



## 3 Minute Breathing Space

### Transcript

3-Minute Breathing Space... Begin by adjusting your posture... whether you are sitting or standing, keep the back straight but not stiff, close your eyes if possible and comfortable, or lower and relax your gaze. Let the body express a sense of being present and awake.

Now, bring your attention to your experience in this present moment. You may start by quickly scanning your body and noticing what physical sensations are there. Are there any areas of heaviness or aching right now? Are there any areas of tightness? Are your shoulders slightly raised? Does your body feel like it is bracing itself for something?

Now, gently turn your attention towards what is happening in your mind right now. Are there any thoughts or images that are running through your mind? If so, as best as you can, acknowledge their presence and notice them simply as “thoughts” or mental events. Do not engage with them and do not push them away, simply allow them to be there as part of your experience in this present moment.

Now, notice if there are any feelings present. Is there any sense of emotional discomfort or any unpleasant feelings? Perhaps there are pleasant feelings present. Again, notice them... acknowledge them... allow them to be there as part of your present-moment experience.

(Silence 10 sec)

Now, gently redirect your attention to focus on the physical sensations of breathing. The rising and falling of your chest... the expansion and contraction of your lungs... the in- and the outflow of air through your nose and your throat... Follow the breath all the way in and all the way out... When your mind naturally wanders, as many times as it may be, use the breath as your anchor to the present moment.

(Silence 10 sec)



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Now that you have become aware of all the different parts of your present experience, and anchored yourself in this moment using the rhythmic sensations of your breath, begin to slowly expand your field of awareness to include your body as a whole... from your head... your facial expression... your posture... all the way down to your toes... If you notice any areas of tension or discomfort, direct your attention to those parts by breathing into them on the in-breath... then, breathing out through those areas... softening... soothing... remaining aware of your body in space... simply being in this moment in time...

(Silence 20 sec)

When you are ready, open your eyes, letting go of this brief practice.