

Three Pillars Pause

Type: Ritual • Intention: Compassion, Connection, Balance • Duration: 6 minutes • Level: Beginner

Overview

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Setup

- Keep a small card with the three lines nearby; use whenever a reset is needed.

Step-by-Step

1. Kindness (2 min): Line—‘I move gently through this moment.’ Act—one soft gesture in the next hour.
2. Compassion (2 min): Line—‘I see from another’s window.’ Act—ask one curious question today.
3. Humanity (2 min): Line—‘I am part of the whole.’ Act—one connective touchpoint (thank-you, check-in, share).

Guided Script (for audio or read-aloud)

Breathe once for each pillar. Whisper the line. Picture the act.

Carry just one tiny action into the next hour. Repeat as needed.

Variations

- Team opener: read the three lines together to start meetings.
- Caregiving edition: swap acts to fit constraints (60-second hand on shoulder, 2-minute listening, one text to a friend).

Printable One-Pager (Summary Card)

- K: Gentle line + act • C: Seeing line + act • H: Whole line + act

♦ Image Placeholder

[Place art/diagram here: Three interlocking rings: kindness, compassion, humanity (three-pillars.jpg)]

Gentle Safety Note

These practices are designed to be gentle. Skip or modify any step that causes pain or distress. For acute or chronic conditions, consult a clinician.

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