

STOP Meditation Practice

This practice is about creating space to reconnect with your natural resilience and wisdom. The objective is that you simply “tune in” to what is happening right now, without expectation of any particular result.

If you remember nothing else, just remember to STOP.

Throughout the practice, I will ask you questions to reflect on. Do not answer these aloud, but internally reflect on your responses.

S: Let's begin by **stopping and taking stock**. Put down everything you are doing, turn away from your computer, and shut off any distractions. Bring yourself to the present moment by asking yourself, “***What is my experience right now?***”

What are your:

- *Thoughts* – What are you saying to yourself; what images are coming to mind?
- *Feelings* – What are you feeling in this moment of pause? Do you feel enjoyment, feel neutral, upset, excited, sad, mad, etc.?
- *Physical sensations* – Are you aware of muscle tightness, holding, lightness, shallow breaths?

T: Now, **take a breath**. Gently direct your full attention to breathing, to each inhale and each exhale. Breathe normally and naturally, and follow your breath coming in and out of your nose. Perhaps follow your breathing with your internal dialogue: Think “in” as you inhale and “out” as you exhale. Inhaling feelings of peace, calmness and tranquility. Exhaling any feelings of worry, frustrations, or doubts. **Take a full minute to connect with your breath.**

O: **Observe** your experience just as it is – including thoughts, feelings, and emotions. Reflect on what is on your mind now, and gently remind yourself that thoughts are not facts, they are not permanent. Notice any emotions present and how they are being expressed in the body. What is your posture? Are you slumped in your chair? Are your shoulders rigid? Do you feel neck tension, body pains? Notice any sensations with curiosity and wonder.

Let your attention now move to the world around you, sensing how things are right now, in this moment. Rather than reacting habitually, be open, curious, and respond naturally with no expectations of the outcome.

P: After our call has concluded, **proceed** with something that will support you in the moment. Talk to a friend, stretch, have a cup of tea, and return to your day with a renewed sense of calm. Create a clear line of action and sit with the feeling of certainty in how you choose to move forward from this moment.