



The sea child giggled and said, "I will show you how to be the boss of your body and your anger. I will show you how to calm down, let go of your anger, and see things more clearly."

"Lie down on your back and wiggle yourself into a comfortable position. Feel the sand moving slowly around your body as you snuggle in. Now close your eyes and take a deep breath. Breathe in through your nose and let the air out of your mouth..."

*ahhh...*

