

Leslie Heins: Thank you for joining our Timely Topic: It's Never Too Late to Press Pause. I have the special privilege of introducing Jane Baldwin. Jane is the Unwinding As You Age and she's a life coach, a yogi, a cancer survivor, a Mayan archaeologist, and an Ayurvedic Chef, who guides self-care and enthusiasts to living every day in meaningful abundance, say all that really fast with over twenty years of experience as a skillful teacher of breathwork and yoga.

She has helped hundreds of people find more ease in their lives through the awareness of the breath. Jane believes that the simplest changes often have the most profound effect. She has found that focusing on breathing and awareness of the breath wheels the most significant improvement in your life. That's right so today you don't have to twist into a yoga-style pretzel or balance on the tip of your nose.

Jane will show you how, without leaving your seat, your breath can be a valuable doorway to exceptional health. through calming your busy mind.

She has created a tool, the Unwinding Compass, a method for managing your energy levels, counteracting stress, establishing a robust connection between mind and body, and improving the overall quality of your relationships with yourself your family and your networks when not working. Jane's life is full living, a multi-generational living in a multi-generational household, with her husband of twenty-some years a teenage son a brother-in-law and her mom. She spends downtime playing with her German shepherd puppy, and eleven-year-old Benny, and two cats.

So without further ado, please welcome our speaker, whose super power is driving better backward than forwards.

Jane Baldwin: Thank you. Thank you, Leslie. Thank you so much.

Welcome, everyone that is here, whether it's your Good morning. Good afternoon. Good evening, or even connecting later on online. Just so glad to be here today and be able to share this essential and important topic with you, and how we can really use the pause and to our benefit.

So here we are. We're gonna start off today in Guatemala.

So, for today you are an archaeologist in the jungle in Belize.

So just walk with me into that jungle you're standing in front of a Maya Temple carved with the faces of rulers and gods, and you're thinking what happened to the Maya? How do these giant structures get here? and while you're thinking, you miss the flock of green macaws that are flying in a rainbow arc across the sky. You don't see the monkeys hearing at you through the canopy leaves.

You also miss the fertile lands the most poisonous snake in the jungle. It's slithering up a tree and coiling inside a giant termites nest just over your shoulder.

And how'd you miss all that? Well it's because you were busy thinking.

And so, before becoming an archaeologist, I was of the body systems which I am now.

I was an archaeologist of Maya and that's me and the photo, and behind me is a giant temple that

you can't see because it's all covered up by the jungle but that's What they look like when they're not exhibited, and while thinking about archaeology is fun. the real answers come in the experience of taking that action going into the jungle digging in the dirt. It's the same with the pause you know we think of pauses as stopping the action.

But what if a pause isn't about stopping the action but about savoring as an action?

No, because time that is savored is invested rather than spent.

So today I'm asking you to reconsider how you view taking a pause, that, instead of stopping what you're doing to slow down and pause. You know that the pause is the action that it's making you the investment increasing your value because you're recognizing your value. It's increasing your worth, because you are taking that time to invest in yourself some as say that again, because we're gonna all need to hear this a lot over, and over.

So the pause, is the action it's making you the investment it's increasing your value because you're recognizing your value, increasing your worth because you're taking that time to invest in yourself and it's a bit of a reframe from the pause that we grew up with.

You know, we learn to pause as a way to control the negative and anger of being critical. It was like this thing we had to do when we were mad or angry, count to ten. Count to ten is great it's really the only way that we learned how to pause, and it's still very effective.

But I'm here to just really talk about how there's so much more we can get out of the pause when we really dig in excavate with our attention and savor the pause.

All right. So, you're an archaeologist and you've got a few days off, so you're leaving the jungle.

And now you're headed to the beach for the weekend, where you're going to be scuba diving for the first time. So, you step into that beautiful turquoise water and It's crazy best, but not cold, because you're in the Caribbean. You're in the tropics you swim with your scuba gear out of ways, and only then, when you get away from the shore, do you start to get nervous and even fearful about what you've said you do, and what you've taken on then you remember the coral reef.

That's why you're here one of a kind eighty five-foot wall of coral that you can't see anywhere else in the world, you know. So at this point your curiosity is outweighing the fear. So you keep swimming, but your mind is thinking and it's not being your friend. It's saying things like it's impossible to breathe underwater, and maybe they can do it that you sure can't. You're not safe and you're more comfortable you're getting more uncomfortable by the minute. You know that voice just keeps chattering you need to swim back to shore. Now you'll be safer there. Just go breathe underwater possible.

Meanwhile, the happy go lucky group of experienced divers that you're with very encouraging you, and because they want this experience for you, they know how much you're going to enjoy it. Come on it's gonna be fun you'll love it.

Should you stay, Should you go?

We start to panic, you can hardly say afloat in the water, and your legs are getting tired Now you're short of breath. You feel yourself start to hyperventilate and your instructor Marco grabs both arms and looks you straight in the eye because you're not very far. You can still kind of touch the bottom. and He says around you don't have anywhere to be. You don't have anything to do today. but this you have all the time in the world, and what better place would you want to be?

It's like permission right? That's when I let out a sigh of relief and considered. Maybe this is possible if I'm not being pushed and forced to do it. You know I've realized I can't my way into doing this. Then Marco made a game out of that. He started splashing, and everyone joined in splashing and laughing, bobbing underwater, and then coming back up.

It was like being around a group of dolphins playing. And suddenly I wanted to play, too, and I let go of that fear and control so that I could play with the others. And when I did I felt this expanding happen in my chest, and then a really full, full exhale, and even a release of emotion.

Right. Yeah, that was me. that was me the summer of ninety-two and that's when taking a pause became an action for me.

The most important action that I knew I could take the pause offered this valuable reset.

We're still allowed me the space I needed to make a new choice.

So what does the deal with thinking when did we start thinking the time it's easy to say, Invest your time by pausing. Why is this so hard to do? Well, the answer can be traced back to Socrates in the fifth century BC was the first person to ask, What do you think about that? And when he did he planted the seed. That thinking was more important feeling. It was a seed. So, it was a revolutionary question, though, and before Socrates there was an oral tradition of storytelling stories that told lessons that were passed down through generations.

And before Socrates, you listen to stories that brought life to places on the land, to nature, and connecting to nature, connects you to feeling and the stories, the land, the feeling. That's how you and those around you are familiar with each other. it's part of the land part of the story not so separate from it.

You know the simple fact that I can talk about falling into the termites nest, or the feeling of pain in the an ocean, and you may never have experienced those things, but you can imagine experiencing them that an example of this kind of connection. When Socrates first asked, What do you think about that? That was the beginning of self-reflection, hyperfocus on what you're thinking and how important that is, you know. Looking back and reflecting. it can help you learn from the past and evolve right, but it's easy to get stuck there in rumination and regret in these thought loops weighing down you're pairing, this heavy baggage from the past it clutters the mind.

So P is for patience. Without patience there is no pause.

You know the story of the tortoise and the hare? I'd like to remind you that challenged the hare, it was not the other way around. Now naturally, the hare was confident he would win. So, while running he took a break, and in the story he slept because he was confident he would win.

But considering what we know today, it was more likely the hare suffered from exhaustion and burnout. So, take a moment and consider when have you been the hare, and see more value in doing things quickly? And when have you been the tortoise? You know, like Marco, the diving instructor, who wanted me to feel that I had all the time in the world? Do you remember what it was like when he woke up, and how he woke up from his nap? It was the crowd that was cheering for the tortoise.

Patience, and slow and steady wins the race. So this slow, steady linger.

Just think of all these words, and what we've thought about these words. No wonder we have judgment about pausing, and these ways of being are viewed, and seem as lazy, like a loser. Lifestyle, slothful and then there's snail mail, like really we aren't, giving these animals credit. And so it's time to reclaim these animals reclaim these words and the feelings that they generate in us so here's an idea to help you.

What slow animal do you love or you want to be like, or you identify with? It can be a sloth, manatee, giant tortoise, snails just have fun with it, you know. I follow a lot of sloth videos on Instagram. Every day that I see that I'll be like, Oh, yeah, okay, it's it is okay, like the sloth gives me this permission to slow down. so. So, if you have some of those animals in your mind, or you know, maybe you have animals you like.

You just never taken that next step to follow them. on social media that can be something that's very helpful. My mom and I have been watching turtles swimming in Hawaii on YouTube and it's just a really nice way to start the day. So you know, Let those feelings soak in that feel good to you and know that they're valuable. Yeah, Oh, a starfish is another great one, just so great, So a is for anchor. The breath in the body. Caterpillar I'm just checking out the chat. Right now. Oh, that's great. Yeah, good lazy dogs very nice.

So a in part and in pause, is for anchor the breath in the body.

So we're going to do a little exercise here you can have your eyes open or closed, you know whatever's most comfortable for you just remember that you're you can it's great to practice with your eyes closed. Also great open, because you're really going to want to do these in your day to day life.

So we'll just start by just taking an inhale, and just say in your mind I am following the breath in then on the exhale, say silently, I am following the breath out. So just do this a few times. just we're going to just take a little pause here, so you can have this experience. Say to yourself, on following the breakthrough, following the breath out following the breath in, I'm following the breath out. Just focus on your breath as you do this. When your mind wanders, just return it to the breath the more you bring it back the more you can tune in to this experience, just like, Go with thoughts.

Bring it back to the breath. I'm following the breath in, I'm following the breath out.

I believe in through all of us that focusing on the breath brings the mind into the body.

So release that last exhale, and share what you're feeling. It can be a sense of like oh, just like a calm and openness release expansion, just anything you notice that can be held to you. Relaxation. Yeah, Yeah, just know how valid that is right focused. We're always looking for ways to focus and

it's right here in front of us all along.

So, why do we even question whether the mind is in the body? This is a great story, because it's historical there's a moment in history when the mind became separate from the body.

So remember Socrates and I said he planted a seed. So we took a thousand years for that seed to become the idea. Okay, so we'll say I'll remind you. It's Socrates saying, what do you think about that? A thousand years later, in the fifteenth century, Rene Descartes said, "I think, therefore I am." and Decartes was a brilliant philosopher, and also a doctor. And so he struck up a deal with the Pope that the body would go to science and the mind. We go to the Church, and this agreement that they made officially elevated the mind over the body, and the mind became part of the heavenly realm, and the body was considered the earthly realm, not as important as the mind.

So even today we view the mind and body conceptually great so here's another exercise. I think, therefore I am it's very familiar to us right? We've all heard it, and we embody it in a way.

So at three or four times, just kind of repeat that to yourself, or feel what that feels like.

Have you ever, you know, felt powerful when your big brain is really thinking?

I mean, it can be doing the New York Times crossword on one of the hard days, or just a simple, you know, doing wordle or finishing that novel or any time you feel brainy and logistical.

I think, therefore I am. Feels really good, right?

It just feels like you feel more confident Self-worth and value like you know, you have value when you're thinking because higher world values that and there's nothing wrong with it. I think it's wonderful that we're ready to bring it into balance right?

So the pause can give us these same feelings when we cultivate pausing, waiting, lingering, you know we seek pause as not stopping the action, but savoring as an action. You know. Remember time that is savored is invested rather than spent. You're making yourself the investment you're increasing your value because you're recognizing your value, recognizing your worth and taking that time to invest in yourself here's what Descartes and the Pope missed that your body is your first home, so what's it like if you haven't been home for a while, Be dusty rusty, empty, and scary, and it might take some time to get comfortable there. COVID sure hasn't left us feeling like the body is a very safe place. but when the mind and body are attuned to each other, we feel a more connected and whole and that's just a fact. So there's that there he is thinking away and so the you, in pause is unfold.

I've got a nice lotus here, because this is exactly what the Lotus Network is helping us do with each timely topic.

So we use the breath to unfold the pause into the body on the inhale. Okay. So just inhale, feel the longs unfolding as the breath comes in, and then expand that pause on the exhale.

So you're an archaeologist right and you're rushed to answer those all-important questions. What happened to the Maya? What are these giant structures? You've got to figure it out before Suzy over

here, your competition. No time to pause, you blow off tiredness and fatigue, and even get mad at your body for not being able to keep up.

And that's what happened to me. I was focused on goals of success and competition focused on proving myself in a scientific thought-driven world, and ignoring what I was feeling, and the sides in my body they were telling me that I was not well. So when I found out I had cancer that forced a pause.

And then I remembered. Oh, yeah, I promised myself in that ocean a few years ago that I was going to have more fun and take more pauses. So healing from cancer taught me that pause, wait, linger, even dawdle and idle good for my health. So I practiced patience anchoring the breath in the body allowing this unfolding process.

Okay, so try it. Let's just take a moment here and try this process. So, as you inhale the breath comes in just unfold the lungs, the diaphragm, the ribcage, and expand that pause to release.

So we're gonna repeat that again, just breathe into the body, unfolding the lungs. The diaphragm. the rib cage and as You're released, start expanding. Just imagine it continuing, and also as you do this notice there's a gal pumping action of rise and fall unfolding on the inhale, expanding on the release.

And this practice you're actively cultivating this pause. Wait and linger, is valuable. But you're also oxygenating your body and blood and creating this sense of energy and aliveness for yourself that we often look for in coffee and sugar, and all these things we love, and i'm not saying they're bad i'm just saying there's there are other options as well that we can explore.

So you know. Remember what tis not, Hans said. When you focus on your breath you bring your mind home to your body.

So notice here the unfolding the lotus flower this is what's happening inside with the breath. It's happening in ourselves it's happening in our lungs it's happening with our muscle and fascia and skin as we oxygenate and enliven with the breath.

So I'm just gonna again in the chat offer up that you can share what do you notice with this kind of expansion and release that.

Let's look at this right there that this woman is experiencing you know. Can you feel when you just if you can bring your arms down? Really open, you feel that expansion in your lungs. What are you noticing? Oh, it's like forces a stop. Good forces me to slow down. How wonderful is that sense of calm? We can really get some immediate calm here, you know. Does it feel like you have more space? Okay, great, more peaceful. I love awe. Is your mind more clear or more cluttered?

Now notice the difference between this woman's expansion and openness and this man again.

Again. This man the thinker look at him he's closed contract. He's busy thinking. Don't interrupt him he's busy thinking, stressing worry, and which one looks like where you want to spend most of your time arms open on a beach in the Bahamas, or this closed and contracted Thinker missing the beauty his location in Rodin's Paris garden.

So the pause is settled. Settle into your anchor with gravity. Allow gravity to hold you feel like support and comfort. So in this exercise I'm inviting you to settle just in your seat. Soften your eyelids, whether you choose to keep them open or closed. Soften your lids, settle into your seat, soften your shoulders, settle your feet on the floor where you're just your awareness is noted the same. your feet touching the floor, and invite them to grow roots settle your tongue on the floor of your mouth helps to soften your jaw.

And so right here, share in the chat what happens when you settle in your seat? Let go and let gravity. What are you feeling? You feel that support was looking for it? Where can I get support, and it's right here right under your seat. So just sit with that one. Just sit with that for a minute. Just allow this pause love this image of long trees it's so beautifully illustrates our connection with trees.

It's a symbiotic relationship that we share as we exhale tree in release oxygen back to us. And this reminds us of our constant and essential connection with nature. So this is a short exercise. it's just simple exhale Just feel release.

Then savor the difference of this way of being of the difference of the pause. Then the chat, if you, if you'd like to share this difference, you know what's different about your experience now, and how does it feel to savor in this way, and these questions and I know I'm asking them like I don't want you to feel like you that you need to have an answer right now. if you are sitting there I see slowing down to stop clear my head it's great that you can't articulate it.

You also may just be feeling like this feels different and that's where this this pause takes time, and the more you dig in, the more you can articulate. How it's feeling and what it's doing to you and that's why I really encourage you to continue this practice in the more because the more you do it the more you feel like slowing down to stock.

Oh, clearing my head! Oh, I'm feeling relief actually freeze my mind by settling in the body. Those parts, and it just the more you do it. it just fits more and more natural, more and more part of you embodied, you know.

Sometimes it takes a moment of panic in the middle of the ocean to stop, pause, and exhale. Sometimes it takes a life-threatening guilt but it doesn't have to be that drastic there's a story of a new monk who'd never been on a long train journey with the other monks and every time the train stopped, he get off and find a nice place to meditate, and then, when he, the train whistle would blow, he'd get back on, and after several stops his teacher asked him Why are you getting off the train every time it stops, and the new monks that while I'm finding a nice by a place where I can meditate in peace, and his teacher said, one's more like life when you're on the train or off he said without hesitation. Well, of course, when you're on the train and the teacher said, well, that's where you meditate.

So just reflect on in your day to day. Are you waiting for the perfect time and place to pause? What about now? So we'll just go through the entire pause. Practice. Right here we start with patients cultivating the pause by waiting and lingering, tuning into the gel energy of the tortoise. The snail, the caterpillar, this law anchor with the breath follow my breath in exhale. I follow my breath out as I inhale. I follow my breath, follow my breath out, and then unfold the breath into the lungs. The diaphragm. The ribs expand as you release. Saddle into your anchor, find your roots feet connected

to the floor, your seat plugged in soft eyes, soft shoulders, soft tone, and then exhale, savor the difference.

You know, after doing these practices consistently, people that work with me have reported to feeling more energy, appreciating their bodies, more talking more softly, and noticing harsh criticisms of the reduced worry and anxiety, less fear about the future and aging, and a greater focus on what matters most right now to you.

So I invite you to connect with me let's see if I can move there. The best way is through Instagram at my Lincoln Bio. I have classes. we sign up for our newsletter a consult call, and on Youtube I have a sampling of meditations, breathworks, and movement practices that work with letting gravity support you, and I know it's not easy to create a habit. But the people who work with me are able to assimilate these practices because they work with me once a week.

And so if you're interested in seeing how that can work for you schedule a free clarity call to see how working with me weekly could help you, and with this QR code you can sign up directly for that call, you know, doing these practices you'll be able to catch your cell on autopilot. So you won't miss that arc of scarlet macaws. You'll be able to Shift out of panic mode whether it's the daily news or something big and fearful in your mind. That's not really scary, and also be able to savor life among the chaos of the busy train.

But most importantly, a way to get over the fatigue that we've been living in for centuries of. I think, therefore, I am. If you want to learn more about my method. this pause technique is part of the mental clarity tool.

I developed the Unwinding Compass and I'm offering a master class, An Introduction to the Unwinding Campus, one week from today, on March the ninth, there will be an information link on the Lotus Network website and on my website and social media. So I wanted to offer that as well.

To the Lotus Network, thank you for being so generous with your time and you're bringing this event together every month, and I appreciate the care that you bring to these events, because this space that you've created is such an essential part of building this relationship with which we can thrive together.

I just really wanted to close with Mary Oliver because she summed it up so nicely: Do you have time to linger for just a little while out of your busy and very important day.

Terry Rubin: Jane, thank you so much. You just led us through a practical application of pausing, and in the doing of it we all have shifted. Everybody has shifted. We could feel the shift. It was in the chat. You could see that and so you just practice what you're saying. You're walking your walk, and it is so very appreciated.

There was a couple questions that came up. One of them is, Is there a best time of the day to practice pause? And how many times does one want to?

Jane Baldwin: So I do set a reminders, one or two a day just randomly, because that can be helpful when you're in the middle of something it takes a while to actually stop and do it. So just you know keep them in there, or shift them a few times a day.

But the most important thing is, the more you do it, your inner experience will tell you. You know some people are morning people, and just want to do this in the morning to get anchored. But then some people are more night people, and others evening it works best. So I would just say, to try at different times of day, and just start to pick one that you can really be consistent with and start there.

And you know. Just make sure that you don't have a lot of expectations. Notice when judgments come up when you're not doing it, and don't let that discourage you. Just use the pause to work with that and then more and more your inner experience will say, I really need to do this, and then you might not even need your reminder anymore.

Yeah, so practice anytime anywhere. But if you can have a consistent time, that's gonna help you a lot.

Terry Rubin: Yes, and it was mentioned that, this is so beautifully nourishing to the soul, isn't that a beautiful sentiment that when we practice it, we are doing an investment in ourselves, and it is nourishing to us and to our solo life. Love that.

Was there a coolest, memorable thing that you found when you were digging in Belize?

Jane Baldwin: Well, I did find...we were digging in a lagoon, and it was supposed to be just like a workers area, nothing special, and I found a tooth inlaid with jade. It was my first time to dig, and then it, and also it changed a lot with what we were doing, because then, all of a sudden it became that actually there were some rulers. There was some power hierarchy. That's the thing about with the Maya. There was a hierarchy of power and elite were in certain places, and they weren't supposed to be in other places, and so to find this tooth inlaid with jade in this remote rural area, gave us a lot of information about that. There was more to what was going on than we actually knew. So that was exciting.

But to find that, too, and that the idea is around what was going on changed.

Terry Rubin: You know, I can't even imagine how thrilling that would be.

But it brings up for me that in your archaeology and doing your work, you figured out that pausing was a good idea, and with the monk story we realized that in living in the world in our daily lives. We have to find the pause we can't you know we just have to do that daily.

So we, in whatever our life is holding for us, working whatever we do throughout the day, finding that. I think you've brought that to light today.

So well thank you so much on behalf of Lotus network, and all of us here today.

This was a beautiful pause, as someone just has said, and we really appreciate your generosity of spirit and sharing with us today so very, very much.

And I want to let everybody know today that because of our members and other donors donations, we are able to make this available for everyone. There will be a link in an email that you'll get. You can share that link. Everybody will be able to see a recording of this. It will be up by the end of the

week along with your website on our lotus page.

You'll be able to access getting in touch with Jane easily and re-watching this and taking moments to pause again, and so thank you.

Don't forget that on March eighth we have a discussion to share our thoughts and ideas from this particular timely topic we're really looking forward to that it will be at noon mountain time. You don't have to have been here today to be a participant in March Eighth's conversation.

But thank you all so much for your participation. Today we have really appreciated this, and together we can make a change in our community, and we just really value all of you.

You are all lights in our life. Thank you, and please stay connected. Thank you for being here today. Everyone, we really appreciate it.