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EMPOWERMENT



Pause, Breathe and Create
Friday at 2 PM Pacific

**June 11th 2021: Encore Small Powerful Words -
Pause and Practice Patience**

How do you feel when required to wait unexpectedly for something or someone and you did not allow yourself time to have to do this? Sometimes different expressive emotional words erupt from deep inside ourselves like a volcano of hot lava. And like hot lava, this uncontrolled flow of impatience can have a negative effect in all areas of our lives. PAUSE IMMEDIATELY – Pause Always Uses Simple Energy. When you take a moment to patiently pause in the moment of anger at the unplanned wait, that decision will save you many moments of regret. You will discover benefits as you apply this to your dail

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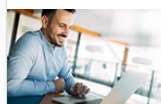
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