

3 Step Breathing Space

1

Bring yourself into the present moment by sitting upright. You may choose to cross your legs in front of you.

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.

2

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.

3

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.

