



**EXQUISITE
RELATIONSHIPS
NOURISHING OURSELVES AND OTHERS**

**From “Pause Before Impact”
SUGGESTED RECIPES:**

Turn off the stove (creating quietude)

1. Go to a relaxing place alone or with pleasant company.
2. Consider learning the art of meditation. It may put you in contact with feelings that have been clamoring for attention. So, if feeling “flooded” by them, imagine a safe place and/or reach out to someone trusted for support.

RECOMMENDED BOOK AND WEBSITE: The Art of Stillness: Adventures in Going Nowhere by Pico Iyer;
mindsightinstitute.com