

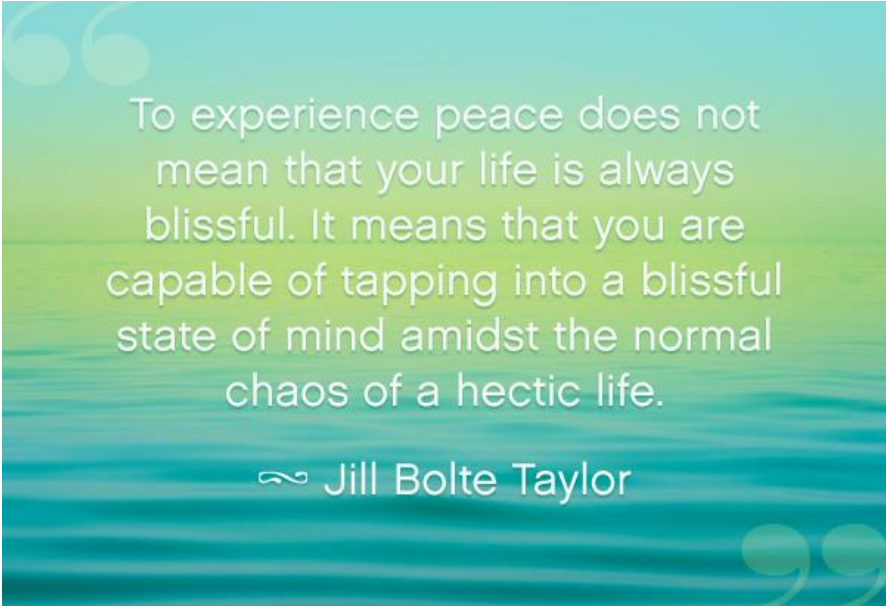
3 Breaths for a Mindful Pause – *By Bud Wassell*

Set an alarm or find ways to remind yourself during the day.

For just this moment:

1. Take a deep mindful breath, feel the breath slowly go in and come out. Be aware of the physical sensations of this one breath. Be aware that this one breath anchors you to the present moment.
2. Take a deep breath and notice the body, what does it need? To relax, to stretch, to move, to let go of tension, to drink some water? Whatever it needs, allow it to happen.
3. Take a deep breath and be kind to yourself. Everything you need is right here in this moment. Enjoy yourself, smile to yourself, be nice to yourself. Send your kindness to anyone you're dealing with or thinking about at the moment, or anyone who needs your loving-kindness. Send it out to the rest of the world.

Bring this expanded awareness with you to the next moments of your day. If you have time, spend more time and more breaths on each step.



To experience peace does not mean that your life is always blissful. It means that you are capable of tapping into a blissful state of mind amidst the normal chaos of a hectic life.

~ Jill Bolte Taylor