

What if mindfulness were called a pause?



“Wait a minute!” The hand is rising forward as if it were a dam on a mighty river. Not so much to block the river, as to allow for some regulation.

It takes such a pause to interrupt the flow of our thoughts. Or to give ourselves a chance to have a different perspective on our interactions.

When we replace the word “mindfulness” with the word “pause,” we set aside the expectations that can be associated with “mindfulness.”

We just focus on what happens when

we pause, i.e. when the interruption allows for something new to emerge.

The Active Pause® project features podcast conversations as well as stimulating articles and mindful practices.

Membership is free. You can “pay forward” by sharing these ideas with your clients and other people who might benefit from them. And, of course, you are welcome to contribute your ideas to this collaborative process.

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