

Add Conscious Pauses to Your Day

Practice drawing your attention into a conscious awareness of yourself and the divine nature of this world. Sit quietly and allow your breath and mind to become calm. Bring spiritual thoughts into your mind by remembering or reading them and then allow those thoughts to dissolve into a peaceful awareness of the presence of spirit.

You can add this simple practice to the beginning, middle, or end of your day, or anytime you find a good space to turn down the outer “noise” and absorb your attention into the peaceful vibration of spirit. Even a few minutes of this practice can infuse spiritual awareness into your day.

Centering yourself in the present moment helps to bring your awareness in alignment with your eternal nature, which opens the door for greater blessings to flow into your life. After following this practice for a while, you may be able to settle into a peaceful awareness of spirit even in the midst of a noisy crowd.

Consider

One good time to take a conscious pause is when you’re about to eat a meal. You have the power to turn regular food into blessed food through your vibration and intention. Before you begin to eat, take a few moments to close your eyes and make the meal sacred:

- Offer your meal to the universal fire of creative consciousness, within whose flames one form of life sacrifices itself to become nourishment for another
- Repeat a prayer or purifying mantra to bless and give thanks for the meal
- Thank all the farmers and other workers whose efforts brought this nourishing sustenance to your plate. Some nonvegetarian Tibetan Buddhist practitioners also thank the animal for giving its body as food, as they pray for it to have a better rebirth.

Along with short, spontaneous pauses, you can also schedule time in your day to sit quietly and alone, without the television set on, without the computer humming, without reading anything — just sitting quietly for however long feels right, with the intention of opening up to spirit. Taking time each day for spiritual remembrance helps to keep your connection with spirit clear and strong.