TAKE NICE DEEP BREATHS AS YOU TRACE IN TO THE CENTER AND BACK OUT TO THE EDGE



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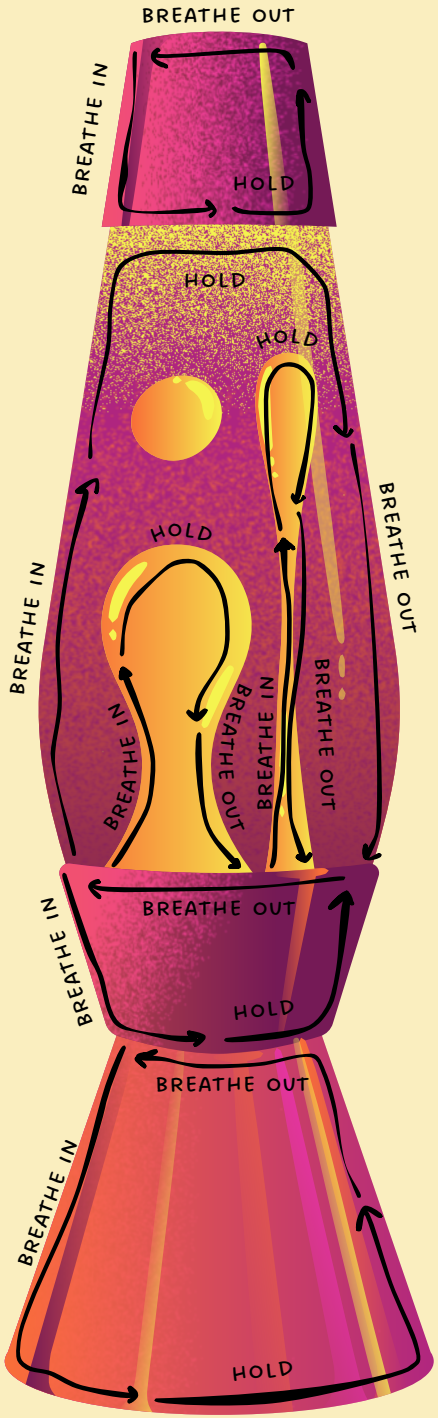
TRACE THE PIECES OF THE LAVA LAMP AND FOLLOW THE BREATHING DIRECTIONS (START WITH "BREATHE IN")



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