

#116 ure Advanced

"Do Not Feel Pressure"

The pressure may feel like torture. I can reassure you, meditation* is the cure.

You are a mature person.
Breathe deeply and do not worry about the future. Think of pleasurable thoughts.

Life is your hidden treasure.

** Meditation- a clear mental state.*

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"Do Not Feel Pressure"

1) How does the pressure feel? _____

2) What do they mean by "mature"? _____

3) What is a pleasurable thought?

4) Do you ever worry about the future?

5) Please underline all the nouns once, the verbs twice and circle every adjective.