

May 15, 2020

Dear Community,

As conversations increasingly shift to re-opening and thoughts move into a flurry of new unknowns, this is an ideal time to **PAUSE**.

*Pause*...not in the sense of screeching to a halt with opening stores, schools, and beaches.

*Pause*...not in the sense of throwing off masks and squeezing into crowds.

PAUSE: as in spending a few moments in stillness to take some deep breaths:

***Breathing in, I know I am***

***breathing in. [inhale]***

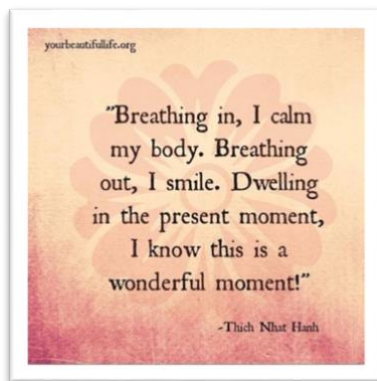
***Breathing out, I know I am***

***breathing out. [exhale]***

***In [inhale] / Out [exhale]***

~ Thich Nat Hanh

## It is a wonderful moment



This week's letter is short, sweet, and filled with gratitude and appreciation for this moment we share. It is in the spirit and practice of **mindfulness**, defined as an "***awareness that arises through paying attention, on purpose, in the present moment [and] non-judgmentally***" by Jon Kabat-Zinn, a leader in the field and founder of the UMass Memorial Center for Mindfulness.

Research shows that the benefits of mindfulness include:

- Improved memory
- Increased focus
- Less emotional reactivity
- Decreased stress
- Empathy
- Compassion
- Better quality of lie

**The bottom line:** Practicing *mindfulness means becoming aware of the present moment*, which is helpful in our ever-changing landscape.

Thich Nhat Hahn, global teacher of mindfulness and founder of Plum Village, begins his small book, *How to Sit*, with this simple guidance:

- The first thing to do is to stop whatever you are doing.
- Now sit down somewhere comfortable.
- Anywhere is fine.
- Notice your breathing.

***As you breathe in,  
be aware  
that you are breathing in.***

***As you breathe out,  
notice that you are  
breathing out.***

~~

This week's short **list of curated, free resources brings focus to mindfulness** in what we see as facets of our individual, family, and work lives. Please feel free to share these and many more points of light found on our [Share & Care](#) page with your teams, communities, and families.

## **Promote well-being**

- 12 PM HT, 5/15 - [FREE Connection through Compassion](#) sessions with Thupten Jinpa
- 5/27, 12:30 PM HT: [Free Mini Yoga and Sound Healing session](#) (Happiness U). Register early.
- Saturdays (5/16–6/6): [Oprah's Your Life in Focus: A Vision Forward](#)

## **Decompress and have fun!**

- 2 PM, HT 5/16: [Graduate Together: America Honors the High School Class of 2020](#) - on all major TV stations and multiple streaming platforms

- 6/6: [Dear Class of 2020](#) (livestream) w/President & First Lady Obama, BTS, Gaga, and more
- Appreciate what's outside: [virtual, mindful forest bathing](#) [free for essential workers], and [learn about our streams and forests](#) with Hawai'i Nature Center

## Support Local

- Get your [Kau Kau Box](#), next box: 5/21
- Be mindful of what we eat: support local farmers, restaurants, and delivery with [Food-a-Go-Go](#)

## Stay connected

- Offer and receive services and resources directly on the [Kūkulu Switchboard](#)
- Cultivate calm, loving-kindness, and resilience during [Wednesday meditations and talks](#) with a larger community (live and recorded)

## Work from home (and with kids)

- Simple ways to [bring mindfulness into your family](#)
- Work more effectively: [8 Ways to Master the Art of Mindful Communication](#)

Finally, we leave you with a walking meditation that cultivates mindfulness from Thich Nhat Hanh's [How to Walk](#) book:

When we come back to ourselves and take refuge in our inner island, we become a home for ourselves and we become a refuge for others at the same time. Walking with one hundred percent of your body and mind can free you from anger, fear, and despair. Each step can express your love for the Earth. While walking, you can say,

*With each step,  
I come back to the Earth.*

*With each step,  
I return to my source.*

*With each step,  
I take refuge in Mother Earth.*

With each step, we kiss the Earth we share ~

*The OSF Team*