

Reflection from the Chair

‘Taking just a minute for oneself’

In our recent one-day meeting on ‘Suffering – what is the point of it all?’ the question of how to maintain a compassionate and spiritual outlook during our busy working lives was raised. I shared with the group how, as part of an initiative called ‘just-a-minute’, I’d installed a peace pulse on my computer, which means that a gentle chime sounds on the hour to remind me to have a minute’s peace, followed by a second chime one minute later.

During a recent supervision with two junior doctors the chime went off and I explained that I was now about to have my ‘minute of peace’. My supervisees asked if they could join in! I was a bit shy about sharing the minute of silence but now feel more confident about doing so, and find others appreciate taking a little time out too. Here are the details of how you can download peace pulse yourself.

<http://www.gaiasoft.com/peacepulse.nsf>

‘just-a-minute’ (j-a-m) is about experiencing the power of a peaceful and still mind starting with just one minute at a time. It is about taking 60 seconds for yourself, to slow down, let go and focus your mind. Taking this minute is a chance to re-connect with your inner strengths and values. It is for people who feel the need to pause and reflect in the midst of a frenetic modern lifestyle.

www.just-a-minute.org

I do hope you enjoy your peace breaks!

Best wishes,
Dr Sarah Egger