



Version 2

#1 RK

How to use this card

Place this card in a space you often visit.
Whenever you come across it, pause . . . let go.
You don't have to *do* anything. Accept this chance to simply *be*.

Pausing creates space for you to slow down. Come home.
Awaken to your world, within you and all around.

Become intimate with *breathing*, however it
manifests in the present moment.
Awareness of breath lets your body and mind
find each other and integrate as one.

Smiling takes only a muscle or two. Call it mouth yoga.
With even a faint smile you discern how one change
in your body can affect your thoughts and feelings.

To appreciate just one conscious breath is already pausing.
And just one conscious breath reminds us: we're alive!
So why not give yourself the gift of a smile.

All the rest is commentary.



Inspired by the book, *Pause Breathe Smile*
Available at your favorite bookseller
For more, visit GaryGach.com

pause
breathe
smile

How to use this card

Pause . . . Breathe . . . Smile . . . This is an invitation to anyone.

Place this card in a space you often visit.
Whenever you come across it, pause and let go.
You don't have to *do* anything. Accept this chance to simply *be*.

Pausing creates space for you to slow down. Come home.
Awaken to your world, within you and all around.

Become intimate with *breathing*, however it manifests
in the present moment. Awareness of breath lets your
body and mind find each other and integrate as one.

Smiling takes only a muscle or two. Call it mouth yoga.
With even a faint smile you might discern how one change
in your body can affect your thoughts and your feelings.

Summary: To appreciate just one conscious breath is already pausing.
And just one conscious breath reminds us: we're alive!
So why not give yourself the gift of a smile.

All the rest is commentary.

Inspired by the book, *Pause Breathe Smile*
Available at your favorite bookseller
For more, visit GaryGach.com

