

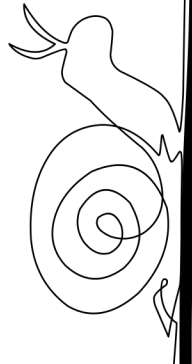
# Dreaming of Slowness



When was a time in your life that you felt slow?

Slow, as in relaxed, unhurried, and entirely content to be where you were.

Let your mind wander around your memories of that place and time.  
Take notes and make doodles here to help you access this memory.



What do you remember smelling, tasting, seeing, hearing, and feeling,  
during this time of slowness? What was pleasurable about the experience?

