



soulful moment necklace

This Soulful Moment Necklace was designed just for you to help soothe your emotions, slow your thoughts and calm your nervous system by promoting mindfulness and focusing on your breathing.

*Use the necklace to create space and give yourself the opportunity of **responding** to what is happening instead of **reacting** to it.*

Wear your necklace with the whistle hole facing down, flip the pendant and place it on your bottom lip (the whistle hole will now be facing up), gently exhale. Slowing exhale into the pendant, trying to reduce the noise the whistle makes. Focus on deepening your inhale and exhale, breathing slowly and calmly so the necklace pendant doesn't make any sound.

Questions to ask yourself: *What am I feeling? What am I thinking? What am I wanting? What am I getting?*

see our website for more instructions and inspirational ideas

www.soulfulmoment.com

