STOP doing
LOOK inward
BE aware
BE curious
ACT wisely
HEAR concerns
SENSE freshly
LISTEN patiently
STOP striving
BE attuned
STEP beyond
BE open
FEEL into
SEEK truth
SEE beyond
STOP doubting
LOOK anew
HOLD steady
LISTEN silently
STOP assuming
ACT wisely
LISTEN silently
HOLD steady
STOP assuming
STOP doing
LOOK anew
STEP beyond
BE aware
LOOK inward
BE attuned
FEEL into
STOP striving
SEEK truth
SEE beyond
STOP doubting
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