

How Do We Recalibrate?

MEDITATION

Bringing Awareness to Everyday

S

STOP anytime you notice that you are distracted and engaging with pain body, pain speech or pain mind.

T

TAKE a deep breath and repeat as needed.

O

OPEN and observe how you feel; then choose a precious pill.

P

PROCEED coming from a place of stillness, silence or spaciousness.

Savor Your Experience

