**[When In Doubt](http://claudiacummins.blogspot.com/2015/03/when-in-doubt.html)~ Claudia Cummins**

BREATHE.  
Find the waves of the breath, and ride them.  
Exhale fully, with a soft sigh of ease and relief.  
  
RELAX.  
Soften your shoulders, unclench your fists.  
Release your belly, let tension melt away.  
  
FEEL.  
Tune into the raw sensations of the moment.  
Let go of the story line. Be present for real life.  
  
TRUST.  
Have faith in yourself and the world around you.  
Remember that everything is going to be alright.