

Midweek Pause–Peace



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“It isn’t what happens to us that causes us to suffer; it’s what we say to ourselves about what happens.”

–Pema Chodron

Consider: Surrendering your frustrations for inner guidance.

There is an inner guidance within each of us that knows what is needed next. We were born with this but at some point stopped trusting it. This guidance knows what is true and right for us and this practice is all we need to restore the connection.

Your answer will come with only the first step and your challenge is to accept that this is enough. Taking the first step–trusting the guidance–will move you to a place where each

next step will be revealed. Remember, well orchestrated plans only come from our intellect. True inner guidance will only give us only one step at a time.

Prepare: Bring to mind whatever is disturbing your peace today. It may be a person's words or actions or a situation where you feel stuck and resentful. Rather than staying in the frustrating place, follow this simple but powerful practice.

Take in three deep cleansing breaths. Complete the following statements:

1. I am resentful or frustrated about _____ (situation) and I play a part in this feeling.
2. I am feeling/being _____ (an adjective to describe your response).
3. Forgive yourself.
4. Close your eyes and with your hands placed over your heart ask for your next step in this situation.
5. Trust what you hear.

Do: Commit to addressing the first frustration of your day with this practice.

(Repeat as needed.)