**Resources from Online Handheld Finger Labyrinth Walk**

Friday August 18th 2023, with Sharry Nyberg on the theme of

*Pause, Breathe, Be*

**Poems**

Walking Slowly

by Danna Faulds

Invitation

by Mary Oliver

**Quotes**

*“Living mindfully is the art of living awake and ready to embrace the gift of the present moment”*Macrina Wiederkerh from her book “Seven Sacred Pauses” spiritual practice of living mindfully

*Holy Pause*

Christine Vaulters Paintner Abbey of the Arts

<https://abbeyofthearts.com/>

Guided Meditation: The Power of Pause practice (adapted)

1. Place your feet on the floor and your hands on your thighs and if you are comfortable doing so gently close your eyes.

2. For a moment, bring your attention down to your feet. Notice your feet on the ground, and if you are sitting down, notice your seat in the chair, notice your hands on your legs.

3. Now find your beating heart, find your pulse somewhere in your body. Bring your mind and your attention into your body.

4. Now place a light attention on the natural rhythm of your breathe. As your mind rests on your breath, may you start to notice a sense of ease. As you exhale fully, may you start to notice

5. For the next few moments just notice your feet, notice your hands, notice your heartbeat and notice your breath, landing on anyone of these areas of your body is perfect. A perfect way to take a pause.

6. Take a deep breath and exhale slowly, another deep breath and exhale slowly, one more deep breath and exhale slowly.

7. As you feel ready, open your eyes, take a moment to notice how you are feeling, what taking a pause can do.

May you find moments to breathe deeply and pause

Blessings on the path,

Sharry