

Inspire mindful change

meaning to pause® bracelets gently vibrate every 60 or 90 minutes prompting you to pause, ... reflect on your intentions and reframe your thoughts.

This is one of the best tools for coming to presence that I know of.

- Sarah Susanka, Author of *The Not So Big Life*



Our hand strung beaded bracelets are available in Natural Stone, Gemstones, Sandalwood, Sterling Silver and more.

Enhance your mindfulness with a "Personal Pause" by adding a word, phrase or photo to your bracelet.

Upon checkout, use our thank you code: **SHAMBHALA2015** by March 30th to receive a 20% discount off your purchase.

Have you been *meaning to pause*®?

<http://www.meaningtopause.com>

Helping people make meaningful moments throughout their busy day.

Create a ripple of mindfulness