

RAPHAEL

THE SEAL

MASTER OF ALL 4 ELEMENTS

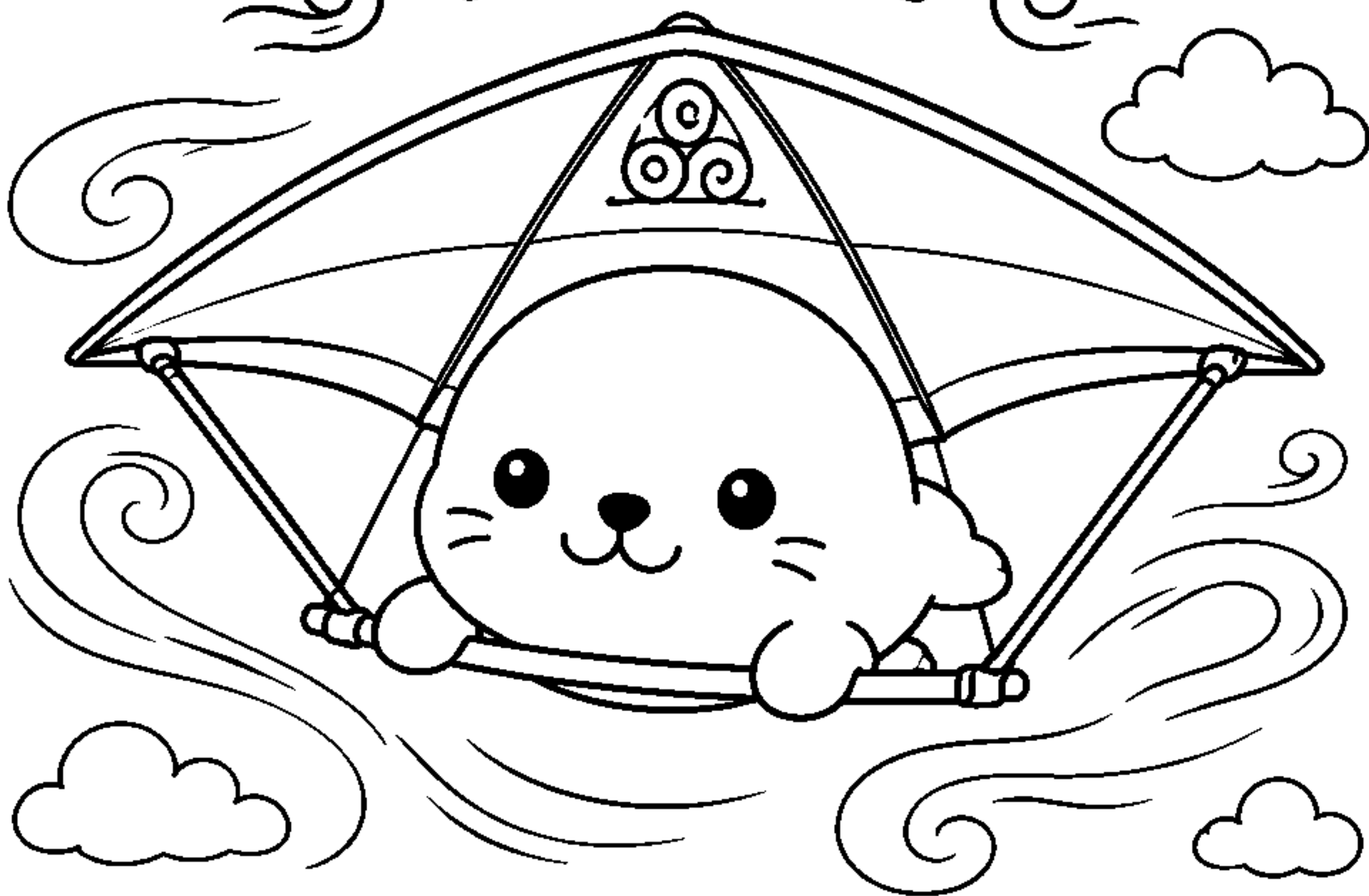


MAKE PEACE,
BE KIND,
BE GENTLE.



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MAKE PEACE,
BE KIND,
BE GENTLE.

○ ♥ ○
☯ airbending: going with the flow ☯

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MAKE PEACE,
BE KIND,
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waterbending: healing the self and others



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MAKE PEACE,
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earthbending: unity through solidity.



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MAKE PEACE,
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firebending: using the flame in your heart
to cook for your family with love



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MAKE PEACE,
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plant-bending: growing hope in the
greenhouse of your heart

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MAKE PEACE,
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time-fulness (earthbending):

being punctual so that your family can be
healthy, safe, and enjoy a timeless peace

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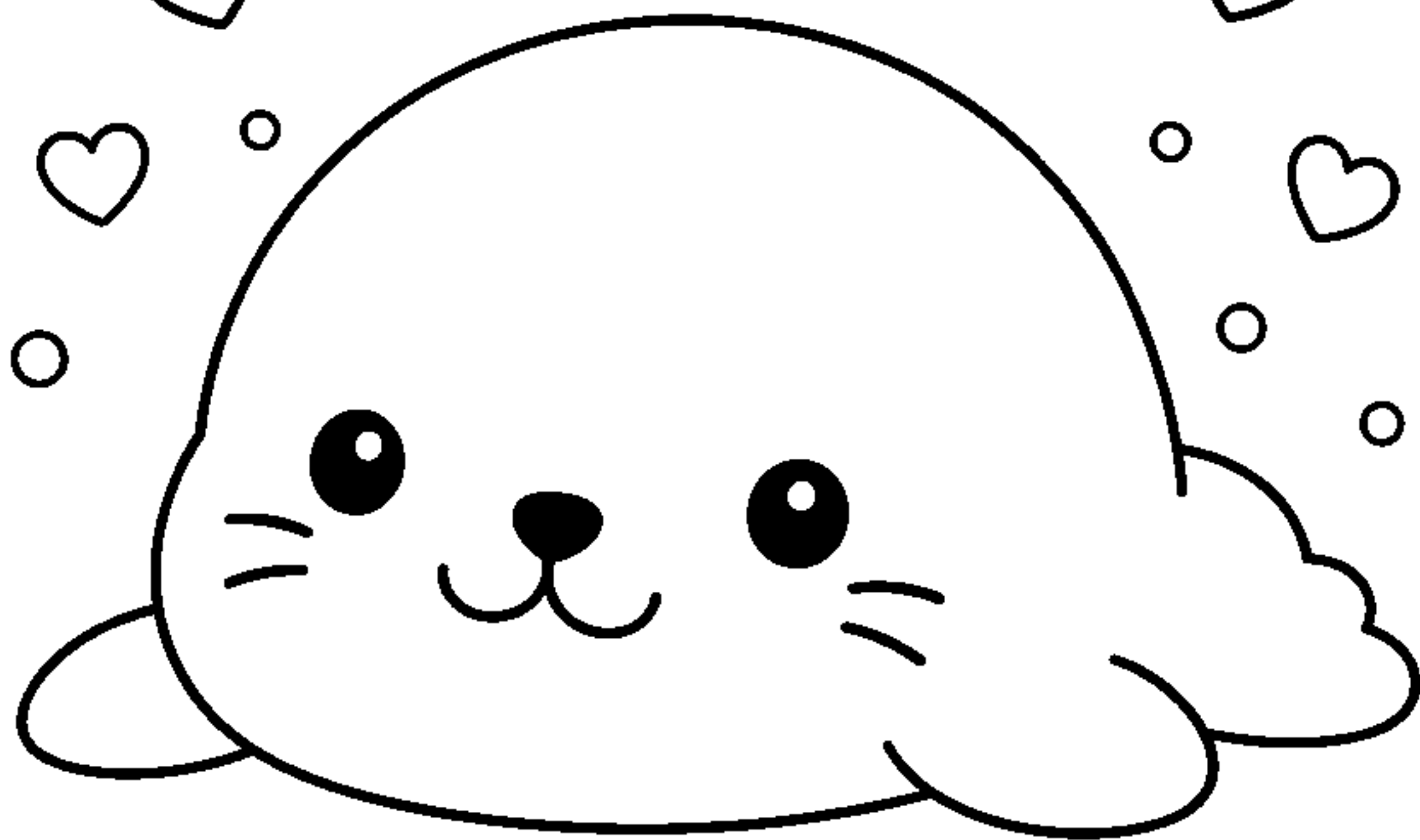


MAKE PEACE,
BE KIND,
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bubble-bending: a combo of airbending
and waterbending, entails living life
with bubbiness and hugging bubbly things

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MAKE PEACE,
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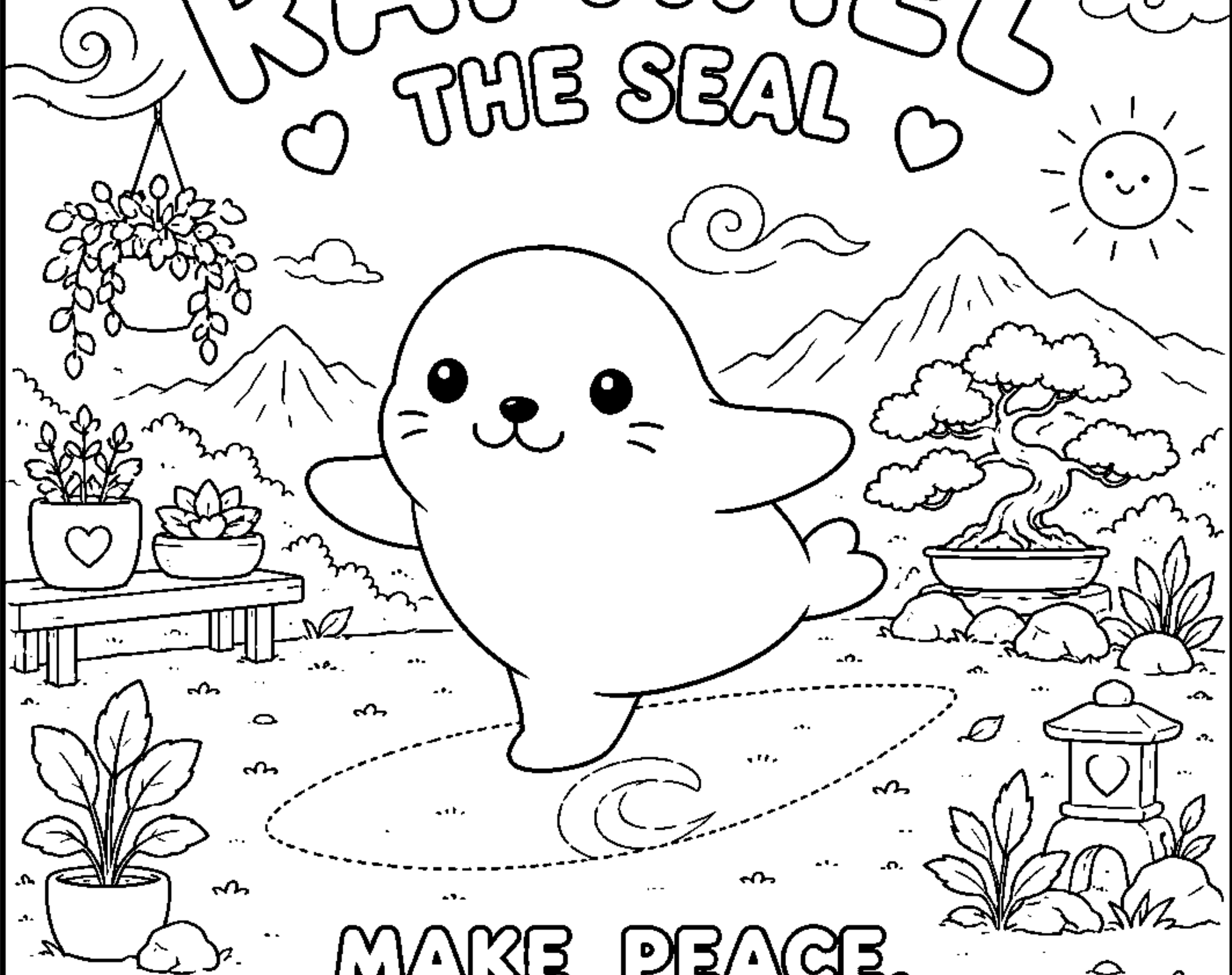


MAKE PEACE,
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bicycling: airbending as an earth-bender,
moving through life with a graceful,
efficient momentum and friction

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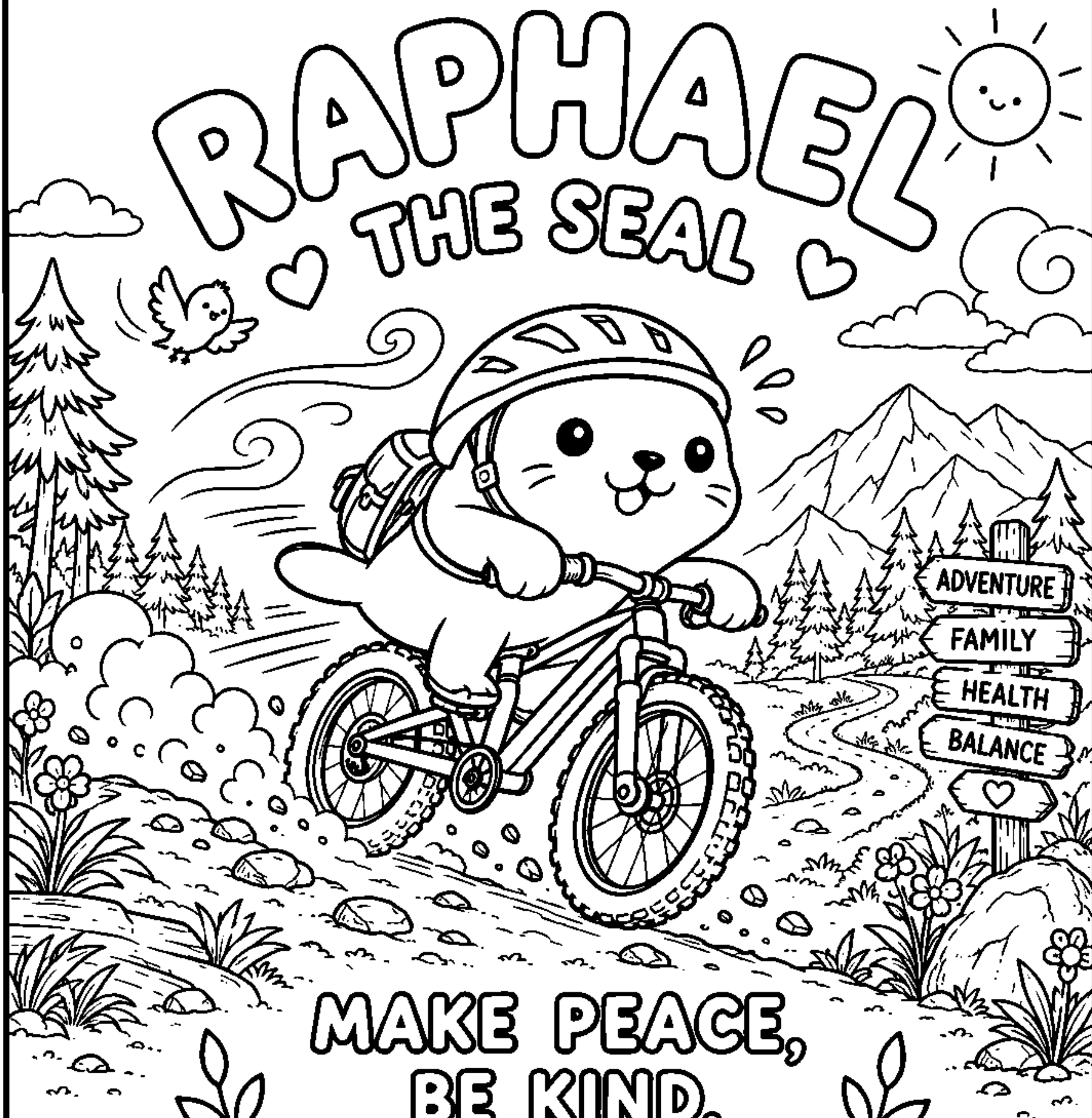


MAKE PEACE,
BE KIND,
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ground surfing (earthbending):
surfing on solid ground as a way to
balance fun & time commitment in one
day for the family

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MAKE PEACE,
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mountain biking (airbending and earthbending):
moving through life with a graceful,
efficient momentum and friction

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fart-bending:

an ancient family ritual of sharing
aromatic microbial particulates that
combines airbending and firebending



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MAKE PEACE,
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BE GENTLE.

singing in the shower: maestro of all 4 elements,
entails rewiring an orchestra of senses and
neural pathways under soothing conditions



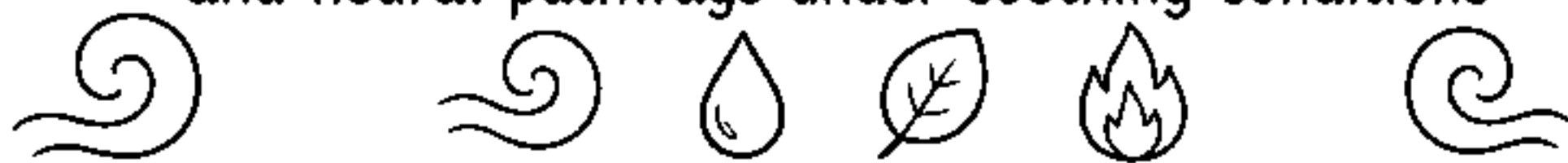
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MAKE PEACE,
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singing in the shower: maestro of all 4 elements,
entails rewiring an orchestra of senses
and neural pathways under soothing conditions



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MAKE PEACE,
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BE GENTLE.

Chinese New Year dragon:

all 4 elements converge in a meditative practice
that combines the nasal breath with all senses
and dancing isolation of individual muscles



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MAKE PEACE,
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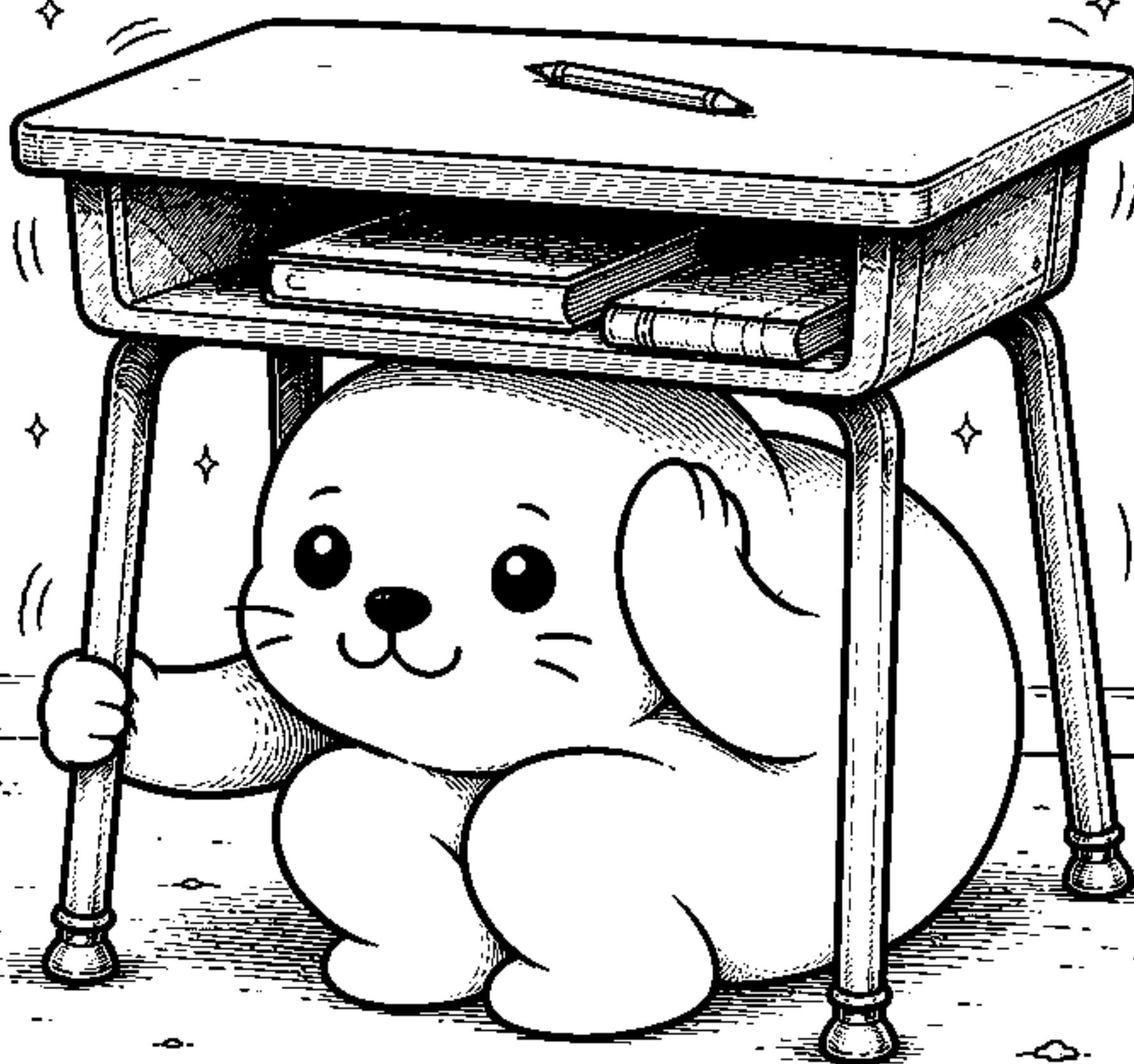


listening to your heartbeat:
a natural form of lava-bending
(earth + fire) that calms the mind and body



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MAKE PEACE,
BE KIND,
BE GENTLE.



compacting the senses:
earthbending, covering your
eyes, ears, nose, or mouth to stay calm
in the face of turbulent environmental stimuli



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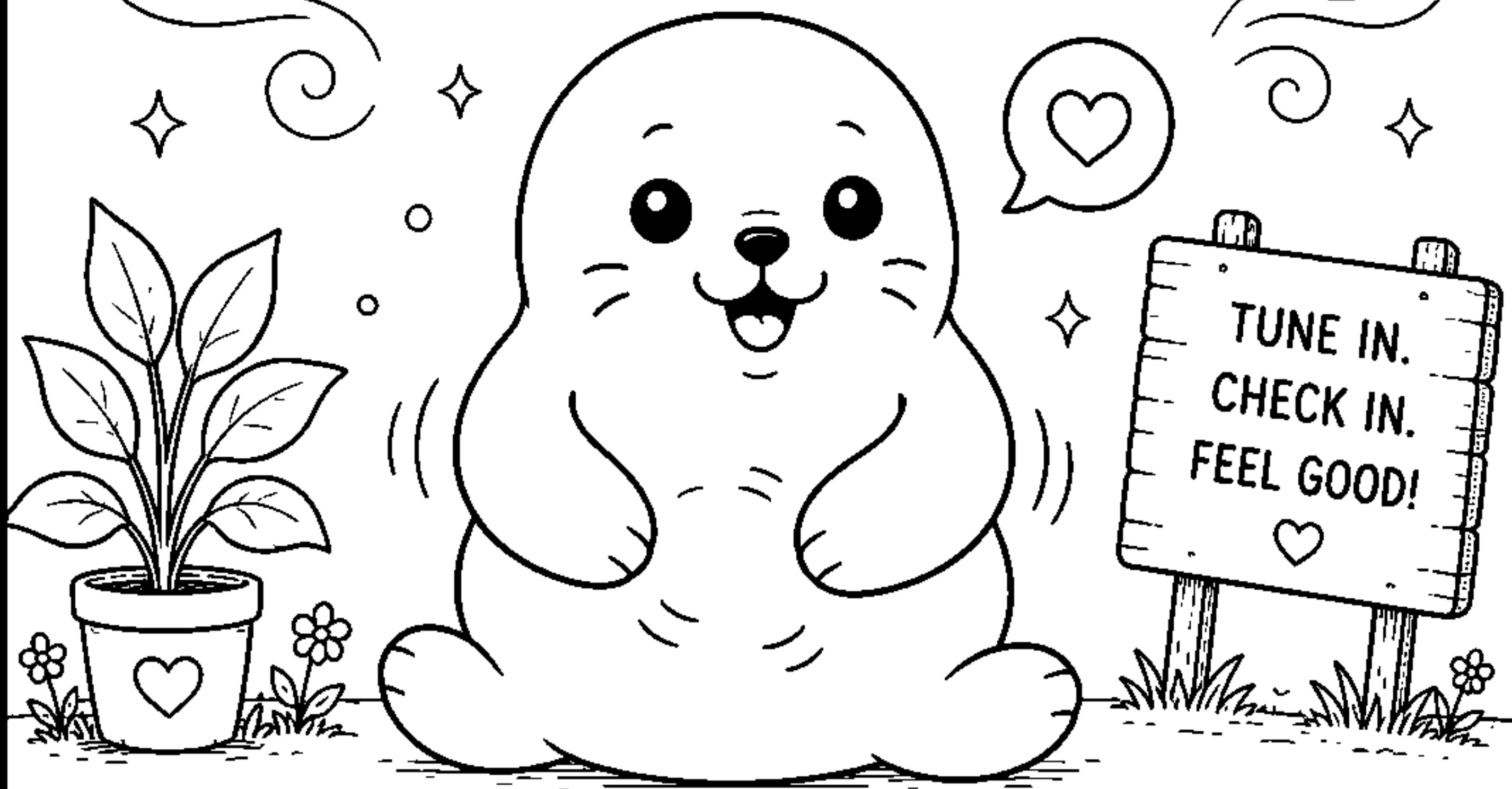


MAKE PEACE,
BE KIND,
BE GENTLE.

washing dishes by hand: (waterbending) creates
relaxing tactile sensations for the hands, which
contain a large number of nerve endings.
Like a bubble bath for the hands! :)

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MAKE PEACE,
BE KIND,
BE GENTLE.



rubbing your tummy (energy-bending):
it feels good for some reason! :)

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A SMILE
IS CONTAGIOUS
KINDNESS!

SMILE
BIG.
SHARE
HAPPINESS.

SMILING (ENERGY-BENDING):

SMILING
IN THE MIRROR

LOVE YOURSELF
FIRST!

SMILING
AT OTHERS

A LITTLE SMILE
GOES A LONG WAY!

SMILING
WITH OTHERS

TOGETHER,
WE SHINE!

REFLECTING BACK!
IT MAKES EVERYONE HAPPY :))

PRACTICE
5 TIMES
A DAY
TO START :))

TRY IT!

- ☆ MORNING SMILE
- ☆ MIDDAY SMILE
- ☆ AFTERNOON SMILE
- ☆ EVENING SMILE
- ☆ BEFORE BED SMILE

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PLANT POWER
FUELS KINDNESS
IN BODY & MIND

CALM MIND,
KIND HEART,
CLEAR FOCUS

GUT-BRAIN
AXIS

MICROBIOME HEROES!

GOOD BACTERIA,
HAPPY YOU!

I YAM WHAT
I YAM!

SPINACH

AOJIRU
POWDER

GREEN GOODNESS
EVERY DAY!

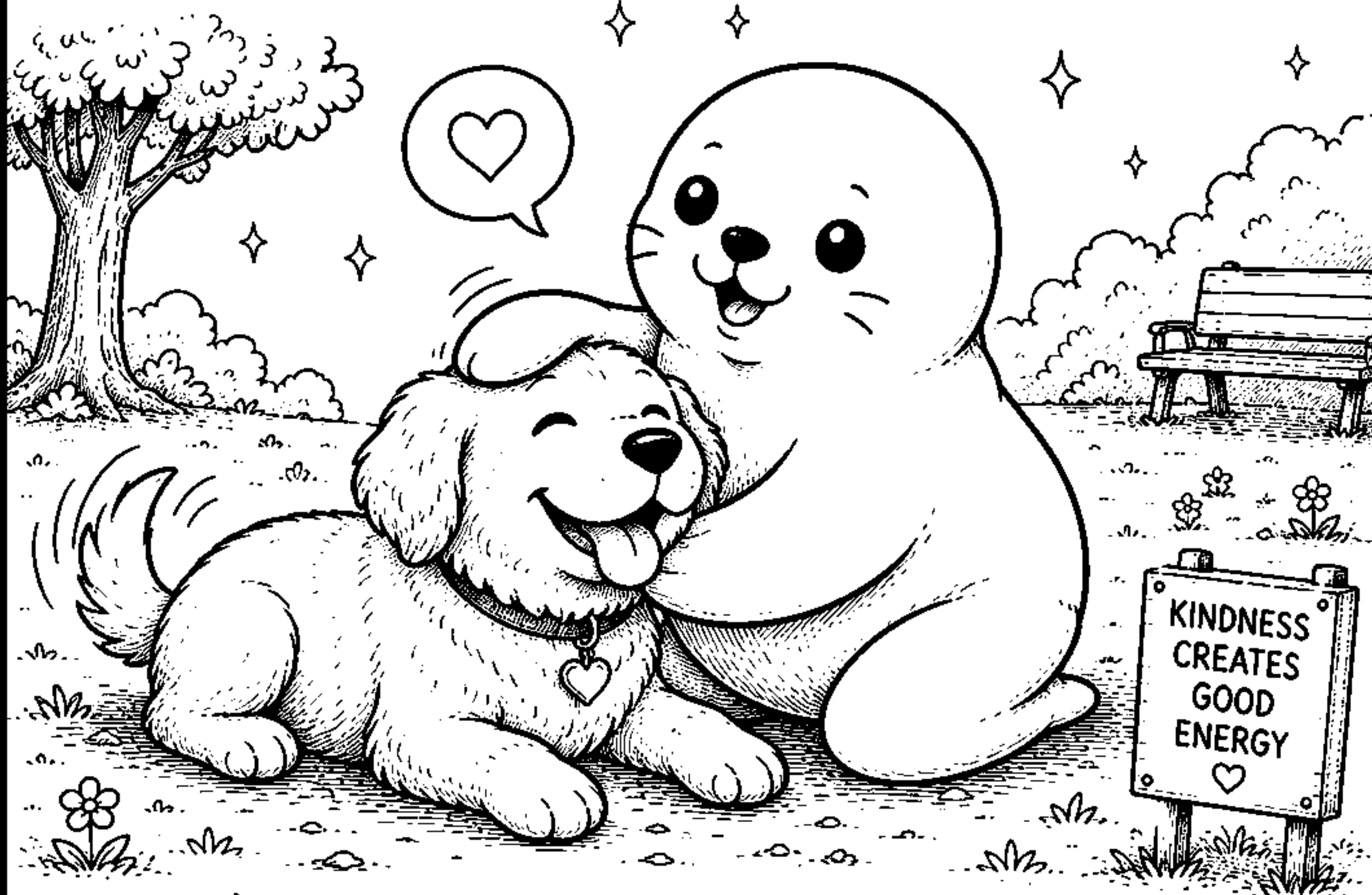
NOURISH
YOUR BODY.
GROW
COMPASSION.
SHARE
BENEVOLENCE.

MAKE PEACE, BE KIND, BE GENTLE.

eating fruits, vegetables, tea, and leaves (plant-bending):
nourishes the microbiome and hence the gut-brain axis
in favor of green benevolence and compassion

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MAKE PEACE,
BE KIND,
BE GENTLE.

petting a dog
(energy-bending):
it's so much fun!



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HYDRATE
YOUR BODY,
SOOTHE YOUR
MIND.

WATER IS
LIFE.
KINDNESS
FLOWS.



MAKE PEACE,
BE KIND,
BE GENTLE.

waterbending:
drinking water and helping
everyone stay hydrated—
cool, calm, and collected :)



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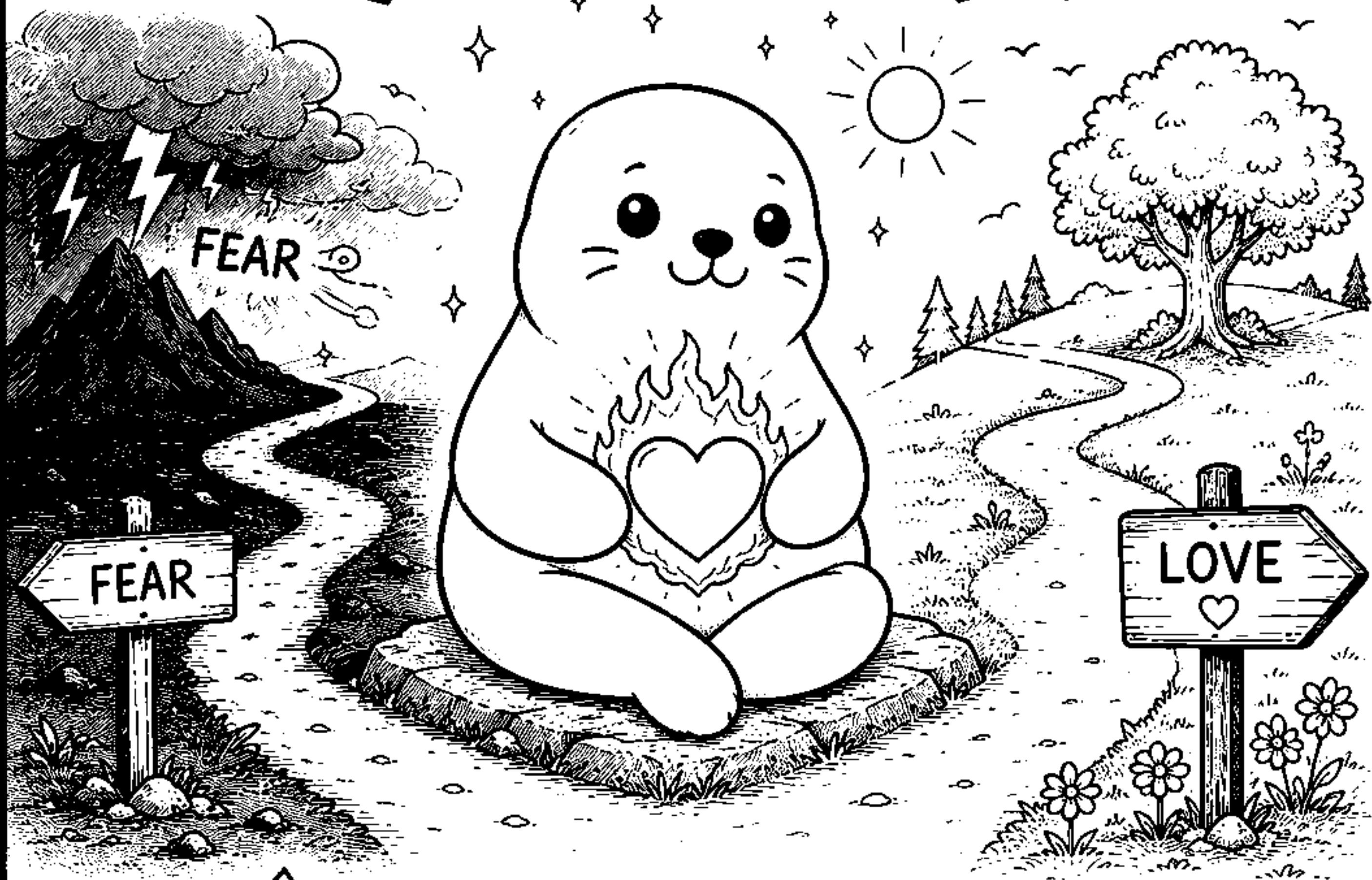


firebending:
using the flashlight on your
iPhone to light a pathway
in the dark



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MAKE PEACE,
BE KIND,
BE GENTLE.

firebending:
choosing pure, unconditional,
familial love over fear
when feeling nervous about
a decision in life



Gentle Word of the Day:

ardent

= like a studious, compassionate aardvark energetically listening to his teacher and avoiding the pitfalls of his training.

LISTEN
LEARN
CARE
PRACTICE
DO GOOD
♡

Be mindful,
be ardent,
be kind.
♡

Small
acts make a
brighter
world!
♡

**MAKE PEACE,
BE KIND, BE GENTLE.**
♡

Gentle Word of the Day:

ardent

= like a studious, compassionate aardvark energetically listening to her teacher and avoiding the pitfalls of her training.



Listen
Learn
Practice
Be Kind
Do Good



You're
doing great!
Keep being
ardent!



MINDFULNESS

COMPASSION

PATIENCE

PROGRESS



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Small
acts make a
brighter
world



MAKE PEACE, BE KIND, BE GENTLE.



Gentle Word of the Day:

agglomerate

= to come together as
a more excellent whole

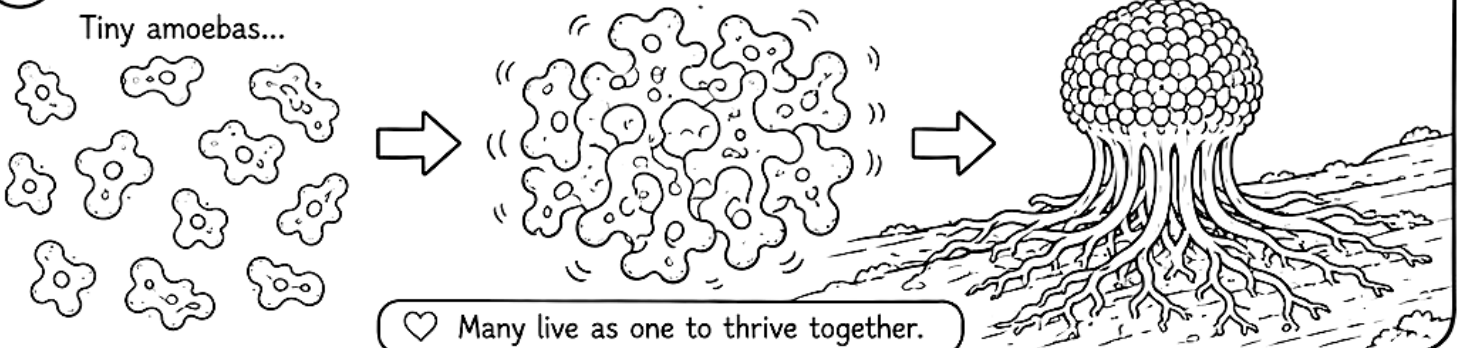
Many small parts. One greater whole.
Together, we become more excellent.

1 AMOEBA AGGLOMERATION

Tiny amoebas...

...come together...

...to form a fruiting body!

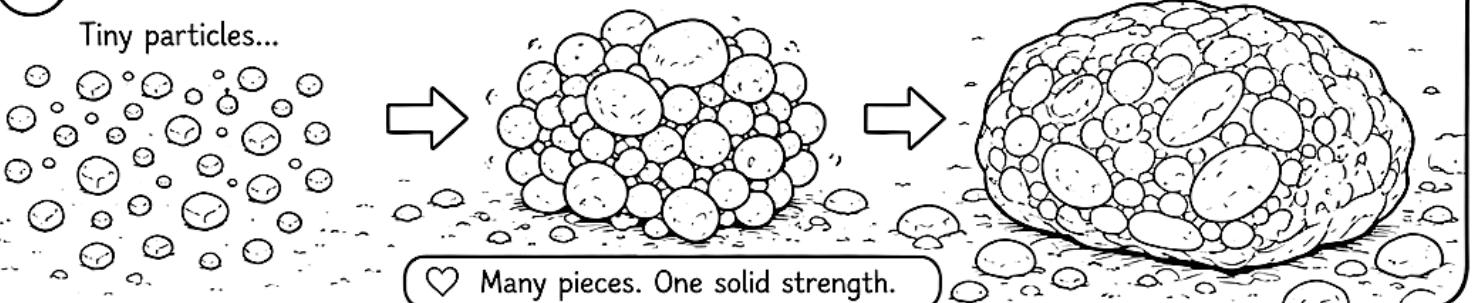


2 ROCK AGGLOMERATION

Tiny particles...

...stick together...

...to form a strong rock!

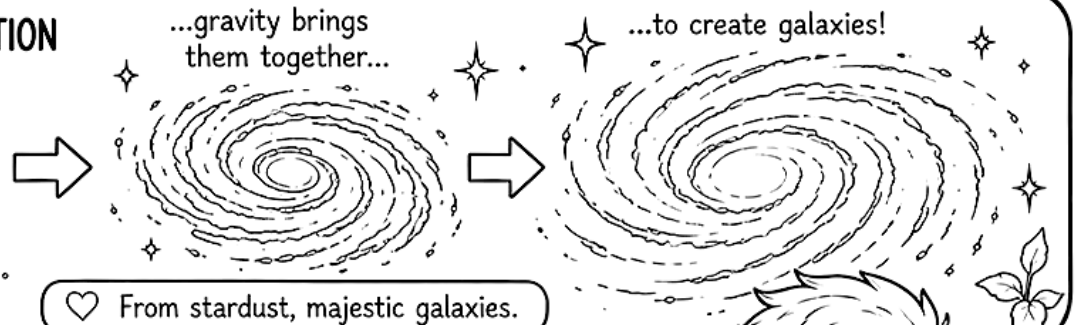


3 COSMIC AGGLOMERATION

Tiny stars and dust...

...gravity brings
them together...

...to create galaxies!



When we agglomerate—
we connect, collaborate, and create
something more excellent
than we could ever be alone.





Helping the driver drive (energy-bending):

Contributing mindfulness as a passenger
to the observed road to help
protect the entire car



Mentally spreading lovingkindness

to every car you see in traffic:

an awesome counting-cars road trip game



HOW TO PLAY

1. Look at each car.
2. Send a kind wish.
3. Count it with a smile.

See how many you can
count with love!

KIND WISH IDEAS

- May you be safe.
- May you be happy.
- May you be healthy.
- May you be peaceful.
- May you arrive safely.

LOVE REMINDERS

We're all on the road together.
A little kindness goes
a long, long way.

COUNTING-CARS TRACKER



Cars



Trucks



Vans



Motorcycles



Buses



RVs / Campers



Others



Every wish is a seed of kindness. Thank you for helping make the roads a kinder place.

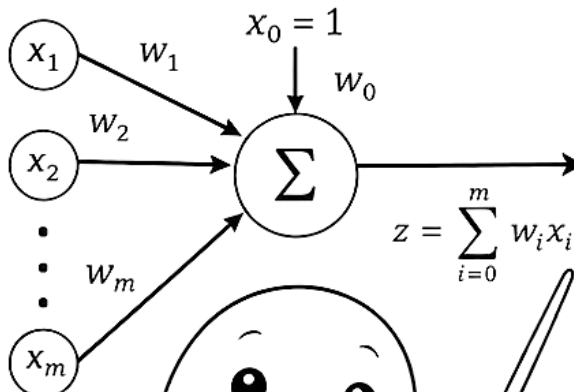
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You see clues...

...and make sense of the world.

...you weigh what matters...



Gentle Word of the Day:

perceptron

= a universal concept among humans, artificial intelligence (AI), and adroit insight (AI) about interpreting life; in the most constructive + conducive sense,

"What You See is What You Get"

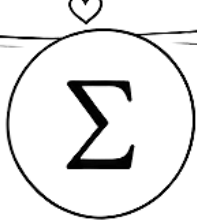
What You See is What You Get.



You observe



You weigh



You sum

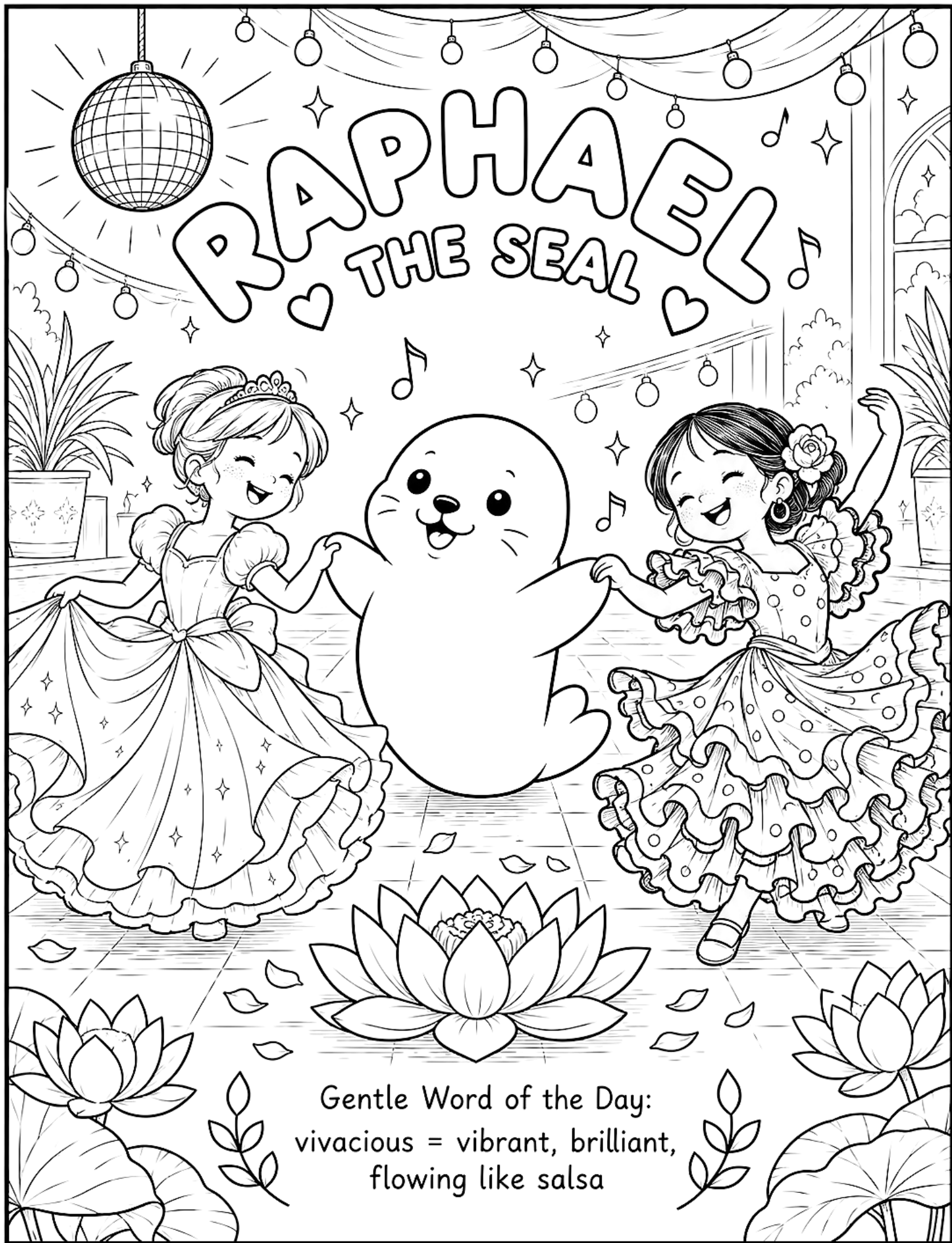


You understand



You act with kindness

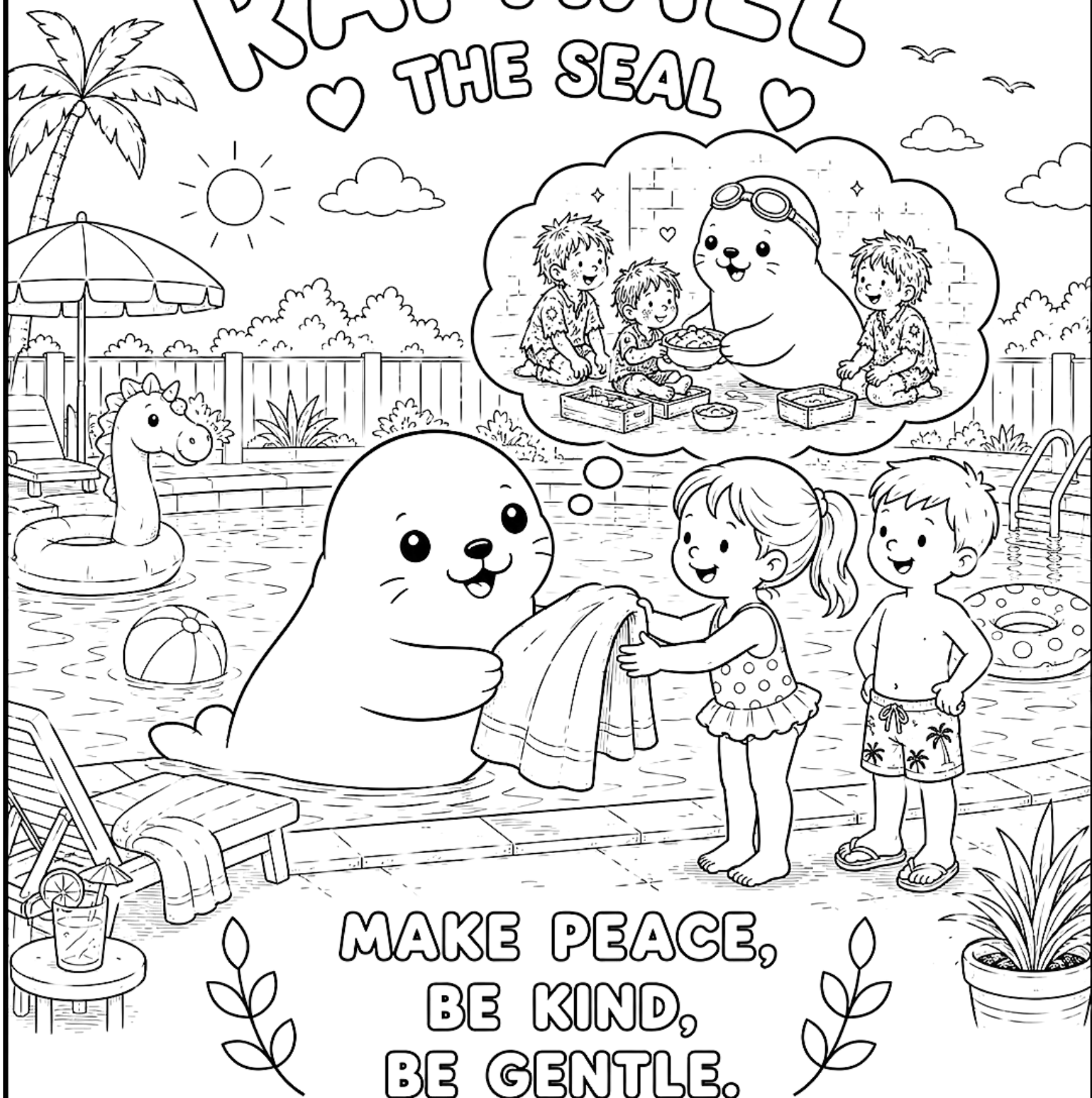
♡ Perceptron reminds us: every moment, we take in the world, make meaning, and choose how to respond. Let's choose wisely. ♡



Gentle Word of the Day:
vivacious = vibrant, brilliant,
flowing like salsa

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MAKE PEACE,
BE KIND,
BE GENTLE.

Gentle Word of the Day:

compassion = recognizing the suffering of all living beings,
and trying your best to help reduce this suffering

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MAKE PEACE,
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Gentle Word of the Day:

groceries = food we collect at the market once a week
as ingredients to feed ourselves and our family

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♥ MAKE PEACE,
BE KIND, BE GENTLE. ♥

Gentle Word of the Day:

♥ ornate = as graceful and peaceful
as ornaments on holiday ♥

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MAKE PEACE,
BE KIND,
BE GENTLE.

Gentle Word of the Day:

♥ **whimsy and mirth** ♥

= what your awesome professor says at the end of each lecture to remind you to slow down and enjoy the journey of life joyfully!

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Gentle Word of the Day:

immaculate = TLC (tender loving care) cleaning your family's
modern marble kitchen countertop after eating some high ly modern
mac and cheese :)