

# Inspire mindful change

Helping people make  
meaningful moments  
throughout their busy day.



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

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.

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

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

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Upon checkout, use our thank-you code: **MINDFUL 16** by Feb. 27, 2016 to receive a **20% discount** off your purchase.

Have you been meaning to pause®?  
[www.meaningtopause.com](http://www.meaningtopause.com)