



# 10 Seconds of Pause

“let’s gather some tools as we build our toolbox, let 10 seconds be the first tool in your toolbox” Terri Tobin

## 'The Practice of 10 Seconds'

'The Practice of 10 Seconds' is a habit of self reflection. A simple, gentle and powerful practice that some call a mini mindful meditation. It can be done anywhere, anytime and nobody knows you're doing it. 'The Practice' itself empowers you to pause and invite peace, calm and ease into any chosen moment, **one breath at a time.**

Imagine being able to create a shift in your state of being, especially when you feel a trigger that causes you distress. In that moment there is potential to instantly create ease and calm. When practised regularly this becomes a skill, a habit and a **way of being**, allowing you to automatically tap into it when needed.

Let 10 seconds be the first fundamental tool in your toolbox.

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When I attended my first session of '10 Seconds' I thought how is 10 seconds going to make a difference? Later that day after going over my thoughts about the session and doing some breathing - **I saw it**, 10 seconds - WOW, that's really powerful! Then I realized that 10 seconds is the key to

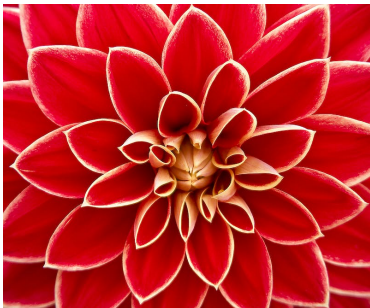
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changing anything. It has been 2 years now that I've been doing 'The Practice' and while I'd like to say that I'm a pro, I still have plenty to learn because it is not always my go to, sometimes I let the distractions take hold and I forget to breathe.

When thinking about this conference about non violence, I thought that '10 Seconds of Pause' is definitely an important tool that can help break the cycle of violence. Our world is crazy right now! There is violence on every continent and the world has been turned upside down by Covid 19. As a result we've seen an increase in all forms of violence, mental illness, even suicide because people don't know how to cope.

'10 Seconds of Pause' could be the answer; it could be your answer. 10 seconds can change everything!

What if you were having an argument with your mate and you took 10 seconds before you went at him? What if the person with the gun stopped and took 10 seconds? What if the person with a brick stopped for 10 seconds before throwing it through the store front? What if the man with a raised fist stopped and took a breath for 10 seconds before he hit his wife?



**"10 seconds is doable"**

'10 Seconds of Pause', that's all that is needed to alter the outcome of any of those situations and then some. 10 seconds can change your life. 10 seconds could save your life or someone else's. I invite you to take 10 seconds right here right now; take 10 seconds and just take a deep breath in and let it out slowly. I can almost guarantee that you feel different; that you feel better. 10 seconds is a minuscule part of your day. 10 seconds flies by and you don't even realize what happened during those 10 seconds. I know that if you take 10 seconds it will clear your mind, change your life and set your path on positivity. 10 seconds starts with you however, if everybody took 10 seconds it would change our homes, our communities, our countries, even the world. I believe that '10 Seconds of Pause' Is the first step towards a peaceful existence.

**"Let there be peace on earth and let it begin with me"**

**Jill Jackson-Miller, composer, actress,  
writer 1913-1995**