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EMPOWERMENT



**Pause, Breathe and Create**  
**Friday at 2 PM Pacific**  
**September 25th 2020: Practicing Presence**  
**Exploring "What If"**

"What if we pause and look around. Without a sound a shared smile will flow for miles. You immerse yourself in nature's beautiful colorful bounty. You feel a spark of appreciation in your heart for the simple way it is just there." "What if we pause and look around because you really care. You pick up something dropped and out of place and you put it away somewhere. You hear the chirp of a bird in a tree even when it cannot be seen. You feel a spark of appreciation in your heart for the simple way it is just there." "What if we pause and everyone expresses a thought of joy. Where does

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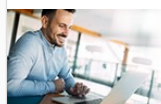
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