

Enhance Your Mindful Practice

If you desire greater mindfulness throughout your day, *meaning to pause*® provides a gentle vibration every 60 or 90 minutes prompting you to redirect your thoughts and focus on what is important to you.

The possibilities are limitless



remember to remember

achieve what matters to you
give your life *meaning to pause*®

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 unisex, hand strung, beaded wrist bands are available in Natural Stone, Gemstones, Sterling Silver and more.

Enhance your mindfulness with a customized bracelet by adding a word, phrase or photo to your bracelet.

Upon checkout, use our thank you code: *MINDFUL2014* by June 30th to receive a 20% discount off your purchase.

<http://www.meaningtopause.com>