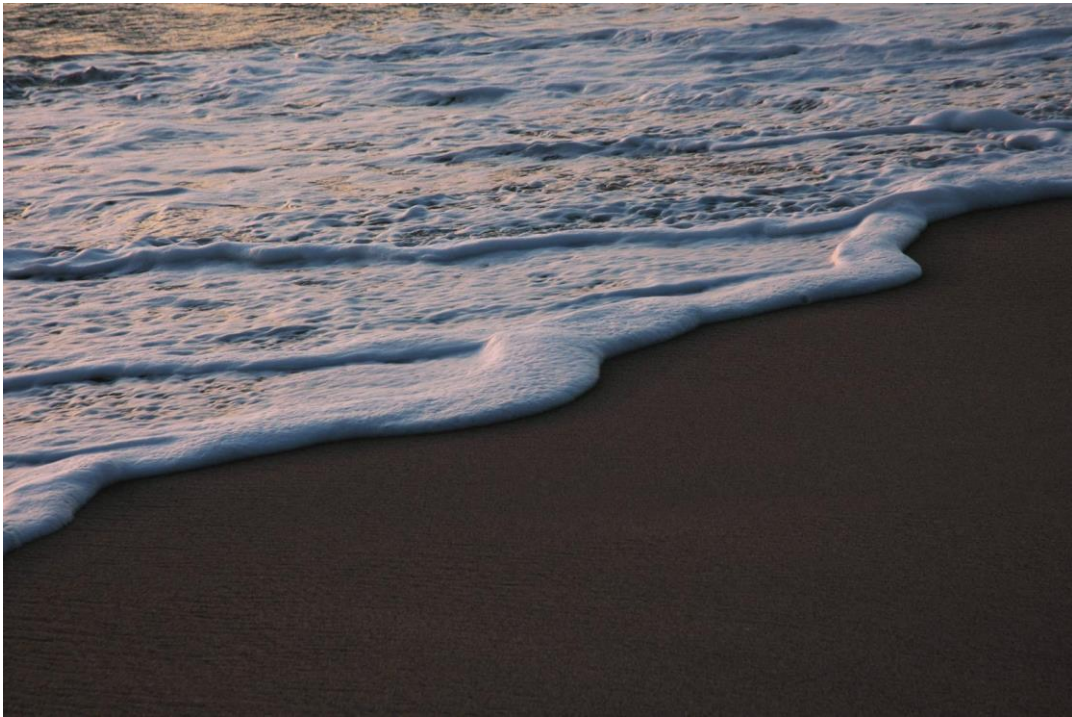


Tide



- Picture yourself walking along a beach. Perhaps you pick up some shells or pebbles. Try to imagine the feel of the breeze, the tang of the sea air, the feel of the sand under your feet.
- Twice a day the tide comes in and goes out. Everything on the beach is washed away and it's left completely clear.
- Is there anything in your life that needs to be washed away? Perhaps something you've said or done – or something that someone has said or done to you? Sit quietly for a minute and imagine the waves coming in and going out, leaving everything clean. How does it feel?
- Imagine making a fresh start, like the beach after the tide has washed it clean. Is there anything you need to say or do to make this happen?