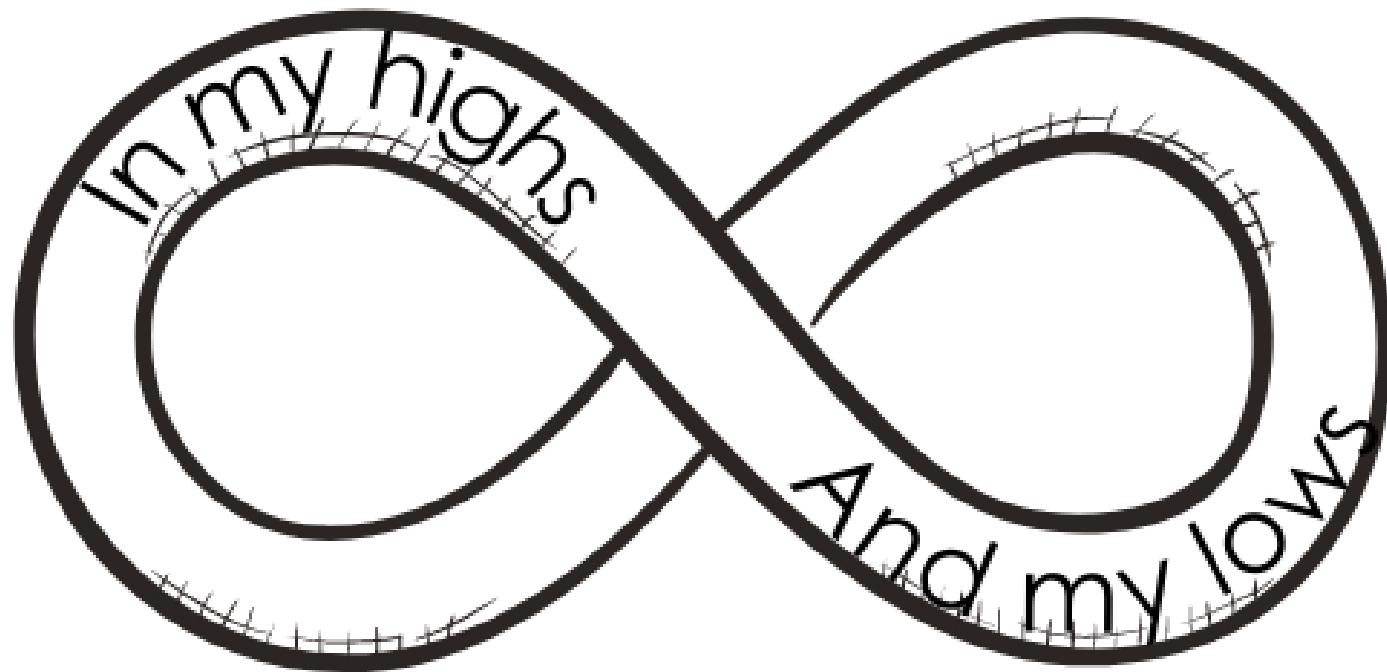


God is with me...



Trace the infinity sign with your finger. As you trace it, inhale when your finger moves up and exhale as your finger moves down. While you inhale say "God is with me" and while you exhale say "in my highs and lows".