Count 1, 2, 3, 4, 5, 6, 7, 8, 9, 10

Breathe in – Breathe out – Breathe in – Breathe out

"Quietus, my friend."

Turn page until calm

Turn page until calm

Turn page until calm

Turn page until calm

Count 1, 2, 3, 4, 5, 6, 7, 8, 9, 10