Go home!
In-search
Who am I?
What do I want?

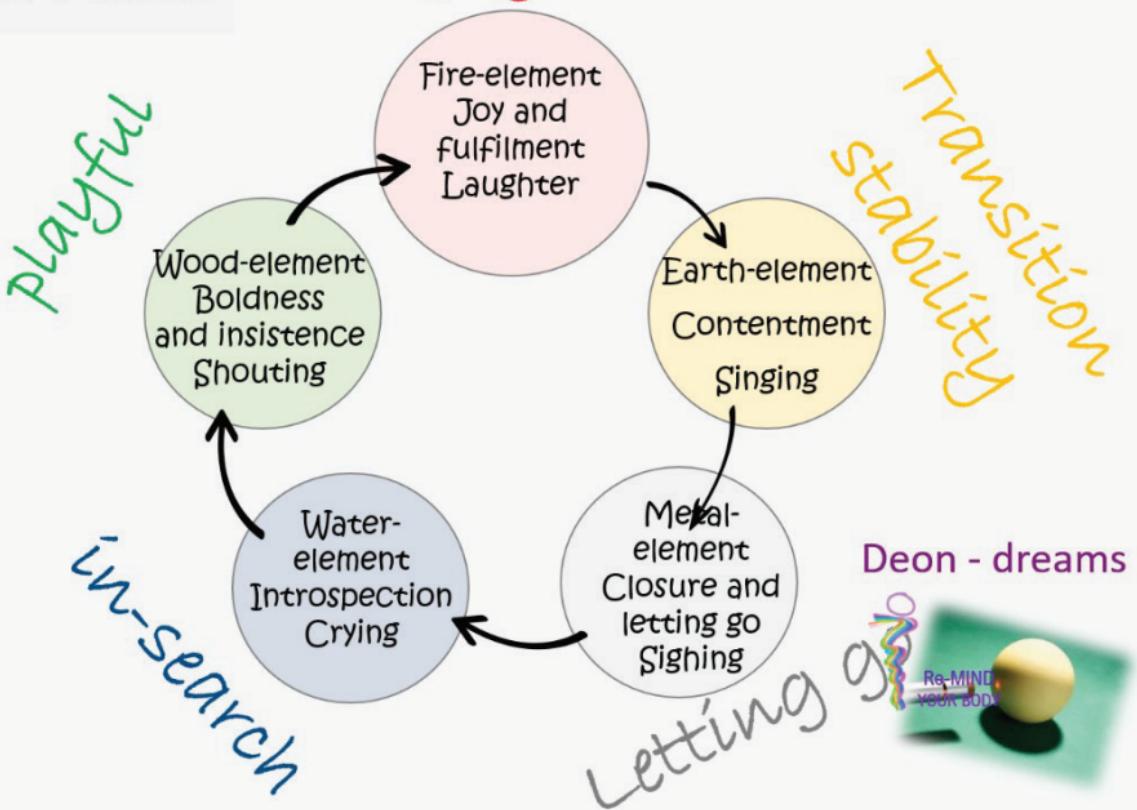
METAL

Clearing
Letting go!

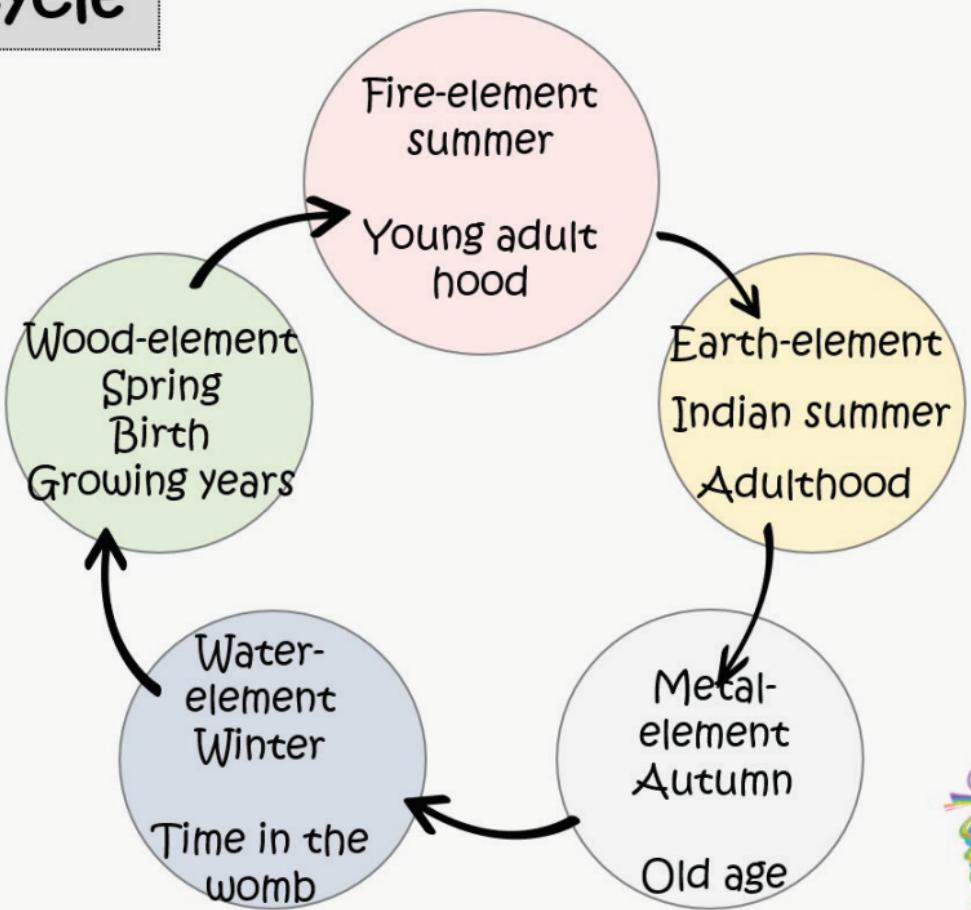


QUALITIES

enjoyment



Life Cycle



Covid-19

blood
clotting

attachment
addiction

FIRE

WOOD

anger
rage
wrath

EARTH

obsession
over-
protection

WATER

Caution

fear and
anxiety
non-movement

METAL

Hanging on
guilt
grief
regret

diarrhoea

Lung
disease

BE MIND
YOUR BODY

