



“When I notice the spaces between sounds and the spaces between words and also the spaces between my thoughts and the background silence behind everything, I realize that all these spaces are the same space. This space is the entry point. It is the transformational vortex, the corridor, the window to Spirit.” ~ from EVERYDAY IMMORTALITY by Deepak Chopra

Circle of Pause Invitations

www.breathingwithme.com

We are here to pause. In the silence we share together, we can sit and rest, we can do some writing in our journal, we can play a guided meditation or we can take the time to stretch and move our body. And of course we can lie down if we are tired.

Sometimes our mind may run wilder. It's wonderful to let our guard down and allow our busy mind to roam free in the safe space of being with others. The point here is just to pause, together, in silence, and then share ourselves, as much or as little as we would like to.

Join us, if you too would like to pause and befriend yourself in silence.

Duration of the circle: 45 minutes

- 1) Greetings and 5 min of soft landing in silence to welcome ourselves into this space.
- 2) 5 - 10 min check-in and sharing of intentions.
- 3) 20 min of sitting in silence or any other forms of practice that feel supportive .
- 4) 10 min of optional sharing, witnessing and ending.

Prerequisite

None! Everyone is welcome.

By joining the circle, we agree with the [community agreements](#).

Email me to join: smallfish1975@gmail.com

Looking forward to resting our hearts in silence together ♥