



# Practice



# LOVE

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STILL WATER  
12 FL OZ (355 ml)

## A Simple Practice

### 01 Pause

Stop the momentum of the day

### 02 Breathe Once

Ground yourself in the present

### 03 Hold the Word

Let the intention resonate within

### 04 Drink

Embody the frequency you've chosen

INGREDIENTS: Purified Water

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