



The Pause: A 17 Second Practice

Feel the Shift!



The Pause: A 17-Second Practice

Who Are You Becoming?

We are evolving and expanding every day. As we take more ownership of our personal growth, we become more aware of the importance of maintaining positive vibrations, thoughts, and emotions.

But let's be honest—monitoring your mindset 24/7? Nearly impossible. That's where *The Pause* comes in.

Taking just 17 seconds at a time, a few times a day, can dramatically shift your energy and bring you into vibrational alignment with the life you want to create.

Why the Law of Attraction Hasn't Worked for Everyone

You've read the books, made your vision board, and visualized your dream life. You've done the "morning routine" and tried to let it go. And still... nothing.

You're not alone.

Here's what most books don't tell you:

1. You have to *mind the gap* between where you are and where you want to be.
 2. You need to *pause* and check your vibration multiple times a day to stay aligned.
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1st: Mind the Gap

Abraham Hicks often says: if what you want feels far away, it's because your vibration doesn't match it.

I've felt it myself. I'd look at my vision board and feel good about some images—but tense and uneasy about others. My breath would speed up. My stomach would tighten. My mind would spin with questions like: "How would I ever afford that?" or "What if it never happens?"

It made me realize—I didn't *truly believe* in all of it. And that disbelief was throwing off my alignment.

And to be honest, I wasn't someone with a perfectly clear goal either. I'd been a traveling ESL teacher and part-time healer. I thought I *should* become a full-time healer—but it never quite resonated.

I'm a free spirit. Traditional success markers—a big house, fancy car, or kids in college—never matched the way I wanted to *feel*.

That's the key. I wanted **freedom**—which, to me, feels like soaring through the sky with wind in my face.

I wanted **security**—which feels like a relaxed belly, easy breathing, a grounded stance on solid earth.

When I focused on how abundance *felt* rather than how it looked, everything started to change.

So instead of spiraling into the “how,” I began tapping into feelings of abundance: the infinite drops in the ocean, the millions of leaves on trees, the endless air we breathe. That sense of *already having* tuned me into the energy of abundance.

2nd: The Power of the Pause

Abraham Hicks teaches that it only takes **17 seconds** of focused thought to begin shifting your vibration.

If you can pause 4–6 times a day and *feel into* the emotions from your Feeling Board—relief, freedom, joy, clarity—you'll begin to live more in alignment with what you want to attract.

And no—you don't need to drag your Feeling Board to work or meditate for an hour. You just need 17 seconds.

Here's how to practice The Pause:

1. Write down 5–7 core emotions from your Feeling Board.
2. Set reminders (or link the pause to daily habits like brushing your teeth, getting coffee, walking).
3. At each Pause, choose one emotion and feel it deeply for at least 17 seconds.
4. Breathe into your belly. Relax your face and shoulders. Visualize, feel, smile—whatever helps anchor the emotion.

Repeat throughout your day. That's it.

The more you do this, the easier it becomes to stay in alignment. And the more often you're in alignment, the faster your manifestations can flow.

Try It Now

- Close your eyes.
- Choose a feeling—maybe freedom, peace, or abundance.
- Breathe into your belly.
- Relax your jaw and shoulders.
- Feel it as fully as you can.

Start your timer. Just 17 seconds.

You're now in the vibration of what you want. And the universe is listening.

Pair this practice with your Feeling Board for best results.

Need help making one? [[Click here for the guide.](#)]

You've got this. Just pause—and feel the shift.

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