

THE TEMPLE OF JOY
WHERE CHAMPIONS TRAIN



NOW WHO CAN CAST A FLAME?

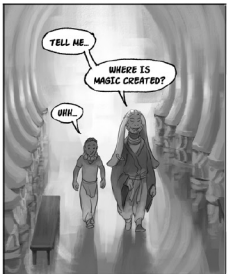
GOOD.
GOOD.
GOOD.



HMMMM.



COME ALONG.



TELL ME,
WHERE IS
MAGIC CREATED?

OHK.



IN OUR
HEARTS.



AND HOW DO WE
RELEASE MAGIC?



WITH OUR
BREATH.



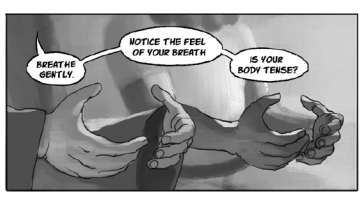
ARE
WHAT
ELSE?



WITH A CLEAR MIND.
ONE THAT DOES NOT REACT TO
DISTRACTION.



NOW SIT COMFORTABLY,
WITH A ST RIGID BACK.
NOTICE YOUR BREATH.



BREATHE
GENTLY.

NOTICE THE FEEL
OF YOUR BREATH

IS YOUR
BODY TENSE?



CALM
YOUR MIND.



PLACE ONE HAND
ON YOUR CHEST.



AND THE OTHER
ON YOUR BELLY.



BREATHE INTO
THE BELLY.



STILL AS
USELESS AS EVER
BOON?



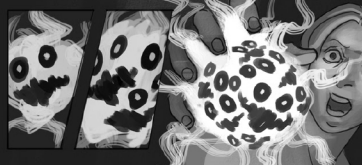
HAI?



HEY USELESS!



GET OUT
OF THIS ONE!



BREATHE SMOOTH.
DON'T STRAIN.



AH!

NO! STAY
FOCUSED.

