

pause breathe smile

Awakening Mindfulness When Meditation Is Not Enough

by Gary Gach

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Pause. Breathe. Smile. Three simple words. The foundation of mindfulness practice.

- *Pause for intention.* •
- *Breathe for introspection.* •
- *Smile for insight.* •

PAUSE, BREATHE, SMILE is an invitation to shift from our “autopilot” approach to life towards living each moment in complete open awareness. Gary points out that “just because my eyes are open doesn’t mean I’m awake.” Using his own experience as a guide, Gary talks to us, human to human. Through the three sections of his book, pausing, breathing, smiling, Gary teaches us important lessons including:

- How to create space where an impulsive reaction can be changed into an intentional response.
- Using compassion to see beyond our flaws.
- How to reshape our motivation for pursuing mindfulness so that it is for the good of others, rather than ourself.
- Incorporating mindfulness into every day life through studying, observing, and practicing.
- Using silent Zen practice along with focused mindfulness practice to complement each other.
- How to access a full awareness of breath and use it to release ourselves from the control of our autonomic nervous system.
- Calming your mind in order to stop mirroring fears or fantasies and vividly reflect what is.
- Implementing an attitude of gratitude to achieve greater intimacy with our lives.
- Practicing flow and tune in to the art of letting go to waken from the illusion of permanence.
- Shifting from the mirage of selfhood and embracing our interconnectedness.

Pulling from 50 years of teaching experience, Gary elegantly builds the mindfulness process, addressing the needs of experienced practitioners and novices alike. After each section he includes a question and answer page to ensure each student walks away with an accessible tool box so they can begin living each moment fully awake. Charming, practical, and immensely valuable, **PAUSE, BREATHE, SMILE** is a gift to anyone pursuing a healing and transformative practice, when meditation alone is not enough.

ABOUT THE AUTHOR:

Gary Gach is a writer, mystic, and lifelong meditator who has engaged in many roles: actor, bookshop clerk, dishwasher, hospital admin, office temp, stevedore, teacher, and typographer. Lay-ordained by Thich Nhat Hanh in 2008, he has authored eight previous books including *The Complete Idiot’s Guide to Buddhism* (Alpha, 2001). Gary lives in San Francisco. For more, visit garygach.com.

