



# *A Soul Practice*

## *Just Stop - Put Your Ear to the Ground*

Practice 1x daily: 5 -10 min. [or more if you like]

1. Pick any present moment of your day.
2. Just stop whatever you are doing.
3. Pay attention to your breath.
4. Listen deeply to this experience from the inside-out.
5. If you begin to get distracted, pay closer attention to your breath.
6. Continue staying with your breath while listening deeply.