



The Mindful Pause

July 17, 2018



Registration for our 3rd training day is now open. Reminder, you only need to sign up for one of the two days. The days are scheduled for September 15th and October 20th. We will be meeting from 9:00 a.m. – 4:00 p.m. at Beech Acres, located at 6881 Beechmont Avenue. 45230.

Here are the links:

September <https://1n5.org/calendar/care4teachers-september-booster-day>

October <https://1n5.org/calendar/care4teachers-october-booster-training>

This Week's Reminder: The Mindful Pause*

Imagine for a moment that you get stuck in traffic on your way to school when you are already late, your laptop crashes as you are answering parent e-mails, your partner criticizes you or your child has a temper tantrum. If these stressors don't sound familiar, take a few minutes to develop your own list. We all experience triggers.

By becoming aware of our reactions to stress, it's possible to pause, breathe and find a space of more clarity and self-compassion. You can then remember what is really important and respond in a wise, kind and balanced way. Learning to pause in the midst of your life brings you back to what is actually happening. In that space you can see more clearly what you are thinking and feeling and what is going on around you. The pause frees you from repeating old patterns that no longer serve your well-being. With even a short pause you can begin to sense more aliveness, clarity and heart.

*Adapted from Jack Kornfield

In mindfulness, we often use poems to further illustrate our practice skills. This poem by Wu Men Hui-K'ai beautifully describes the need to pause.

Ten Thousand Flowers in Spring, The Moon in Autumn

Ten Thousand flowers in spring, the moon in autumn,
A cool breeze in summer, snow in winter.
If your mind isn't clouded by unnecessary things,
This is the best season of your life.

Commentary by Ivan My Granger

....."The flowers say it, the moon, the breeze, the snow. Each time we pause to notice the living world around us, it blesses us and says – May your mind be unclouded, and may every season be the best season of your life.

Arlene, Nancy and Jaimi