

Midweek Pause: Perspective



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“...Imagine what the world would be like if we could come to see our likes and dislikes as merely likes and dislikes, and what we take to be intrinsically true as just our personal viewpoint.”

–Pema Chodron

Consider: how we can get in our way when it comes to good health. We become stuck within our own preferences that are based on one viewpoint, ours. When we begin loosening our grip on our likes and dislikes and accept this one viewpoint is like looking at the world through a keyhole we may be able accept that there are other ways to heal.

What viewpoint might you hold tightly, is it your **dislike** to move or your strong **like** of a certain food you cannot part with? Use this mindful pause and the week ahead to play with the idea that there are a multitude of viewpoints on that one subject and you can grasp yours with all your might or create space enough to bring others into your sight.

Do: Start each morning this week considering that view and using ten cleansing breaths to create some space around it. Commit to doing this exercise with curiosity and just see what develops within.