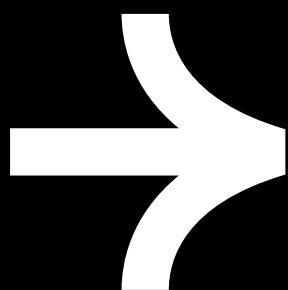


RoMarks™ 101: Return to Center

Sacred Wisdom for
the Soul Journey



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RoMarks™ The Truth Drop

"The Distraction is
the Disease."™

Not every movement
is progress.
Some are just noise
wrapped in urgency.

— RoVolve Wisdom™



RoMarks™ The Centering Check-In™

Tool for
Realignment:

- Place both hands on your heart
- Breathe: In 4 | Hold 4 | Out 6
- Ask yourself: “What’s mine to carry today?”
- Release the rest. 🌀

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RoMarks™ Frequency Reset

RoRoutine™:
Sound Alchemy
for the Soul

- Listen to 528 Hz while
you: 🎧
- Journal
- Clean
- Meditate
- Affirm: "I remember. I
realign. I rise."™

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RoMarks™ The Me First List™

Tool: The Me
First List™

Write this in your journal:

- 3 things that HONOR your peace
- 3 things that DRAIN it
- Circle the ONE you'll shift today.
- Small shift. Massive ripple.

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RoMarks™

Soul Truth Drop

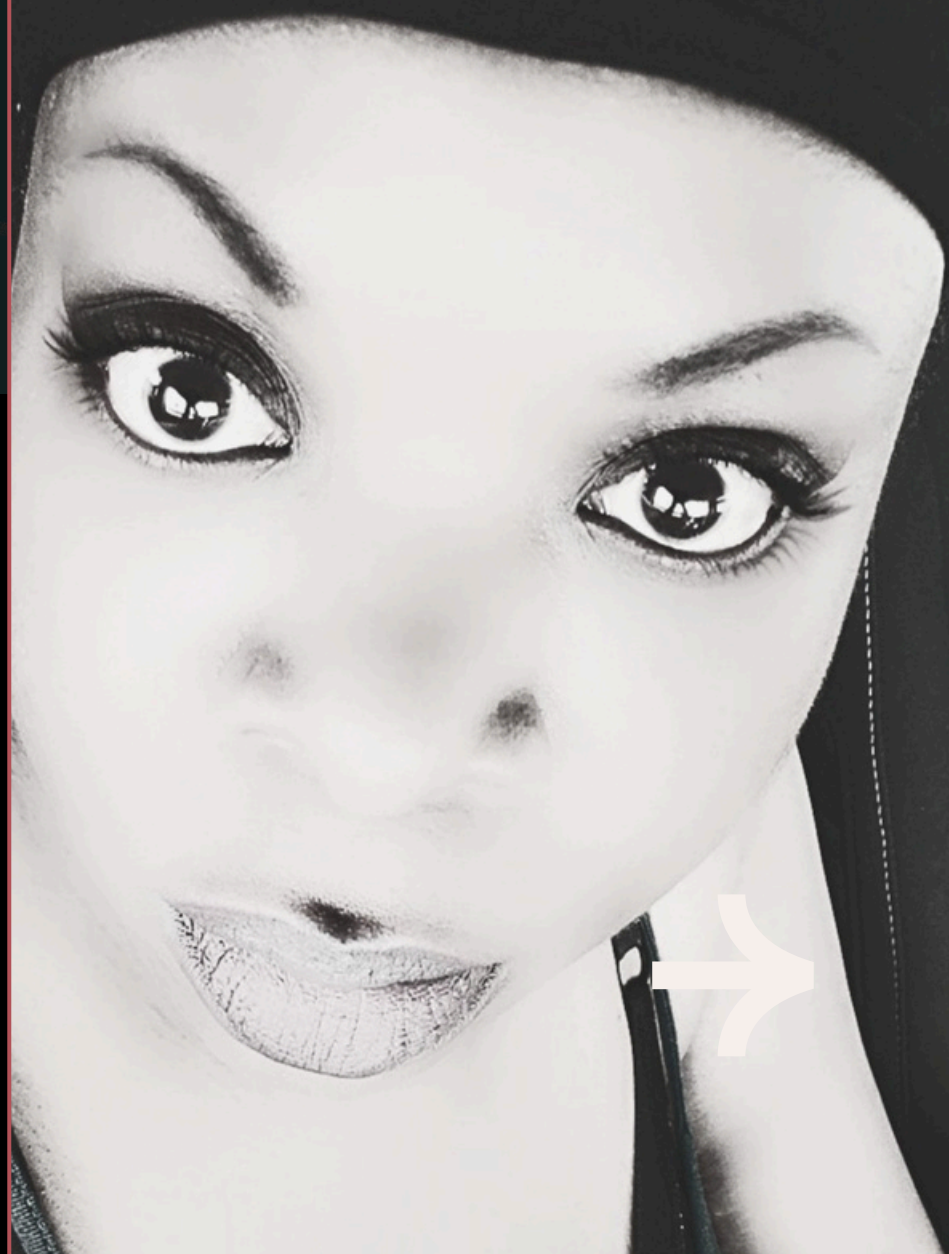
RoMark™ Final
Thought

“Real alignment will offend
the parts of you still
addicted to chaos.”™

– Coach Ro, The Spiritual
Architect™

Come vibe. Heal. Rise.

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THIS IS YOUR SACRED SPACE.
THIS IS YOUR REMEMBERING.

Follow us for more tips



Coach Ro

TRANSFORMATIONAL
COACH/WRITER/PUBLISHED
AUTHOR/ADVISOR



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