## INNER DIALOGS:

**Observing the Alchemy of Consciousness** 

What kind of conversations are happening in your mind? Are you saying: "Ah – I'm an ugly, old fart!" "I'm such ah stuuuupid tart!" "I feel half-dead 'n wanna stay in bed!"

Or are you fostering different dialogs & encouraging voices that say: "I'm vibrant & grateful for each day." "I respect all persons passing my way & am seldom daunted by mistakes."

> Notice the conversations between your ears: those dialogs shape your hopes and fears.

> > - T Newfields Beg.: 2016 Tokyo ⋓ Fin.: 2021 Shizuoka