



## 3 STEP BREATHING SPACE

### Acknowledging

Bring yourself into the present moment by deliberately adopting a dignified posture. Notice and acknowledge your experience, instead of turning away. Accept all your inner experiences in the body, emotions and thoughts, and stay with them for a few moments, allowing any negative feelings or experiences to be present.

Ask, “What is my experience **right now**?”

What **THOUGHTS** are going through the mind? As best you can, acknowledge thoughts as mental events, perhaps putting them into words.

What **FEELINGS** are here? Turn toward any sense of discomfort or unpleasant feelings, acknowledging them.

What **BODY SENSATIONS** are here right now? Perhaps quickly scan the body to pick up any sensations of tightness or bracing, acknowledging the sensations.

### Gathering

Gently focus your full attention on the breath. Experience fully each in-breath and each out-breath as they follow one after the other. The breath can function as an anchor to bring you into the present and to help you tune into a state of awareness and stillness.

### Expanding Awareness

Expand your awareness around the breathing to the whole body, and the space it takes up, as if your whole body is breathing. Have a sense of the space around you, too. Hold everything in awareness.

This sequence is rather like an hour-glass. Wide focus, followed by narrow focus, followed by wide.

