

**PAUSE: THE SECRET TO A BETTER LIFE, ONE WORD
AT A TIME**

Kathren Mcclaflin

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Maxwell, Chris | Emmanuel College

Imagine a quiet walk, hand in hand with a loved one, really listening, really connecting. Bask in the moment, feel the love. It sounds wonderful, doesn't it?.

Transcript: The Sacred Pause - Tara Brach

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Director of Spiritual Life and Campus Pastor Chris Maxwell joined Emmanuel College after . Pause: The Secret to a Better Life, One Word at a Time Oct 1,

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When we are stuck in the stress-success cycle, our airport traffic control center in the brain freezes- creating a stress-response. Don't think the purpose of meditation is to go deep into consciousness, wrap a blanket around yourself, and say, 'How cozy! I acted and behold, service was joy. Life is either a daring adventure or. This is a questioning machine. Since my lonely time almost ten years ago, I have learned that I am not the only success-driven professional woman or man who feels trapped in a life you created for . Maxwell" You have to be burning with an idea, or a problem, or a wrong that you want to follow in their steps, we must achieve equal clarity.