

Why take the Pause Essences

We know, through mindfulness techniques and from our elders (count to ten before you open your mouth!) that pausing in stressful situations, helps us to make better choices. Pausing helps us to focus, to increase our attention span, and to maintain the energy needed to plan and do. What qualities do focus, increased attention and maintaining energy have in common? Each helps us to behave wisely and well.

Pausing helps us to be better individuals.

But there is a benefit to pausing that far outweighs this one. Pausing—simply being present to what is inside and in front of us—allows us to remember that we are not alone. And being “not alone” opens up the power of relationships within us and in our outside world. When we pause we are able to recognize the relationships we have—not only with our family members, our friends, our colleagues, our neighbors, our countrymen and women, our fellow believers, but with every living being on this planet.

Pausing is a power move. Why? Because instead of rummaging through our minds, the home of everything we know and have learned, we give the supportive world around us an opportunity to help. Rush right into a situation and you are largely on your own. Pause first, and you allow the world to rush in with help.

Pausing helps us to find, connect with, and be inspired by the helpers that are all around us.

These are three simple, yet powerful invitations we offer when we take the Pause essences:

***Fir:** Here I am*

***Daylily:** Here we are together*

***Sentinel:** Inspire me*

Simple as that. But the doors these three little acts open to us reveal a lovely power.

Read the next page for ideas about how to play with these essences:

How to take the Pause Essences

You can have an agenda or not when you take the Pause Essences. The simple act of pausing and taking the essences is your invitation to the family of life to be your partner, your co-creator, your healer, or your companion. It is a powerful invitation.

I. Take sequentially. This is an effective way to introduce the power of pause to your body and mind. This is a “no agenda” way of taking the essence.

Get ready for your day—

Take the essences in sequence: Fir, Daylily, Sentinel. Read the definition on each card one at a time, taking the essence after reading. Focus on the felt body sense the definition brings up. Take the essence and pause for 10-15 seconds.

Do this with each card in sequence.

Fir: You are announcing your presence and sending out a beacon searching for complementary buddies.

Daylily: You are simply gathering with your people.

Sentinel: Grounded to the earth you are inviting your companions to inspire and protect you.

II. Take for a certain purpose or project—

During a project or a problem, requesting help is an effective way of taking the essences.

When I take the essences this way, I state the problem or project and then let it go. Over-focusing is not going to help. After you’ve announced your need for help with something, take the essences as you would if you had no agenda.

Take the essences when having difficulty—

If I’m having a glitchy day, I’ll read through the cards to see if any of the “take when…” sections describe my trouble.

Two steps when you are using the Pause Set as an emergency essence.

1. Feel where your issue is in your body. This is more effective than simply thinking about the problem. It is helpful to either touch the place on our body where this issue lives, or simply say, “Welcome” to the feeling.
2. Take the essence and follow the directions on the card. For Fir, shine your beacon. For Daylily, reach out your hands. For Sentinel, stand strong and open and ask to be inspired.