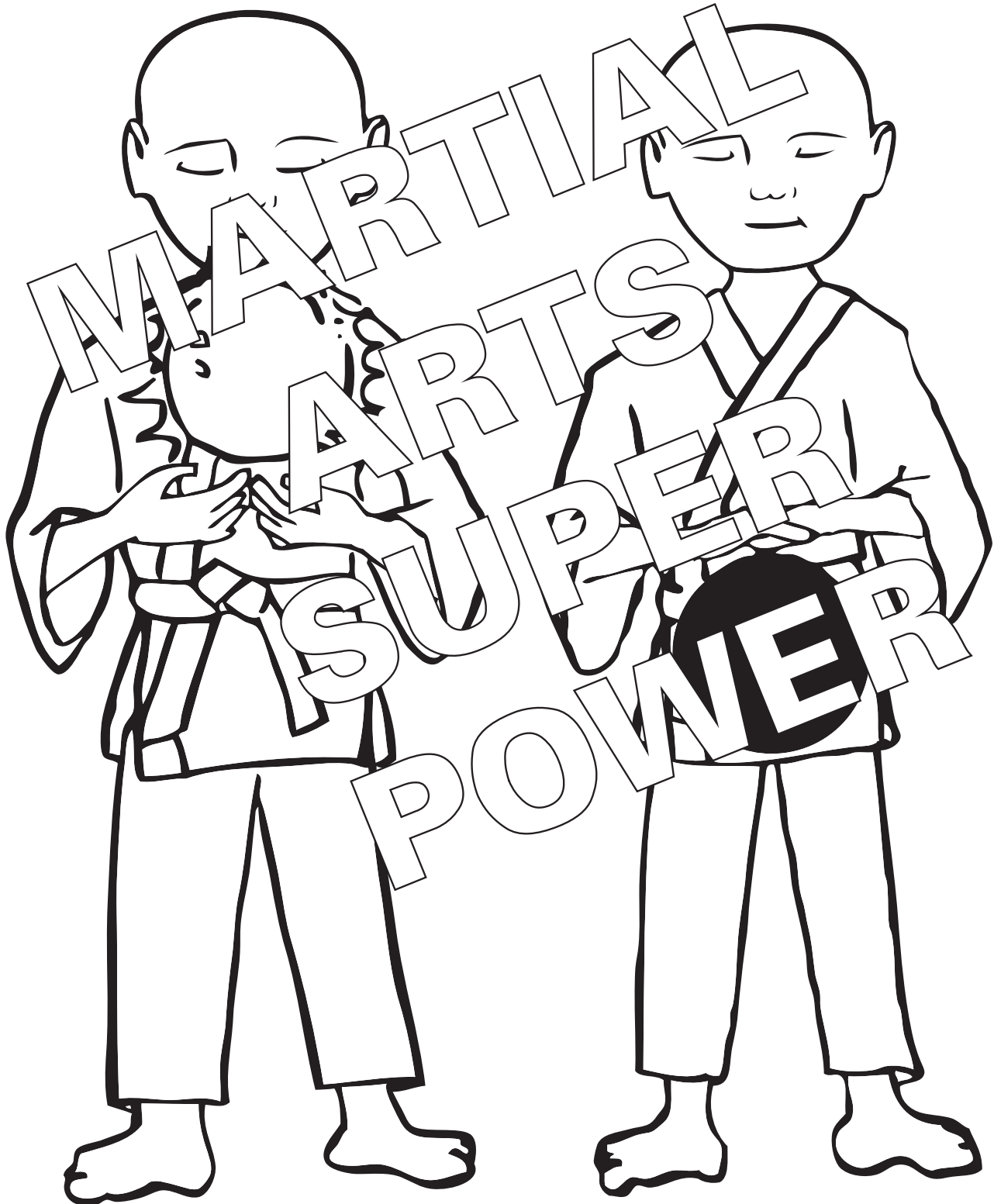
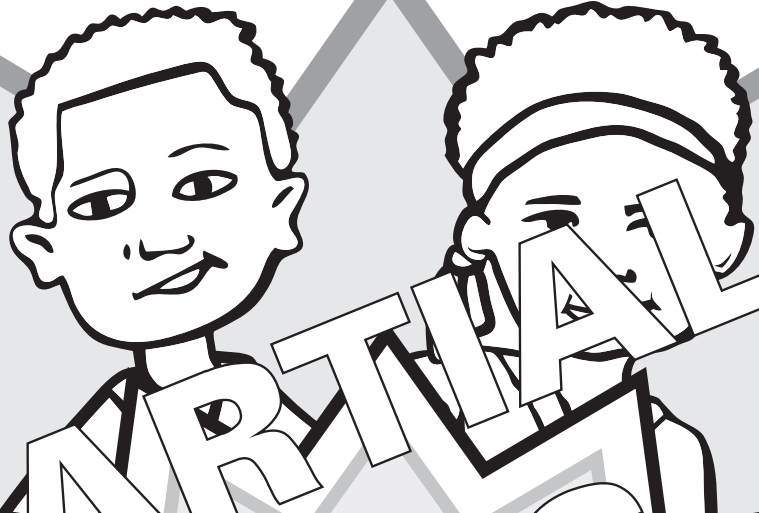


Color in Akio breathing in the light
and blowing out the darkness.





MARTIAL ARTS SUPER POWER

Muay Thai and Inani are powerful martial arts. They can create a light that is stronger than any darkness!

Body Scan



do martial arts
body scan:

Breathe very slowly.

Relax your body from
head to toe

Feel the light going from
the top of your head
down through your toes.

Let that light break
through the darkness

Any place of fear
or anger melt away

Feel the coolness of the
air as you breathe in,
and the warmth as you
breathe out.