

# The Pause

by Tina Smelser, MFT

It seems that lots of folks I know  
are busy rushing to and fro

This being in a constant hurry  
can lead to anxiousness and worry

Never slow and always quick  
might even make a person sick

The stresses that this pace is causing  
could be decreased by merely...pausing

(These thoughts may not apply to you,  
you'll sense if they are ringing true

If you've no trouble saying "halt"  
you'll take them with a grain of salt)

In these next lines I'd like to make  
a case for stopping for a break

It doesn't have to be that long  
you could just stop to sing a song

One slow breath in, one slow breath out  
might help to turn your mood about

(You're getting skeptical, I fear  
stop and take a deep breath here)

We all get angry, that's a fact  
stop. Count to ten before you act

To sense your life and the beauty in it  
you'll need to pause at least a minute

A longer pause has greater power  
what if you stopped for one full hour?

Our ancestors were wise, I'd say  
they paused upon the Sabbath day

Nature's wonder can be seen  
while pausing from your day's routine

Like buds in spring and leaves in fall  
while pausing from your cell phone call

And chirping birds amidst the trees  
while pausing from your DVDs

Or ocean tides that flow and ebb  
while pausing from the world wide web

If interactions cause frustration

take some time for contemplation  
    If your life's a complex mess  
and every choice you second guess  
    a time out for a short retreat  
may make things seem more clear and sweet  
    You might attempt a break quite radical  
your pause could be a year's sabbatical

    You know, it actually is quite healing  
to stop and feel what you are feeling  
    To live within a deeper layer  
try using pausing time for prayer  
    A short break from an urgent goal  
might reconnect you to your soul  
    Can you still sense the inspiration  
you tasted on your last vacation?

    Ahhh, to stop and smell the rose  
and bliss, when tired, to stop and doze  
    There is so much that you can glean  
from all the space that's in between  
    When margins in your life are wide  
you take its challenges in stride  
    When margins in your life are tight  
each challenge makes you want to fight

    I hereby grant you full permission  
to schedule in an intermission!