



Card 2: Breath of the Temple (A4 PDF)

Breath of the Temple™

A 3-minute reset to trade from presence, not panic

Before you place risk, breathe.

Inhale: Fill with clarity.

Hold: Anchor your intent.

Exhale: Release panic, return to presence.

Repeat for three minutes.

**The body resets, the mind calms,
and the trade begins from resonance—not fear.**

Mantra (center highlight):

Presence > Panic

Clarity > Chaos

