

Why Pause?

When we see Johnathan Sexton taking a penalty kick for Ireland, we may notice just before the kick is there great concentration, stillness and focus. Next comes the kick, usually very accurate and straight.

Life can be seen as a drama with two aspects.

One is playing the part on the stage. Just behind the open stage, there is the back stage, where the actors are told what to do and how to do it. There they are dressed properly so as to play their part. But what is seen in the world is that people just go on playing their part. Their costumes become dirty, worn out, and their part becomes stale and repetitive. They do not know that they have also to go back stage and be prepared for the next part. Unless people are prepared behind the stage it is impossible to play one's part according to time and place.

Pausing is an essential part of our daily routine. We do it at the start and of each class.

In fact our school magazine is named after the Pause.

So what are the effects of the Pause?

Everything we practice has its effects in the present moment.

It is said the effect of pausing can bring more:

- Consciousness
- Tolerance
- Bliss
- Power and Energy

This can only help in all aspects of our lives, in our studies, in our sporting/music endeavours and in our relationships.

All these qualities will help understand others and relate to others with compassion and love.

So the challenge for this week is to ask yourself the question?

Why Pause?

Reflect on the experience of pausing and investigate the effects.