

# Midweek Pause–Peace



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*“The peace that we’re looking for is not peace that crumbles as soon as there is difficulty or chaos. Peace isn’t an experience free of challenges, free of rough and smooth, it’s an experience that’s expansive enough to include all that arises without feeling threatened.”*

– Pema Chödrön, **Practicing Peace**

**Consider:** How when rushed and pressed for time we only allow a teeny-tiny space for change of plan. It is exactly in this narrow space that we feel threatened. What if you made that space just a bit wider?

**Do:** Today when the day you thought you were going to have disintegrates before you have stepped out the door, take a deep breath, again and once again. Do this until you can touch the space inside of yourself that is expansive and big enough to take on the bumps and disappointments that make up real life. Then go ahead and head out that door.