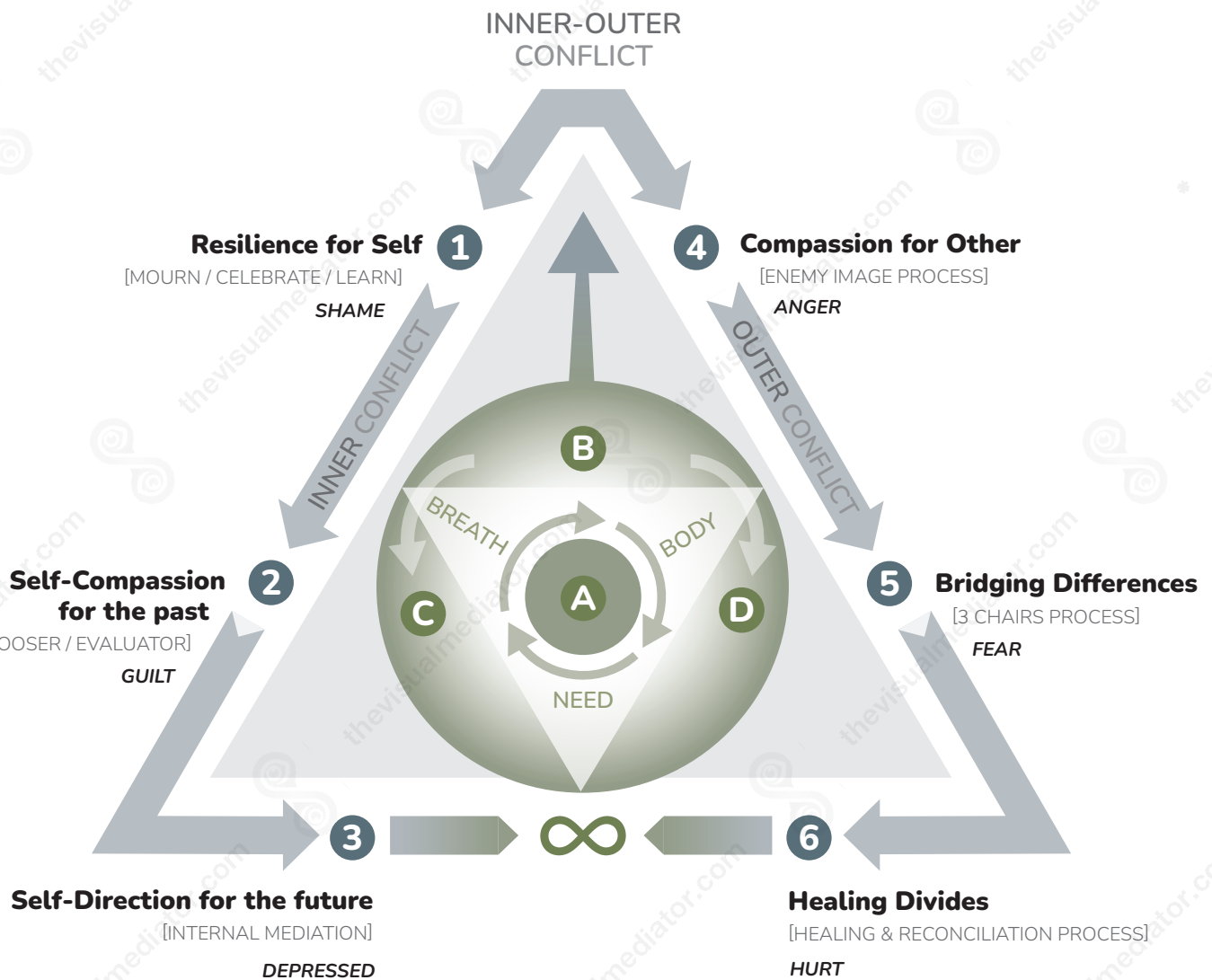


Mediate Your Life Maps Overview

Conflict Maps



Foundation Maps

- A Self-Connection** [SELF-CONNECTION PRACTICE] **WELLBEING**
- B Empathy in Speaking & Listening** [ELEMENTS OF EMPATHY] **LOVING**
- C Safety in Conflict** [INTENSITY PRACTICE] **PEACEFUL**
- D Freedom with No and Yes** [NEED BEHIND THE NO] **JOYFUL**

