

The Pause

Taking the pause.....

This much I know is true - seldom when we step back, pause, take a breath, observe, do we regret it.

One of the questions is what is our motivation when we interact? Are we always trying to be right? Are we trying to get even, to win at all costs? Or do we want to act from a place of respect, kindness and compassion for ourselves and others? It takes so much more energy to act from a place of adversity!

Learning the pause is ALWAYS easier when we are feeling grounded. Life and our experiences happen so quickly, and our habitual patterns of behavior most often come out of our mouths without a second thought. And how often do we wish we could take those words back?

In most of the work we do it is best to practice when we are not triggered, not in crisis, not in a situation where our habitual patterns are to react with anger or resentment or hurt, etc.

For instance, if we were beginning to talk about your teenager who is an expert at eye rolling or talking back (imagine?!), or the driver who just cut you off, or the person who cut to the front of the line, and I said just pause, take a breath, let it go - you'd laugh. Yea, right! Without the shift there is no shift. So the practice comes during simpler times. And practice it is. Practice. Practice. Practice.

Your loved one smiles. Pause. Breath.

A beautiful bird flies past. Pause. Breath. Really notice.

The dog curls up next to you. Pause. Breath. Smile.

Practice during these easier, softer times and again, I promise, we can retrain the way we move through this precious life when things are not so soft..

Jack Kornfield quotes the Buddha's description of wise speech: "Speak with kind motivation. Speak what is true and helpful, speak in due season and to the benefit of all."

Take the pause...

Journal

Write down a few times when it is easy to take the pause. Take those times into your day. Then take a few moments to remember when you didn't take the pause.

Just sit and breath with those thoughts. A minute or two is fine. No need to hold them, remember we are retraining those habits.

Lastly, my own little secret. If you came into my house you would often find sticky notes placed around that just say in large letters "PAUSE".

It works!