

## 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>