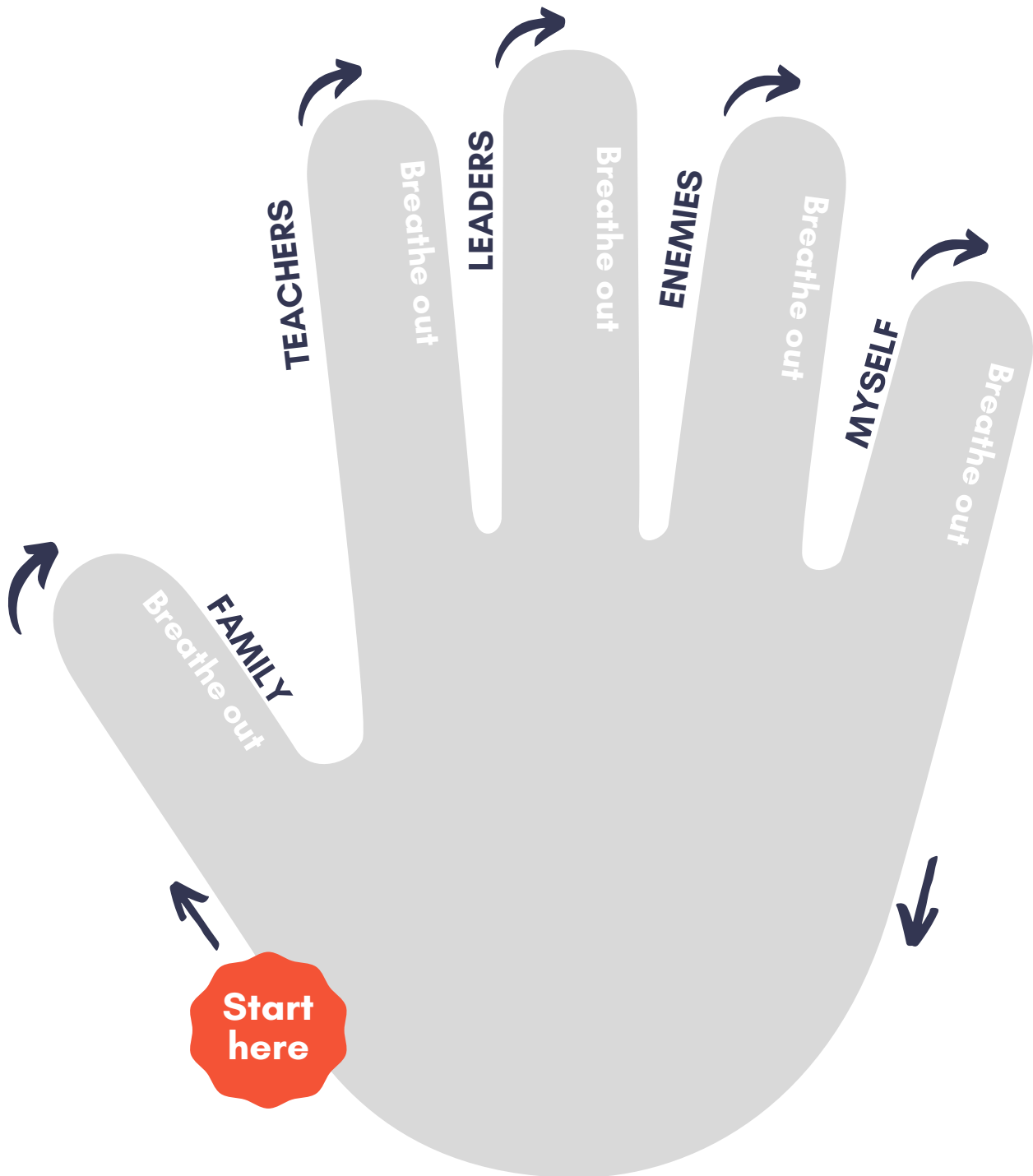


CALM YOURSELF WITH
5 FINGER PRAYER

PSALM 144:1

PRAISE BE TO THE LORD MY ROCK, WHO TRAINS MY HANDS FOR WAR,
MY FINGERS FOR BATTLE.



Slowly trace the outside of the hand with the index finger, breathing in meditating on God, when you trace up a finger then breathe out prayers when you trace down. You can also do this prayer exercise using your own hand before bed.