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### Pause, Breathe and Create Friday at 2 PM Pacific

Pause, Breathe and Create is about creating a positive perspective to help you experience the inner peace, joy, love and happiness you deserve. Let go of your busy to-do list and practice new ways to pause, reflect, and develop habits to live life with unlimited inspiration! We will explore how using all your senses, words and images can become an oasis of calm. Pause in dLight with discovery and curiosity so you can play, be thankful, and wonder-filled in awe with what our world has to offer.



### Tune in

Friday at 2 PM Pacific Time on  
VoiceAmerica Empowerment  
Channel

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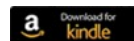
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