

✧ ✧ Peace Rhythms

Sacred Pauses for All Ages

Morning/Spring (awaken&nurture)

**Stretch and breathe deeply.
Listen to your body. Ask:**
"What in my body most needs my
loving attention?"

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"If we listen, our bodies carry innate wisdom evolved through the ages, teaching us how to assess, respond, intuit, gather and connect."

— Christine Valters Paintener & Betsey Beckham, *Awakening the Creative Spirit*

**Go for a wonder walk.
Pick up nature treasures.**

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"Take a break. Look at the clouds. Listen to the wind. Let the birds do the heavy lifting."

— Richard Louv, *Vitamin N*

**Hold or hug a loved one
for three breaths.**

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"Just breathe, hug, and come home to yourself, to the one you're hugging, and to this moment."

— Denise Roy, *MOMfulness*

Day/Summer (work & play)

Work with your hands.

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"The Lord of all pots and pans and things, make me a saint by getting meals and washing up plates."

— Brother Lawrence, *The Practice of the Presence of God*

Make something.

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"Creativity is God's gift to us. Using our creativity is our gift back to God."

— Julia Cameron, *It's Never Too Late to Begin Again*

Smile. Visit or call someone.

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"Smiling is very important. If we are not able to smile, then the world will not have peace."

— Thich Nhat Hanh, *Being Peace*

Evening/Autumn (gather & celebrate)

**Read (picture) books, Scripture
verses or poems. Tell stories.**

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"Sitting around the table telling stories is not just a way of passing time. It is the way the wisdom gets passed along."

— Rachel Naoimi Remen, *Kitchen Table Wisdom*

**Listen or play music.
Sing and dance.**

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"Music is the language of the spirit. It opens the secret of life bringing peace, abolishing strife."

— Kahlil Gibran

**Hold hands or beads.
Name what you are grateful for.**

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"The words 'gratitude' and 'grace' come from the same Latin word 'gratus', meaning 'pleasing'. When you are feeling grateful, you will often sense the presence of grace."

— Denise Roy, *MOMfulness*

Night/Winter (bless & rest)

**Light a candle and pray
a blessing.**

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"To give a blessing is to affirm, to say 'yes' to a person's Belovedness. And more than that: to give a blessing creates the reality of which it speaks."

— Henri Nouwen, *Life of the Beloved*

**Give a message or draw
a labyrinth/cross on palm.**

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"Although not everyone is blessed with a healing touch, our touch can be a source of healing and blessing for others, especially when accompanied by a brief prayer."

— Tom Cowan, *The Way of Saints*

**Diffuse essential oils.
Breathe in "God is with me."
Breathe out "I am safe."**

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"We do not pray so that we can get God's attention. We pray so that God will get our attention."

— David G. Benner, *Opening to God*