

vector as a resource

INTENTION

What do I want?

CLARITY

Where am I? Where do I want to go?

COMMITMENT

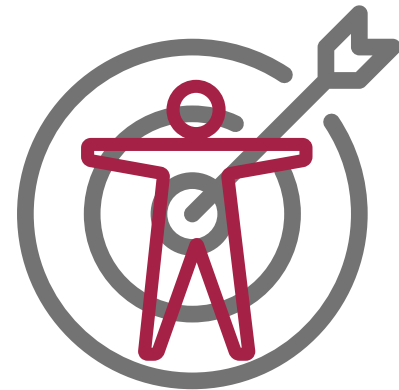
What stands in my way?

PURPOSE

Why does this matter to me?

VISION

Why this matters in the bigger picture?



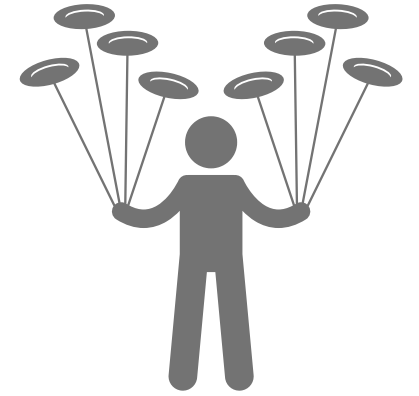
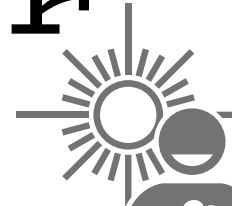
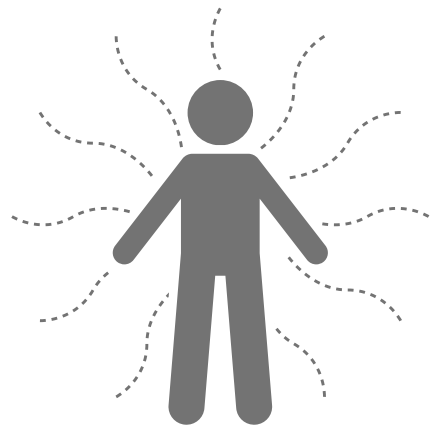
vector



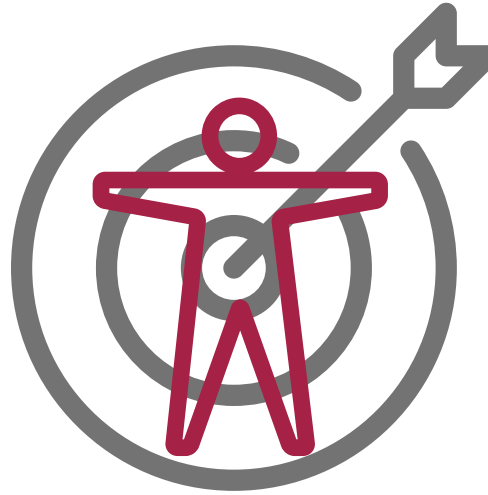
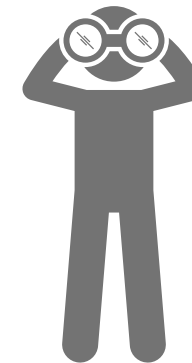
**DIRECTION
ENERGY
AGILITY**



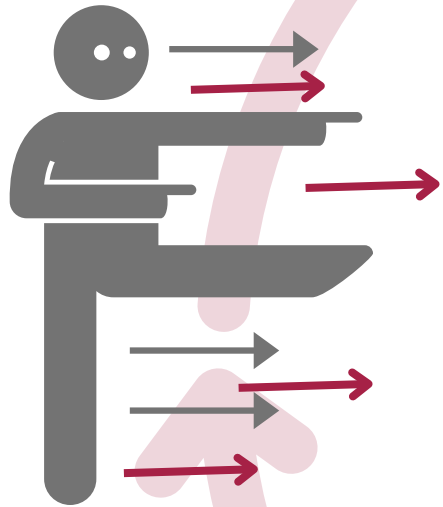
**MAGNITUDE
SPEED
VELOCITY
MOMENTUM
POTENCY**



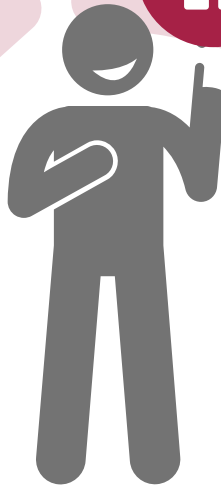
**FOLLOW THROUGH
PASSION
TRUST
FOCUS
WILLINGNESS
COURAGE
CREATIVITY
INSPIRATION**



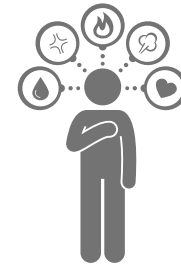
follow...
follow...



pause



what?



EMOTIONS

THOUGHTS

PHYSICAL

SENSATIONS

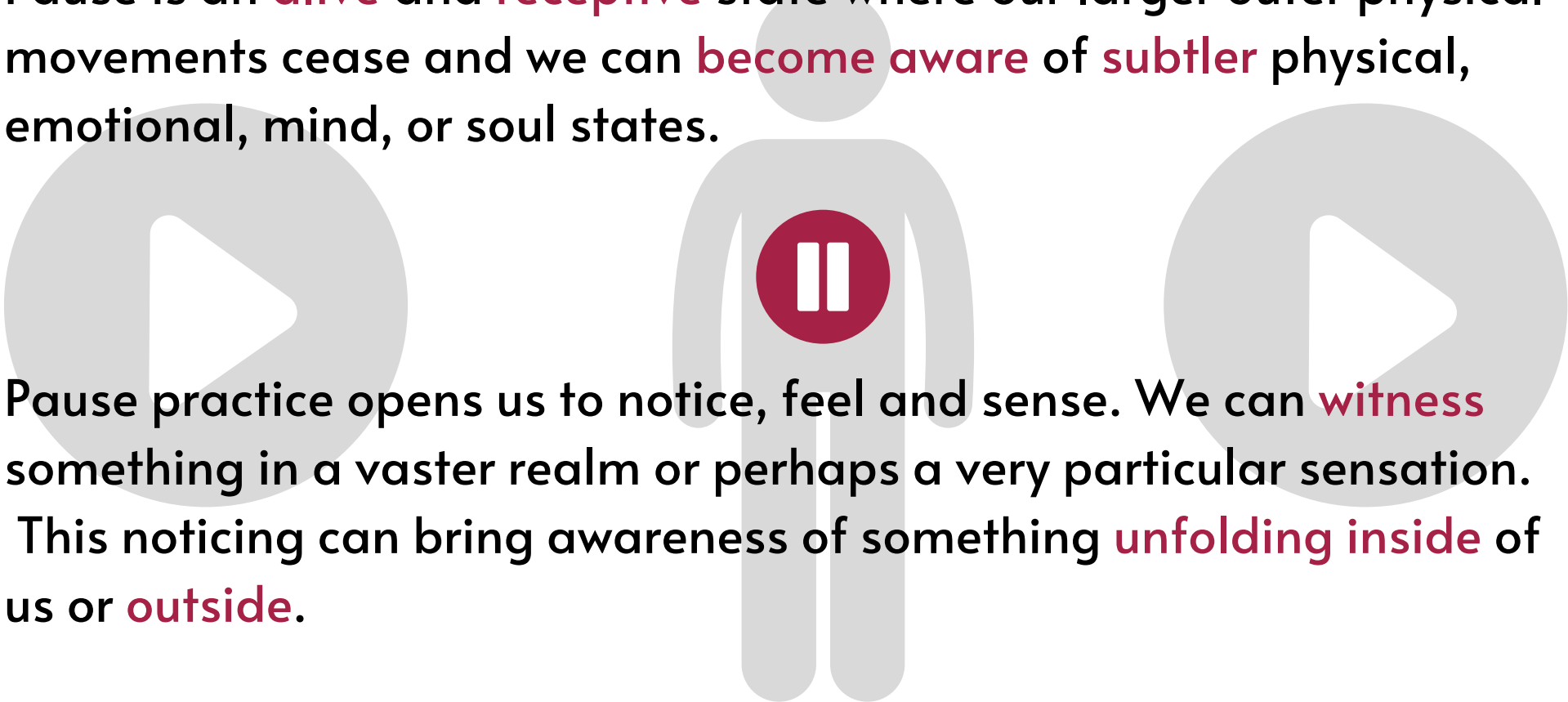


where?



pause

Pause is an **alive** and **receptive** state where our larger outer physical movements cease and we can **become aware** of **subtler** physical, emotional, mind, or soul states.



Pause practice opens us to notice, feel and sense. We can **witness** something in a vaster realm or perhaps a very particular sensation. This noticing can bring awareness of something **unfolding inside** of us or **outside**.

When we pause we bring our **full attention to the moment**, to **breath**, to sensing and feeling. It is **different** than a stop. To stop infers to end or cut something off. In pause we simply **quiet our movement** so we can turn our attention inwards for **a moment**.