MOMENT TO PAUSE SCRIPT (5 minutes)

1. Sit comfortably in your chair with feet flat on the ground. You may choose to keep your eyes open or closed.
2. The singing bowl will sound three times and this is an invitation for you to begin noticing your breathing and this present moment (RING BOWL). Slowly, take in a breath and then exhale.
3. Allow yourself to breathe normally. Simply pay attention to what it feels like in your body to slowly breathe in and out. Bring your attention to your belly. You might even place your hand with an open flat palm on your belly. You might notice your belly rising, as you inhale, and falling as you exhale. You might imagine the tip of your nose or your lips where the air is going in as you inhale, and out as you exhale. What does the air feel like at the tip of your nose as you inhale? Is it cold, warm? How about when you exhale?
4. Now let your breath fall into the background letting it happen effortlessly.
5. Scan your body from head to toe trying your best to notice any physical sensations. To yourself, name the parts of your body where you notice these physical sensations presently. For example, if you feel something in your neck, say to yourself, “Neck.” It might be, “No sensations.” No need to change or judge these sensations. Just try to name the part of your body where you experience them. You might notice that a sensation changes moment to moment. (10 SECONDS OF SILENCE)
6. Now let those physical sensations fall into the background and try your best to focus on your thoughts. To yourself, rate the speed of your thoughts presently. For example, say to yourself, “Fast, or Medium, or Slow.” No need to change or judge these thoughts. Just try to give them a speed. You might notice that the speed of your thought changes from moment to moment. (10 SECONDS OF SILENCE)
7. Now let those thoughts fall into the background and try your best to focus on any emotions you might be having. To yourself, label each emotion as either “Pleasant, Neutral, or Unpleasant.” No need to change or judge these emotions. Just try to describe them with one of the three words. You might notice that an emotion changes from moment to moment. (10 SECONDS OF SILENCE)
8. Now with your eyes open, slowly turn your focus to the outside. Name to yourself the places on your body where you are connected to the ground or with the chair on which you are sitting. Use your eyes to find something you see and name it to yourself. (WAIT A COUPLE SECONDS)

Use your ears to find something you hear and name it to yourself. (WAIT A COUPLE SECONDS)

Use your hand and touch an object nearby and name it to yourself. (WAIT A COUPLE SECONDS)

Use your nose to find something you smell and name it to yourself. It might be “no smell.” (WAIT A COUPLE SECONDS)

As you come to the end of this moment to pause, congratulate yourself for taking this time to be present.
9. Take three more deep breaths, bringing some movement into your hands and feet, and gently come back to our conversation.