

A Mindful Pause

This short practice helps us to focus the mind out of an automatic mode to gently investigate what is happening for me, right now, internally. This can give us more information about how we are, and enable us to approach whatever is happening with compassion (if unpleasant), or gratitude and joy if pleasant, and enable us to see more clearly what, if anything, is needed.

- **Feet on Floor Bum on Chair (FOFBOC!):** Become aware of the sensations of contact in these areas. Feel the weight of your body resting down in these places..
 - **Relax:** Widen attention to the whole body. Relaxing muscles that feel tense, eg jaw, shoulders, belly, thighs. Wherever there is tension invite softening and opening.
 - **Ask:** Float the question (with intentions towards curiosity, kindness and compassion as best you can): What's happening for me now? Listen non-judgmentally to the answer. Let it crystallise into one word or phrase, continuing the even awareness over the body as you're doing this. Breathing with the sensations in the body. If the mind is drawn into thoughts/ruminations, bring the attention back to the body sensations currently unfolding, breathing with them.
- (If you have more time, you could focus the mind on the breath, or your body sensations , or sounds for a few minutes, then come back to 'Ask'- what is happening for me now?)

A Mindful Pause

This short practice helps us to focus the mind out of an automatic mode to gently investigate what is happening for me, right now, internally. This can give us more information about how we are, and enable us to approach whatever is happening with compassion (if unpleasant), or gratitude and joy if pleasant, and enable us to see more clearly what, if anything, is needed.

- **Feet on Floor Bum on Chair (FOFBOC!):** Become aware of the sensations of contact in these areas. Feel the weight of your body resting down in these places..
 - **Relax:** Widen attention to the whole body. Relaxing muscles that feel tense, eg jaw, shoulders, belly, thighs. Wherever there is tension invite softening and opening.
 - **Ask:** Float the question (with intentions towards curiosity, kindness and compassion as best you can): What's happening for me now? Listen non-judgmentally to the answer. Let it crystallise into one word or phrase, continuing the even awareness over the body as you're doing this. Breathing with the sensations in the body. If the mind is drawn into thoughts/ruminations, bring the attention back to the body sensations currently unfolding, breathing with them.
- (If you have more time, you could focus the mind on the breath, or your body sensations , or sounds for a few minutes, then come back to 'Ask'- what is happening for me now?)