



The Process of Stopping

When you've been in the habit of moving non-stop incorporating times in your day where you still your mind may not seem practical at first. How will you get everything done if you keep stopping all the time? The answer is simple. You will soon discover that some of the things you do don't need to get done by you at all.

Some things you need to stop doing by saying no, delegate to someone else, or just take more time to do instead of rushing to get everything done in one day.

The journey within process sometimes reveals things to you, you may not have been aware of, such as, you may be taking on more than you can handle to keep yourself busy and avoid feeling. You may feel like your worth is tied into what you do. These beliefs may make stopping to get still challenging. The truth is, stopping is going to help you prioritize and maximize your efforts and energy.

Stopping to journey within can be accomplished in different ways. You may find the process takes using several techniques, and you may be able to stop for longer periods of time sometimes and shorter periods of time at other times.

The tools mentioned in this workshop are meant to assist you with discovering what works best for you in your life.



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Since the mind may be in the habit of experiencing non-stop stimuli on a daily bases the moment you begin to slow it down you may notice how uncomfortable the mind gets.

The mind will start to say where is my entertainment. The key to embracing stopping and being still so you can journey within is to go a little further than you went last time.

Try setting a timer for 3, 5, 10, 15 mins and so on. Each time you redirect the mind back to the breath and being still, you are conditioning the mind to be ok with stopping so you can journey within which will allow you to listen to your heart, connect with your feelings, and heal any old energy patterns and scars from the past.

Some tools that can help you with the process of this practice are listed here along with what you can expect by practicing stopping the mind.

Suggested Tools

- Yoga
- Journaling
- Meditation
- Mindfulness
- Breath-work
- Accountability
- Healthy Dialogue

What you can expect:

- Strengthen your relationships
- Change unhealthy habit loops
- Heal past and present traumas
- Reach long and short term goals
- Better serve your family, clients, and community