



Let's begin by taking a moment to allow your body to settle into a comfortable position (2 seconds). You may close your eyes or keep them slightly open allowing the spine to lift (2 seconds), the shoulders to soften (5 seconds).

Today we will practice simply stopping (2 seconds)

Begin by taking a full breath in (2 seconds) and a long breath out (5 seconds).

Notice what it's like to just stop (2 seconds).

To simply be still and present in this moment (10 seconds).

You may notice thoughts, bodily sensations, sounds. Just noticing what it is like to be alive in just this moment (15 seconds).

Simply stopping (10 seconds).

Each time you find the mind somewhere else, play with inviting a sense of stopping (20 seconds).

Let's continue practicing like this, for a little while (60 seconds).

And as we near the end, finishing with a deep breath in (2 seconds)

and a long breath out (5 seconds) \*ding\* (15 seconds).

**Integrated Practice:** Try a 'Minute to Arrive' practice. When you start a new activity today, maybe a work meeting, maybe a meal, practice stopping and practicing one minute of silence to give yourself time to stop and become more present to this next activity.

**Reflection Questions:**

What impact did stopping and practicing a minute of silence have on your next activity?