

## ‘Pro Tem Lisp’

**PAUSE** ~ Checking in, to be Mindful – Present. Taking the time to stop, observe and witness mind and body - Self and Other.

**RELAX** ~ Allowing yourself to be centred in awareness of your Breath and grounded in awareness of your body. Really present, letting go of all tension on the out-breath. Letting stress completely drain away from you, and inviting a sense of complete calm.

**OPEN** ~ Being aware of all there is to be aware of and curious about what’s happening in body and mind. To embrace all there is, opening to a sense of spaciousness within and beyond.

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**TRUST EMERGENCE** ~ Allowing each totally unique moment to unfold and be just the way it is. Letting go of all attachments, preferences and judgements. Accepting and welcoming any feelings that may arise, no matter whether they are unpleasant, pleasant or neutral.

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**LISTEN DEEPLY** ~ Really paying attention to others - what they say, compassionately with care. Listening to the content and the way it’s being said through sound, feeling and body language. Paying attention, focusing outward and really being sensitive to it all. Noticing at the same time your own mind and body in this interplay.

**SPEAK THE TRUTH** ~ Allowing yourself to dwell with compassion and kindness with self and other. Saying with great care whatever may help promote understanding, acceptance and peace.

Based on Gregory Kramer’s book – Insight Dialogue. See website Metta.org