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EMPOWERMENT



**Pause, Breathe and Create**  
**Friday at 2 PM Pacific**  
**October 16th 2020: Practicing Presence Being the Light**

"As you embrace each day, approach it with your inner light and all of your senses savoring it like it is a delicious pie. As you slice up your daily time, keep a slice of joy near-by." dLee Our daily time can start out with good intentions and then quickly get complicated if we are not practicing presence as we move along with our multiple layers of to-do items. It can feel like a daunting task to always be present with our own inner light and being called on to help others along the way. Offering hope, kindness and empathy can help others regain their own inner strength for their light to

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