



**4-HORSEMEN
OF
TRADING
APOCALYPSE**

**FEAR OF LOSING
MODULE 5.4
TRANSCRIPT**

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RightMindTrader.com Academy

4-Horsemen of Trading Apocalypse Module 5 Session 4

Fear of Losing – Deep-Mind Techniques

Welcome to Session 4 of Module 5 of your 4-Horsemen of Trading Apocalypse program where we continue our campaign against your Pale Rider of the fear of losing with the final set of powerful techniques to complete your deep-mind fear-busting toolkit.

I'm Les Meehan, founder of the RightMindTrader.com Academy and in this training session I want to teach you three more powerful 'weapons of light' and an advanced breathing method to help you win the war against your 4-Horsemen of Trading Apocalypse.

The breathing technique and *two* of the three deep-mind techniques I will teach you in this session are also ideal for using during *real-time trading* as preparation for trading and for rapid resolution of unwanted emotional reactions.

But before we get into the practical techniques I want to take a few minutes to explore a topic that I have found to be quite common amongst my private trading coaching clients and which may well be stopping you from reaching your true trading profit potential.

Money Glass Ceiling

This is another of the 'profit killers' used by the 4-Horsemen at a deep unconscious level and is what I refer to as the *money glass ceiling*.

The concept of a 'glass ceiling' refers to an 'invisible limit' or 'unwritten restriction' placed on people trying to achieve a goal. These 'glass ceilings' can be found in many different scenarios for example, many people will have encountered the 'glass ceiling' in action in the corporate world where it is usually used as a barrier to prevent people advancing up the promotion ladder. Breaking through the corporate glass ceiling has always been one of the big challenges facing many career minded people.

However, glass ceilings are not confined to the corporate world and in fact are more commonly found inside your own mind as a psychological construct whose function is to limit your success.

The commonest 'psychological glass ceiling' usually involves *money* and your own assessment of your *self-worth*.

I have seen this psychological ‘money glass ceiling’ and how it limits financial potential many times when training global sales teams for major corporations. You may already know that the world of sales has to deal with a huge turn-over of people all of the time and many potentially successful sales people fail to deliver, and then leave the sales world disillusioned, not because they don’t know how to sell but because they don’t know they have the internal ‘money glass ceiling’ limiting their sales figures.

Research has shown a link between the maximum amount of money a person earns and their perceived monetary value of their own self-worth. This means that at some deep level you earn what you think you are worth; no more and no less.

The research also found that a significant determinant of the actual amount of a person’s ‘money glass ceiling’ and a factor underpinning the person’s self-worth was ‘negative’ comments made by teachers in school reports; especially during the teenage years.

So how does this ‘money glass ceiling’ limit success?

Simple, the research found that people will ‘self-sabotage’ their money earning activities to maintain their maximum earnings amount. If they were below their money glass ceiling they would make greater effort to find ways to increase their earnings i.e. through promotion, more sales commissions, productivity bonuses, a second job, etc. If their earnings went above this self-imposed limit, they would find ways to bring their earnings down again i.e. becoming ill (which is very common), reducing productivity, or even changing jobs or getting fired.

These unconscious self-sabotage activities will happen without the person knowing why they do them or that they are fulfilling their financial self-worth limits.

Let’s take a moment now to consider the following questions (you can use your workbook for this exercise):

1. WHAT IS YOUR AVERAGE INCOME?

What amount is the average income you have earned over the last 5 years?

What you are looking for here is the ‘money glass ceiling’ figure that you may have applied throughout your working life.

Notice I said ‘average income’ so the times when it was higher or lower are factored in.

The answer to this question may indicate your unconscious earnings limit; your 'money glass ceiling' figure.

The next question is...

2. WHAT IS A 'COMFORTABLE' MONTHLY INCOME?

What is a comfortable monthly income for you?

What monthly earnings figure feels comfortable to you; write a specific amount in your workbook.

The third question is...

3. WHAT MONTHLY AMOUNT IS UNCOMFORTABLE?

What monthly amount makes you feel slightly uncomfortable? Write this specific amount in your workbook.

When doing this use your ITM, your Internal Truth Mechanism, to test your response to this question.

If you feel any 'unease' in your stomach when you mention a figure it is likely that this figure is above your monthly 'money glass ceiling'.

Somewhere between the figures from questions 2 and 3 will be your unconscious 'money glass ceiling' figure; the figure that gets the response "Yes, I'd be happy with that." and 'feels' right for you.

Now multiply this 'feels right' monthly figure by 12 to obtain an annual figure and compare it to your average income figure from the first question.

It will be interesting to see if the two figures vary by much because if they only vary by a couple of thousand either way, it may be that you have been unconsciously limiting your earnings potential. Food for thought!

Trading money glass ceiling

Let's turn our attention to your trading and take time to consider whether any 'money glass ceiling' is being used by your Pale Rider to limit your trading financial success.

I assume as a trader you keep a journal of your trades (if you don't I suggest you start right now), so go and take a look at, say, the last 20 winning trades that you actively traded i.e. NOT robot or other fully automatic trades, and check the amount you gained from each trade.

- Is there any pattern to the amounts?

- Do the gains hover around at a similar level?

Now use your journal to look for any pattern where you had a good run of gains and then started losing.

Check the total amount gained at the point where you started losing again? Is there any pattern or consistency around the amount gained?

If there is a pattern to any of these numbers then it may be indicating your Pale Rider is using your 'money glass ceiling' against you and encouraging you to self-sabotage your trades in order to keep you hovering around your unconscious 'comfort number'.

Spinning your wheels

A very common expression in trading is 'spinning your wheels' and it is usually applied to that group of traders whom 'make a bit, then lose a bit; make a bit, then lose a bit' as their normal trading modus operandi.

Well now you know there may be an unconscious 'money glass ceiling' at work in the depths of their mind being used as a 'dark weapon' by one or other of their 4-Horsemen.

Deep-Mind Techniques

OK, let me now turn our attention to the practical deep-mind techniques for this module.

Before I go into the practical deep-mind techniques in this session, I want to teach you an advanced breathing exercise first since we know from other modules in this programme that breathing is an important component of the fear and stress response and because I want you to have as much value from this programme as possible.

Like the techniques to follow, this breathing technique will be useful to have in your trading toolkit for helping to control changes to your physiology since it can be applied at any time during your trading.

Reverse Breathing

The technique is called *reverse breathing*.

For most people regular deep breathing involves *expanding your stomach* as you inhale and letting it *shrink again* when you exhale.

In reverse breathing, you do the opposite...

1. As you inhale you shrink your belly but try not to expand your chest too much.
2. As you exhale you expand your belly and again minimise the movement of the chest.

Reverse breathing is how babies breathe while in the womb and an additional benefit besides regulating your breathing is that because it is the opposite of what is 'normal' in breathing you will have to focus your mind and concentrate to do it.

This method of breathing uses a form of *mindfulness* and helps to change what is happening in your mind since you need to use your mind to do the focusing and maintain concentration to obtain a regular and controlled rhythm.

The big problem with most negative emotional reactions, and one reason they feel bad, is that they disrupt your mind-body balance. One of the goals of reverse breathing, and which will happen with practice, is to make you become aware of and control the various changes of your body so you can deliberately bring your mind-body balance back normal.

OK, now you have a new way to breathe to add to your armoury, let's turn to the first of the three deep-mind techniques I want you to learn and use.

#1 EFT – Emotional Freedom Techniques

The first powerful deep-mind technique then for module 5 is called *EFT Tapping*.

EFT stands for 'Emotional Freedom Techniques' and was developed by Gary Craig back in the 1990s.

Today it is commonly called simply 'tapping' as many people have added things to it but honestly, I haven't seen anything different enough yet to deviate from the traditional system devised by Gary Craig; and I use the technique extensively with almost all of my private coaching clients.

In fact, it may help for you to know I have used EFT for several years in my wider therapy work to successfully resolve not only fear-based issues such as discussed throughout this programme, but also to help people with deeply traumatic issues such as: phobias, victims of child abuse, rape victims, car accident victims (PTSD), as well as a multitude of other psychological issues messing up people's work and private lives.

I guess you can tell this is a favoured technique and I use it on myself extensively as well as with my private coaching clients.

EFT is a form of acupuncture, the 2000 plus year old Chinese healing system that utilises your own body's healing mechanism, but *without the use of needles*, and is used to resolve emotional issues and negative experiences: past, present and future i.e. anxiety about future events!

We all know that the body can heal itself most of the time; you simply have to notice how a cut finger heals gradually over a few days to see this healing mechanism in action. It makes sense then that our mind-body would also have a similar mechanism for dealing with psychological ailments and EFT helps to literally 'tap into' this mechanism.

The basic premise is that:

“The cause of all negative emotion is a disruption
in your body's natural energy system”

And this is also the foundation for traditional acupuncture.

What the EFT tapping aims to do is remove that disruption and return you to a balanced physiological state and by so doing it can also permanently resolve the original cause of the emotional disruption.

After using EFT, my clients are able to think about even extreme traumatic events without feeling any negative reaction at all; as you can imagine this permanently changes their lives for the better!

This tapping technique is deceptively simple and many people struggle to accept how something as simple as tapping on points on your body can resolve emotional issues and the good news is, you don't have to believe in it for it to work!

It will work anyway!

The important thing is to trust the process and use it so you can enjoy the many benefits it can bring. Just imagine if something that has been negatively affecting you for years could be completely removed, how that could transform your life, well when used properly EFT can do that.

Although EFT tapping can be used simply as a general de-stressor to help you relax and unwind, it's real power comes from being *as specific as possible* about both the *exact event* and the *negative emotion* the event has connected to it.

You will remember from module 3 session 4 that the memory of an experience also contains the emotion from the experience and we can represent this with a simple diagram (Figure 1).

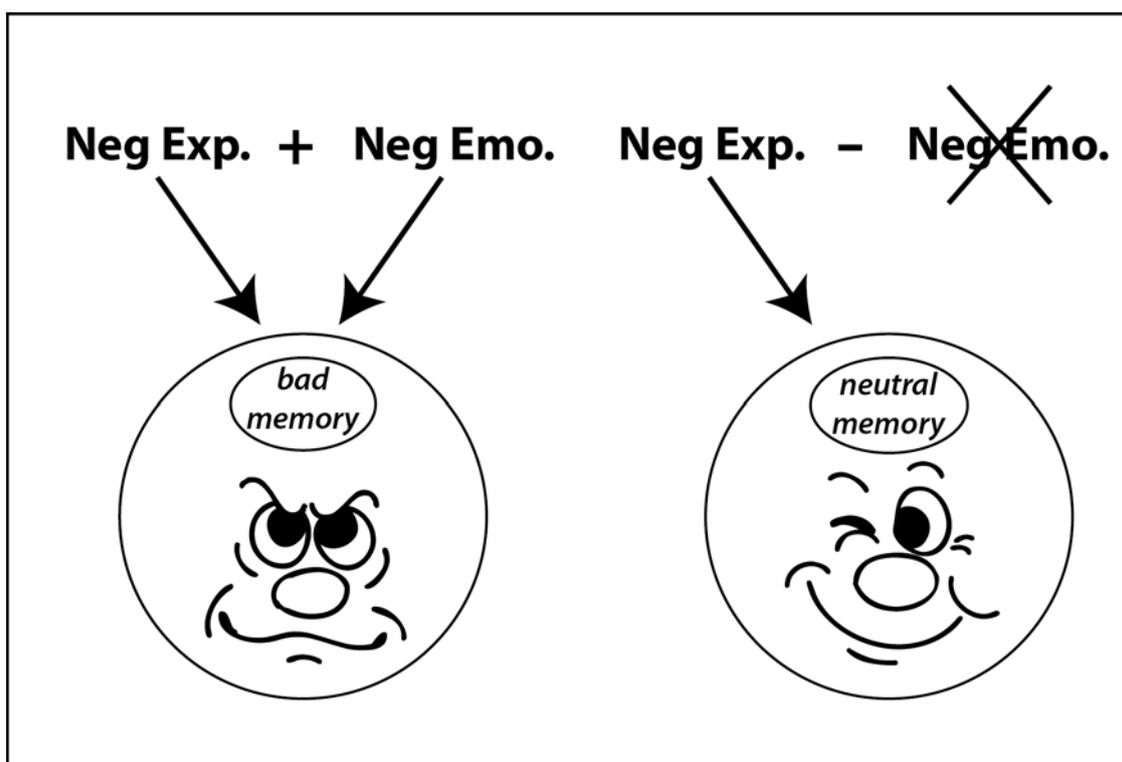


Figure 1 Negative experience resolved with EFT.

As I said, when you have a negative experience the negative emotional component also goes into your memory and they stay connected unless something cuts the connection.

This is what EFT Tapping aims to do, cut the emotional link to the event or experience.

Once this is done you will be able to clearly remember the same event but without also having any negative emotional reaction; which means the event no longer has any emotional hold or power over you and is useless as a dark weapon for your Pale Rider or his brethren 4-Horsemen.

The EFT Process

OK, enough of the background let me walk you through the EFT process step by simple step.

Step 1 - Identify a specific event

For example, a specific negatively charged losing trade or a trading event that left you feeling negative about it.

Once you have a specific event in mind...

Step 2 - Emotional Check-In

Step 2 is to identify the specific emotion or specific reaction i.e. the symptom, by doing an 'emotional check-in' as described in Module 2 session 4.

Really relive that specific negative experience and connect with the emotional response.

Record the emotional intensity number, the SUD number, for later reference to test any changes.

Next, we use the EFT Tapping sequence targeted at this specific event and associated emotion.

Step 3 - EFT Tapping Routine

The sequence of points you tap on starts with...

a) KC - karate chop edge of hand

The edge of the hand below the little finger commonly called the karate chop or KC point.

When you tap use one or more fingers and tap just enough to feel a gentle vibration and tap 5-10 times on each of the points.

We begin then with tapping the side of one hand with the fingers of the other hand, you can use either hand, and form *verbal statements* that *combine the emotional reaction and the event that causes it*.

So, for example if working on a losing trade, you might say something like:

"Even though, I lost money on my first trade at 9:15am today and it makes me feel sick in my stomach when I think about it, I deeply accept myself anyway."

This phrase has three key parts to it:

- 1) It identifies a very specific event
- 2) It identifies the emotional reaction
- 3) It includes a 'self-acceptance' part which helps you to release any unconscious 'blame' you might have attached to yourself about what happened.

Once you have 'setup' the process in this way we run through the following sequence repeating a simplified version of the phrase:

b) EB - eyebrow

So, use one fingertip (I usually use my second finger but the index finger is fine too) and gently tap 5-10 times on the point where your eyebrow begins just off centre from the top of your nose and at the same time say something like:

"This sick feeling in my stomach about that 9:15 losing trade."

Next you tap on...

c) SE – side of the eye

The side of your eye on the hard bone and not the soft temple part.

Tap gently and repeat the same shortened phrase "this sick feeling in my stomach about that 9:15 losing trade".

Continue the same way as you tap the rest of the points which are...

d) UE – under the eye (in the centre on the hard bone)

e) UN – under the nose

f) UM – under the mouth (often called the CH or chin point)

g) CB – under the collar bone (soft spot 4-5cms from centre of chest)

h) SR – side of the ribs with flat of hand (this is usually where a ladies bra strap would be)

and finally, return to...

i) KC – karate chop side of hand

Each time you change tapping points, repeat the phrase you are using.

A Complete EFT Round

So, a complete round would go something like this...

- Karate chop point - "Even though I have this sick feeling in my stomach about that 9:15 losing trade, I deeply accept myself anyway"
- Eyebrow - "This sick feeling in my stomach about that 9:15 losing trade"
- Side of eye - "This sick feeling in my stomach about that 9:15 losing trade"
- Under eye - "This sick feeling in my stomach about that 9:15 losing trade"
- Under nose - "This sick feeling in my stomach about that 9:15 losing trade"
- Under mouth - "This sick feeling in my stomach about that 9:15 losing trade"

- Under collar bone - "This sick feeling in my stomach about that 9:15 losing trade"
- Side of ribs - "This sick feeling in my stomach about that 9:15 losing trade"
- Karate chop - "This sick feeling in my stomach about that 9:15 losing trade"

This sequence from hand, to face, to chest and back to the hand is known as *a round of tapping* and it makes it easy to remember if you recognise that it is circular from the hand to the face and down, then back to the hand.

Now don't worry if you occasionally miss the odd point or get out of sequence, just keep going and complete the round.

The order of the points is simply to make it easy to remember and do, and it will only take you about 5 minutes to remember the tapping routine.

Also, you can play around with the phrases you use to test if different words are more effective for you. For example, I could have said something like:

"This hollow gut feeling about that 9:15 blunder"

Or even mix them up during the round.

The important thing is to be *targeting your words at the emotion or physical reaction and the specific event*.

OK, once you have done the first round...

Step 4 - Emotional Check-In

Step 4 is to do another emotional check-in to test any changes to the feelings or physical sensation.

Record the new SUD number and if it is higher than 1 or 2 then...

Step 5 - Repeat steps 3 & 4

Repeat steps 3 and 4 doing more rounds of tapping and checking the SUD intensity after each round.

The ideal is to do as many rounds of tapping as it needs to get the SUD number to 0 that is you have absolutely no emotional reaction to the event at all.

You may notice that as you 'tap away' one emotion or reaction that a different one can pop up. This is normal and usually indicates the first emotion is no longer an issue, so you start again with the new emotion and resolve that.

This is like cutting the table legs from under the main issue. The table top is 'the event' and the emotional reactions are 'the legs' supporting it. As you cut away each leg that appears you weaken the issue until eventually the table top collapses because all of the associated supporting emotional legs have been 'tapped away' and resolved.

Continue to repeat the rounds of tapping until you have removed all emotional reaction from the memory or event.

If at any time you find the SUD number is 'stuck', it usually indicates you are targeting the wrong emotion or symptom and you then need to really examine the event in your mind to try and identify the real emotional aspect and then target that. This is known in EFT as 'detective work', the *search for the real core issues and emotions*.

Clean out the closet

It is quite likely that you have quite a few other negative trading events stored in your mind, so now find a different event to work on and resolve that, and so on.

The tapping process is ideal for real-time trading; for example when you are waiting for a trade to do something and start to feel bored or some other emotion simply start to 'tap it away' using the EFT sequence and relevant phrases.

I encourage you to please make this EFT tapping a part of your daily trading experiences - it is so easy and effective and you will benefit!

Now for the second of the deep-mind techniques...

#2 Collapsing Anchors

Way back at the start of this programme in session 1 of the foundation module I introduced you to 'triggers and anchors' - what they are and how they differ. And in module 4 I taught you the powerful 'trigger reprogramming' technique to change the behaviours assigned to specific triggers.

It is quite likely that during the time you have been trading various anchors will have been created without you knowing and that your Pale Rider will have been using these against you as part of his fear of losing tactics.

Since anchors are about thoughts and feelings, you can expect anchors to have been created during the trading events that contained the most intense emotional reactions for you. Certainly, negative trading events such as the

experience of a losing trade usually contain intense negative emotions and these will create negative anchors.

Any negative anchor will be connected to these negative emotional responses and when you find yourself in a similar trading event your Pale Rider will fire the anchor and cause you to have the *same negative feelings every time* unless you do something about it with the next technique I am about to teach you.

This powerful deep-mind technique is designed to remove negative anchors so please follow along with this 5-Step guide for collapsing anchors.

Just as a reminder, an anchor is something you have associated with specific thoughts and feelings. For example, while eating a plate of pasta it might bring back to the person happy thoughts and feelings of the great holiday in Italy where they ate lots of pasta. The pasta is the 'anchor' for the associated happy thoughts and feelings of Italy.

If you did the exercises for module 1, you will know for yourself how anchors work and in this technique we will use anchors related to your trading.

In your trading it is quite likely that some or all of your more significant losing trades still create negative thoughts and feelings for you. If so, it means the thoughts and feelings are 'anchored' to the individual losing trade.

In the same way, it is likely that your most successful trades have positive thoughts and feelings anchored to them.

We will use both types of trade, losers and winners, in this technique so...

Step 1 - Find and anchor losing trades

Step 1 is to find a losing trade that creates negative thoughts and feelings and make a physical (kinaesthetic) anchor for this trade.

Think of a significant losing trade that lost because your fear-based thoughts and feelings blocked you from taking the best action.

a) CREATE ANCHOR ON LEFT BICEP

Now we want to anchor this 'losing trade' state to your left bicep.

Picture the losing trade very clearly in your mind, feel the feelings you associated with it at the time, and listen to any sounds associated with it.

As soon as it is really really clear, use just the tip of your right index finger and press it on your left bicep for a few seconds,

enough to feel the pressure as you maintain that clear mental image of the losing trade.

Now release the pressure from your bicep.

What this does is create a physical anchor for the 'losing trade state' by adding the sensation of pressure to the mental representation.

Your unconscious mind will connect the state and the new sensation on your bicep together.

b) ADD OTHER LOSING TRADES

Next think of another similar losing trade and again relive it in your mind to call up the physiological state.

Again, use your right index finger to anchor this second state to the exact same place as before on your left bicep.

Perform the same routine of seeing it, feeling it, and hearing it with any other similar losing trades you can think of and stack the anchors in the same position on your left bicep.

Remember to release the pressure on your bicep between each one.

Step 2 - Add desire & frustration

Think now of the desire to act and the frustration you felt at not doing what was necessary during those losing trades.

As you clearly picture in your mind how that desire to act and the associated frustration felt, again use your right index finger to anchor this state to your left bicep.

You now have several 'losing trade' physiological states and the 'frustrated desire to act' state anchored to your left bicep.

OK, this is anchor number 1 and we do a similar process to create a second anchor so...

Step 3 - Anchor positive action event

Now find an example when you actually did go for something you wanted and create a new anchor for this state.

Now this doesn't need to be related to trading; any event where you took positive action to go for what you wanted will work.

You may have to dig deep and it may not seem significant to you now, but there was a time in your life when you did that.

As usual, make a large picture in your mind, see what you saw, hear what you heard and feel what you felt.

Make the picture into a movie and clearly see yourself in the movie going for whatever it was.

Let the feeling of satisfaction at getting what you wanted flood through you; really feel that good feeling in your whole body.

As you feel that good feeling use the index finger of your left hand and press it on your right bicep to anchor the state.

Note that we are creating anchor number 2 that anchors the positive state, in a different place than the first anchor; this is important!

Now we want to check the anchors are ready.

Step 4 - Test the anchors

If the anchors you have created are working, when you press your finger on each you should notice that the associated negative or positive feelings come back.

First break state and clear your mind by counting from 1 to 10 very quickly.

Now fire the first anchor by pressing with your right index finger on the anchor spot on your left bicep and hold for a moment or two.

If you feel the negative feelings from the losing trades coming back and/or the frustration from lack of action then the anchor is working.

Now break state again by quickly counting 1 to 10.

Test the second anchor in the same way using your left index finger on your right bicep.

If the 'satisfaction at taking action' feelings come back the anchor is ready.

If either of the anchors aren't working strongly enough repeat steps 1 to 3 until the anchors are really 'charged up' before moving on to the next step.

When both anchors are working well, you have completed the preparation stages of the collapsing anchors technique and are ready for...

Step 5 - Collapse the anchors

The next stage is to fire the first anchor by pressing on your left bicep with your right index finger in the exact same spot and, as

you do this, think of the times when you blocked yourself from taking action during losing trades.

As that negative feeling builds up inside you, also fire the second anchor on your right bicep using your left index finger and hold both anchors together for a moment before releasing the first anchor.

Maintain the pressure on the second anchor for a few seconds before releasing it.

Next fire the first anchor on its own again and hold it until it triggers the feelings of desire and frustration and as the feelings build fire and hold the second anchor.

After a moment release the first anchor and again maintain the second for a few moments.

Repeat this fifth step of the process until you feel a real desire to take action.

This 'collapsing anchors' technique can be used on any anchor you want to remove. Remember that anchors can be created without you being aware of them so try to notice when something during your trading causes you to have a negative response as it may indicate the presence of an anchor that should be dealt with promptly using this technique. If not, your Pale Rider of the fear of losing may well use it against you and cause you to lose money.

#3 Drilling Through the Core

The third and final technique, and which completes your collection of 'deep-mind power tools' for this course, can also be used in real-time during trading. I call this technique *drilling through the core*.

As you have learned throughout this programme and know yourself from experience, when you have an emotional reaction you feel it in your body in some way.

Most people will usually feel the emotion of fear as originating in the stomach, starting with that sick sinking feeling discussed in a previous module, and this 'drilling through the core' technique can be used to disperse that fear-based feeling whenever your 4-Horsemen use it against you.

The technique is quite simple to do but very effective.

Step 1 - The Drilling Machine

Imagine yourself sitting on top of a giant drilling machine pointing toward your fear-feeling.

Really picture in your mind the twisting drill in front of you, see it through your own eyes in an associated way, and then really imagine seeing ahead of you the fear-feeling inside your stomach.

Once you have this picture very clear in your mind step 2 is...

Step 2 – Aim for the Core

Now aim for the core and rocket into that fear-feeling drilling through to reach the very centre.

Notice as you imagine this that the feeling gets blasted away by the powerful giant drilling machine you are sat on as it tears through the feeling.

Step 3 - Go deeper and deeper

Go deeper and deeper into the core of the feeling.

Keep imagining drilling farther and farther into that feeling and see it blasted away by the machine until you *pass through the core* and there is nothing left and you *emerge out the other side into a vast calmness and stillness*.

Enjoy that *calmness and stillness* for as long as you want as you return to your trading.

Wow! This completes the full set of deep-mind techniques contained in this programme and to summarise let me remind you of what this module has taught you.

Summary

First we explored the concept of ‘money glass ceilings’ and how this may be holding you back both in life and in your trading.

Next I taught you the advanced ‘reverse breathing’ technique which can be used for regulating the impact of fear on your breathing to reduce stress levels.

Finally, I taught you the last three deep-mind techniques that complete the ‘emotional power toolkit’ for the programme.

These three techniques are:

- 1) **EFT Tapping** - for rapid relief from intense emotional reactions and resolving deeper negative experiences.
- 2) **Collapsing Anchors** - to get rid of any negative anchors that automatically fire off negative fear-based action stopping reactions especially when in a losing trade.

3) **Drilling through the Core** - which is another method for rapidly resolving negative physical fear reactions.

Throughout this programme I have provided you with a variety of different deep-mind tools that utilise quite varied methods because I realise that 'one suit of clothes' won't fit all traders and some people will connect with, and be more comfortable using, the particular tools that fit them best.

I urge you to ***try every technique at least once or twice*** and then concentrate on the ones that work best for you; there is certainly something for everyone in this collection!

Moving Forward...

OK, this completes your programme and I want to thank you and congratulate you for all of the time and effort you have invested in yourself and your trading during this programme.

This has been an intense journey into your trading fear-based psychology and there is much to learn from each of the modules, so please let me encourage you to *revisit each module several times* to really extract every last ounce of value from them. The great film director Alfred Hitchcock once said you need to watch a great movie at least 5 times to experience everything in it and the same if true of these training modules.

One run through won't be enough to gain maximum benefit for your trading future so please make the most of the programme as you journey forward to the trading success you desire. And as I have said before, to master the collection of powerful deep-mind techniques will require *practice, practice, practice*, so they become intuitive and available the instant you need them.

As with most worthwhile activities, the more you are prepared to put in the more you will benefit and get back.

It just remains for me to say once more...

- **Be PATIENT**
- **Be BOLD**
- **Be VERY DETERMINED**

...to achieve your dreams of being a Right Mind Trader!

"I sincerely wish you all the success you desire and will see you again very soon as your trading success journey continues."

All the best,

Les

'Journeying Farther & Further by Journeying Together!'