

How to use this card

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

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*.

This creates space for you to slow down.
Awaken to your the world within you and all around.

Become intimate with *breathing*, however it manifests
in the present moment. Let 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

Version 1



add spaces
x3

Wed 8-27

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Version 2



delete
"your"

hdg 8/27

#2 RK