



## How can I pause for peace?




We each have different ways to pause and listen, still our minds and focus on peace. Some Friends describe what they do as prayer, others that they are seeking to connect to a power beyond themselves. In Quakers we speak of *Upholding one another in The Light*.

Here are a few ways Friends have found helpful. You might too.






### **If you have 1 minute**

-  Breathe slowly, and continually repeat a word or phrase like Peace, Love or Hope then listen
-  Focus on something nearby, see its unique beauty and let it draw you to thoughts of peace for yourself and others then listen

### **If you have 5 minutes**

-  Listen to a piece of music that gives you a sense of inner peace or helps you to think about peace in the world
-  Read one of this week's suggested passages and reflect on its words then listen
-  Bring to mind specific people/situations where you live that need our loving peace-filled thoughts, concern and support. Focus on that one person/situation rather than letting your mind race around in many different directions then listen

### **If you have 15 minutes or more**

-  Sit quietly and breathe slowly to help you stay focused then listen
-  Focus on a piece of music, or a painting, or a flower that helps give you a sense of peace then listen
-  Light a candle and each time you feel distracted, look into its flame then listen
-  Meditate on one of the sayings or passages that have been posted here then listen
-  Walk mindfully in the open air. Be aware of the air on your skin, the colours that surround you, the sounds of traffic .....Remind yourself that your neighbourhood is part of a bigger whole and bring to mind thoughts of peacefulness for those who make decisions on our behalf then listen

**You are invited to join us on the first Wednesday of the month at the Quaker Centre from 12:45 to 13:30 for Meeting for Worship with reflections on peace.**