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EMPOWERMENT



Pause, Breathe and Create
Friday at 2 PM Pacific

**October 22nd 2021: Activating Mindful Presence
with an Attitude of Gratitude**

"I can't change the destination of the wind, but I can adjust my sails to always reach my destination." ~Jimmy Dean Our personal design assignment for ourselves is to have focused targets and goals, a strategic process and a way to get where we want to go in our lives. Although we are all connected, with similar energy systems and structures, our personal design assignment is individually Connecting Our Divine Essences. Mindful components include being present with all of our senses, having perseverance, awareness, non-judgment, and an attitude of gratitude. There are a variety of tools to

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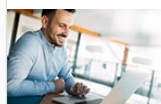
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