



Beautiful Summer Morning

Inviting You to Discover Your Unlimited Potential



Fear/Anxiety/Panic

All is well

Everything is working out for my
highest good.

And out of this experience only
good will come.

And I am safe.

*For mild moments of fear or panic repeat several times
until you feel better, for more severe attacks repeat as
a mantra. Carry a copy in your wallet or purse*

Author Louise Hay