

CAESURA //

“Between stimulus and response there is a space.
In that space there lies our freedom and power to choose.”

Victor Frankl

A **caesura** is a break in a conversation, a line of verse, or a song. Usually, a **caesura** means total silence, but not for long. It is a pause, or an interruption. A space.

Caesura is a pause. This pause may allow a graceful transition from one focus of attention to another. Or the pause may serve its own function allowing time for something helpful, necessary, or meaningful to occur.

In music, for instance, a **caesura** may allow a moment for the trumpet player to catch his breath, or the pause may provide a brief silence that becomes poetic or melodious in and of itself.



A **caesura**, when strategically placed, is a work of art.

Caesura is an environment. A place where pauses are allowed, expected, welcomed, and taught.

A Pause for Reflection. To ponder. Marinate. Think about. Learn. Choose.

A Pause for Serenity. A moment to be at peace. Take a breath. Be mindful.

A Pause for Variety. Shift from one thing to another. Change of pace. A Refreshing change.

A Pause for Effect. A break from the intensity of a moment. A thoughtful balance between connection to and refuge from the life of a community.

Caesura is Self-Care.

TIPS FOR MAINTAINING PERSONAL BALANCE



RECOMMENDED READING

The Anatomy of Anxiety

Ellen Vora, MD. 2022.

Understanding and overcoming the Body's Fear Response

The Power of Regret

Daniel H. Pink. 2022.

How Looking Backward Moves Us Forward

A Healthy State of Panic

Farnoosh Torabi. 2023.

Follow Your Fears to Build Wealth, Crush Your Career, and Win at Life

Quiet

Susan Cain. 2012.

The Power of Introverts in a World That Can't Stop Talking

Bittersweet

Susan Cain. 2022.

How Sorrow and Longing Make Us Whole