



Pause

As every year in December, we're all rushing towards the final "stop" of the year – the winter holidays. Annual budgets have to be fully spent and accounted for. Certain tasks and projects have urgent deadlines before the year's end. Add to this the various gift purchases for business and private holiday events, preparations for family gatherings, or perhaps making final plans for trip that lifts you out of all the madness.

Highest time to **Pause**.

What, exactly, does that mean? Is it maybe just a fraction of a second you take to **focus inward**? Or is it a greater quest for certainty or security that makes us reach for stable ground to **steady ourselves**? A German word for "pause" is "innehalten". The word, itself, directs our attention inward ("inne") and for steadiness (as in "festen Halt finden"). There's a true story of a musician from Washington D.C. (in the USA) that illustrates this well. It's a story what could also have happened in Europe and only took 45 Minutes. ...

A man stands at a Metro station on a cold January morning playing six pieces by J. S. Bach on his violin. In that time, approximately 2,000 people pass by him at the station, most of them on their way to work.

After 3 minutes: One passerby takes note of the music and slows his pace for a few seconds.

After 7 Minutes: One woman tosses a dollar his way without changing her own tempo at all.

After 13 Minutes: One young man leans against the wall and listens. He soon checks his watch and hurries on.

After 23 Minutes: Small children keep stopping to have a look at the musician. All of their adult companions, without exception, pressure the children to hurry up and keep moving.

After 45 Minutes: From start to finish, the violinist plays continuously without pause. A total of six people stop briefly to listen. About 20 people give money, rushing on at their normal pace. All totaled, he earns \$32. He ends his performance. It's quiet. No applause.

Let yourself be surprised...

Hardly anyone paid attention to the musician or appreciated the performance. If people had followed their first impulse, as the children apparently did, they would have stood there full of curiosity. They might even have given in to their desire to hear the music. They might have enjoyed it.

And who knows...maybe they'd have experienced something new or surprising!

By the way...

The violinist was Joshua Bell, one of the most famous musicians in the world. He played some of the most complex and difficult pieces ever composed for violin, on a violin valued at \$3.5 million! Two days earlier, Joshua Bell played the same pieces at a sold out performance in Boston for which the average cost per ticket was \$100.

http://www.youtube.com/watch?v=hnOPu0_YWhw



Quite simply. Taking a break to pause every now and again actually helps us perceive more clearly. Our senses improve: we can hear, see, feel, smell, and taste better. We **pause** to come to our senses, to experience them with pleasure. It's like Gerhard Schöne's song, "Ganz einfach," ("quite simply"), where he sings to an old man, saying, "It's all quite simple: When I sleep, I sleep. When I eat, I eat. When I walk, I walk. ..."

Practice

The greater our stress, the less often we allow ourselves to experience random moments of pause. So plan these valuable moments intentionally into your day. Moments in which you indulge yourself, give yourself the gift of quality time, surrender to a contemplative experience, or quite simply grant yourself mindfulness.

Make a point of including **pauses** into your daily calendar. Turn off all your devices. Close the door if you have to. Let those around you know that, for example, from 10-10:15 am you have an important appointment and cannot be disturbed. And then...**quite simply** let each day surprise you.



DATES

conflict.art _____	10-12.02.2012, 14-16.09.2012, 01-03.02.2013,
sense ability move _____	22-24.06.2012, 28-30.06.2013
* New date move seminar _____	* 13-15.04.2012, 19-21.10.2012, 19-21.04.2013, 08-10.11.2013
coachmaster _____	17.12.2011, 05.05.2012, 28.07.2012
Effective communication for virtual Teams _____	26-27.04.2012, 28-29.06.2012, 21-22.11.2012
Dealing with the 7 most difficult types of people _____	07-08.02.2012, 27-28.03.2012

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