

S.T.O.P.

By Bob Stahl and Wendy Millstine

S Stop – temporary stop the doing and business of mind... gentle return to and rest in present moment

T Take a breath – 3 slow deep breaths...allow attention to rest on the movement of your breath

O Observe – the present moment while breathing

- a) Sound
- b) Sight
- c) Sensation

P Proceed with Awareness and a SMILE



R.A.I.N.

Taken from Tara Brach's work



R Recognize what is happening ... What is happening inside me right now? Kindly bring awareness to thoughts, emotions, feelings, or sensations arising right here, right now

A Allow life to be just as it is... “let them be”—the thoughts, emotions, feelings, or sensations

I Investigate inner experience with kindness... calling on your natural interest redirecting attention to the present experience... and welcoming whatever surfaces

- What is happening inside of me right now?...
- How am I experiencing this in my body?...
- What am I believing?
- What does this feeling want from me?

N Non-identification or Non-self – Natural awareness ... the liberating realization of your natural awareness... nothing to do as realization arises spontaneously ... simply rest in natural awareness...