Theo

Breathe for **3**

Breathing Chant

Breathing **in**
magic begins!
Breathing **out**
I center myself!
Breathing **in**
I can believe!
Breathing **out**
the monster leaves!

My focus wanders
but I keep trying!
I know my **greatness**
doesn't need hiding!
Breathing **in**
mind and body rest!
Breathing **out**
gives the world my **best!**

Kaleidoscope me™
Awaken to your greatness!

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