



Tips for Integrating the Mindful Pause— Gatha Practice

Stop: to prioritize self-care.

Breathe: to connect mind and body.

Think (Begin Gatha): Silently recite first statement with in-breath; second statement with outbreath; third with in-breath.

Choose (seal Gatha): Release final breath with final Gatha statement and hand on your heart—sealing in your intention.

Repeat the Gathas until you feel it is complete. Continue your activity, and you will find that your mindfulness has increased. Your awareness is yours to choose.

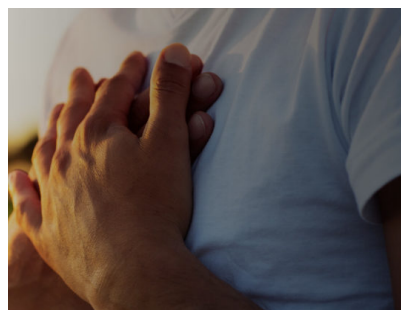
Morning Pause

STOP: Before getting out of bed.

Breathe: take 3 cleansing breaths to slowly wake the body, mind, and spirit.

Begin Gatha Practice—Think: This day is a fresh start for me. I welcome possibility. Each moment—a fresh moment.

Seal Gatha Practice—Choose: I choose to make it a beautiful day.



Commute Pause

STOP: Before starting your car.

Breathe: take 3 cleansing breaths for body, mind, and spirit to anchor into present moment.

Begin Gatha Practice—Think: I sink awareness down to my heart. I am steady in peace. Distractions don't disturb me.

Seal Gatha Practice—Choose: I greet every circumstance with kindness and a smile.



Mid-Day Pause

STOP: Set a reminder on your phone or computer mid-way through your workday.

Breathe: take 3 cleansing breaths for body, mind, and spirit to come into present moment awareness.

Begin Gatha Practice—Think: Thoughts come and go at a racing pace. I release what is out of my control. Narrowing my focus to my strengths.

Seal Gatha Practice—Choose: I cherish this moment and the opportunity to contribute through my life and work.



Boundaries with Work Pause

STOP: When leaving your office or preparing for family to return from their day.

Breathe: notice the quality of your breath for 15 seconds.

Begin Gatha Practice—Think: My breath is my medicine. I use it to release my day. My work is a part of me.

Seal Gatha Practice—Choose: I make room for the rest of me.



Sleep Hygiene Pause

STOP: Take time at the end of your day for self-care for good sleep.

Breathe: Allow your relaxation breathing to quiet your busy mind, body, and spirit.

Begin Gatha Practice—Think: Many moments today. My full and satisfying life. I am deeply satisfied, grateful, and blessed.

Seal Gatha Practice—Choose: I welcome rest.



More and more...

I become a master of my moments—not a victim of my day.