The Pause

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!

Tina Smelser