

Pausing is the doorway to awakening.
—Patricia Donegan

~

10-second pausing practice

Simply pause for 10 seconds.

Notice what you notice.
Feel what you feel.

Notice what you see, hear, smell, taste, feel. Notice thoughts, emotions, sensations, urges, impulses, memories...

What do you notice?
What do you feel?

Notice how you feel before, during, and after pausing.

Invitation: Practice pausing for 10 seconds throughout your day.

What you practice is what you have.

Related:

[Notice 1 thing](#)