

Pause with Lumi



Let's practice steadiness:

- ✧ **Breathe slow and deep**
Take a slow, deep breath.
Let your shoulders relax.
- ✧ **Feel your light**
Place your hand over your heart.
Imagine a soft light inside you.
- ✧ **Reflect**
Close your eyes and think
of a calm moment.

_____ I feel calm when... _____

"You have a light inside of you." — Lumi