

“What you can do in any situation, no matter what the challenge is, you can always go to your state of being. And how do you go to your state of being? You stop. No matter what the challenge is, you stop. You take a few deep breaths. You smile everywhere in your body. You observe what is happening in your body and mind, and then you proceed with loving kindness and compassion. Stop.

S: stop.

T: take three deep breaths.

O: observe.

P: proceed with kindness and joy and love.

That’s the state of being. It’s the highest form of human intelligence.”

~Deepak Chopra