

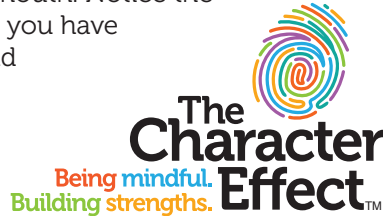
# Happy Valentine's Day!

From  
The Character  
Effect™ Team!



## Try **Heartfulness** with your family to celebrate Valentine's Day:

Find a comfortable seat; close your eyes, place one hand palm up in your hand. Then place both over your heart. Take three deep breaths, in through nose and out through mouth. Notice the sensations and feelings you have in your hands, chest and throughout your body.



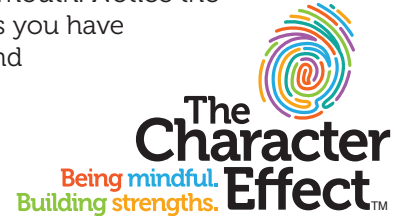
# Happy Valentine's Day!

From  
The Character  
Effect™ Team!



## Try **Heartfulness** with your family to celebrate Valentine's Day:

Find a comfortable seat; close your eyes, place one hand palm up in your hand. Then place both over your heart. Take three deep breaths, in through nose and out through mouth. Notice the sensations and feelings you have in your hands, chest and throughout your body.



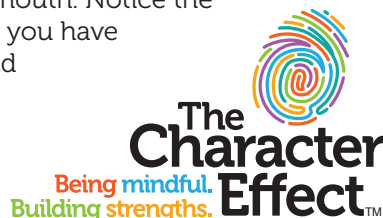
# Happy Valentine's Day!

From  
The Character  
Effect™ Team!



## Try **Heartfulness** with your family to celebrate Valentine's Day:

Find a comfortable seat; close your eyes, place one hand palm up in your hand. Then place both over your heart. Take three deep breaths, in through nose and out through mouth. Notice the sensations and feelings you have in your hands, chest and throughout your body.



# Happy Valentine's Day!

From  
The Character  
Effect™ Team!



## Try **Heartfulness** with your family to celebrate Valentine's Day:

Find a comfortable seat; close your eyes, place one hand palm up in your hand. Then place both over your heart. Take three deep breaths, in through nose and out through mouth. Notice the sensations and feelings you have in your hands, chest and throughout your body.

