

Midweek Pause–Shift



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“Every mindful moment in which generosity displaces greed, compassion takes the place of hatred, and insight dislodges delusion is a moment in which we are awake.”

– Andrew Olendzki, “A Tough But Not Impossible Act to Follow”

Consider: What a beautiful world this would be if we would each choose to do our part replacing the negative emotions that arise. Whether that emotion is directed at your partner, your child, or the grocery check, that conscious shift on your part can change everything.

Do: Catch yourself today as negativity in the form of greed, anger, or impatience takes a hold of your thoughts. Realize you have a choice. As the emotion rises place your focus on your breath and the opposing positive emotion rather than the story line that reinforces the hate, anger, or greed. Stay there until you are awake and present.