



Barry Boyce: Mindful Speaking and Writing



Barry Boyce is a long-time meditation practitioner and teacher specializing in applications of mindfulness to everyday life. He is the Founding Editor of Mindful Magazine and mindful.org. Explore how to take pauses, appreciate silence. Discover aspects of mindful speaking, and learn tips for mindful writing.

TOP EMBODIMENT TIP: Pause. When you pause, the silence rushes in. Let it be there.

Speech is Magical: **There's great magic and power in speech.**

- Speech yields results. When something is put out on social media, the effects can ripple to hundreds of thousands, even millions of people.

Taking Pauses: **It can be helpful to insert pauses in our speech.**

- Pauses in speech give us an opportunity to see how our speech has landed. We can't control how people will react.

Appreciating Silence: **When we speak, we are breaking silence.**

- We can fear silence, and it can be awkward, especially on retreat. We have a tendency to want to fill it.
- Part of mindfulness and embodiment is becoming more comfortable with silence.

Four Aspects of Speech: **We notice these with our whole body.**

- **Space:** what surrounds the words.
- **Volume:** how loud or soft we say something.
- **Speed:** noticing pace.
- **Listening:** to yourself and to others (meta-awareness).

Contemplative Reading or Recitation:

- **Begin with three conscious breaths**, speak the line out loud, contemplate each word, then each line, and speak it out loud again.
- Rest attention on the outbreath.

Mindful Writing:

- **Reflective** free writing, e.g. journaling.
- **Intentional** writing, where the purpose is to communicate.

Resources

- ❖ **Books:** *Humankind, a Hopeful History*
- ❖ **Website:** mindful.org



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Philip Shepherd, TEPP [The Embodied Present Process](#)



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