

# Pause & Reset

A sacred 60-second reset to shift your energy and bring you back to yourself.

## The 3-Breath Practice to Reconnect

### Breath One: Receive

Inhale deeply through your nose  
Let your belly, ribs, and chest expand  
Hold for a moment at the top  
Exhale softly through your mouth

**Breathe in:** support, ease, permission  
Allow your body soften. Let yourself receive.

### Breath Two: Let It Go

Inhale fully into your belly  
Hold for a moment  
Exhale with sound — a sigh, a release

**Let go of:** tension, proving, pressure  
You don't need to carry it. Let it go.

### Breath Three: Feel Safe In The Present

Inhale slowly and say silently: I am here  
Exhale gently and ground into this moment

This is your pause.  
This is your power.  
Use this powerful breath practice anytime.

**You don't need to hustle your way back to yourself.  
Just breathe.**

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