

DAILY PRACTICE: Pause and Vibe

Before beginning any task, pause. Place a hand on your heart and speak your intention aloud. Let the vibration settle into your body.

AFFIRMATION

As I set intentions, I attune to what is true, knowing that Source will join me in [sympathetic resonance](#).

MYSTIC ECHO

"In the universe there is an immeasurable, indescribable force, which shamans call 'intent', and absolutely everything that exists in the entire cosmos is attached to intent by a connecting link."

- Carlos Castaneda