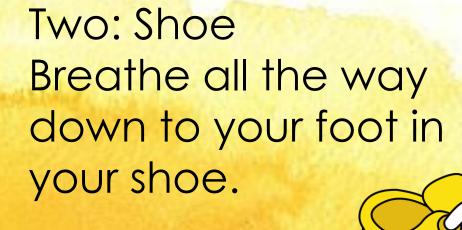
One: Sun



Look up to the sky and take a deep breath.



Three: Me
Breathe up from your shoes and all the way to your head.

Four: One more...

If the first three felt good, try it all again.