

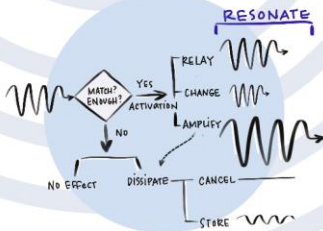


RESONATE

Zen and the Way of Making a Difference

by Ginny Wintclaw

RESONATE, DEFINED



Resonance is universal AND highly specific.

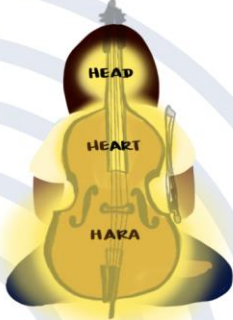


"SEND ME THOUGHTS THAT AGREE WITH THIS AWFUL FEELING."

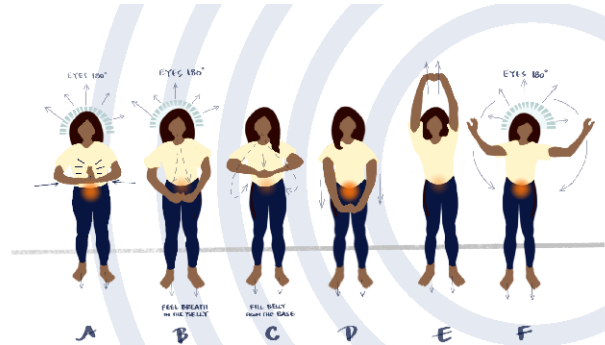
"AVOID AT ALL COSTS... AVOID AT ALL COSTS... AVOID AT ALL COSTS..."



The body gets burdened by habits, unfulfilled needs, and tension, dulling our resonance.

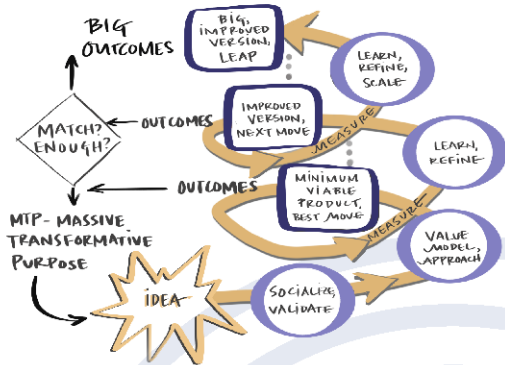


Integrate, Tune, and Tame—to return to our most resonant state.



Find and set HARA.

In relationships, get on the same wavelength, starting with BREATH and POSITIVE INTENT.



Conditions for change from teams to social systems: Unifying challenge; connection; personal agency; a way to add up.

Connect others to the same big ideas that inspired you.



For resonance that ENDURES, be love.



resonate.thebook.com