

The 3 Minute Breathing Space – Basic Instructions

Mindfulness is learning how to pay attention in a particular way; on purpose, in the present moment, and non-judgmentally.

1. ARRIVING

Bring yourself into the present moment by deliberately adopting an erect (but not rigid) and dignified posture. If possible, close your eyes, or close them half way focusing a few inches or feet in front.

Then ask yourself:

What is my experience right now... my thoughts... my feelings... my bodily sensations?

Non-judgmentally, and with a sense of curiosity, observe, acknowledge, and identify your experience, even if it is unwanted or uncomfortable.

2. GATHERING

Then, gently redirect your full attention to your breathing. Focusing on each in-breath and each out-breath as they follow, one after the other. Focusing your attention on the exact moment that the in-breath transitions to the out-breath and the out-breath transitions to the in-breath.

Your breath can function as an anchor to bring you into the present moment and help you tune into a state of awareness and stillness.

3. EXPANDING

Expand the field of your awareness around your breathing, so that it includes a sense of the body as a whole, your posture, and facial expression.

The *breathing space* provides a way to step out of automatic pilot mode and reconnect with the present moment as you find it.

The key skill is to maintain awareness in the moment.

The present moment of your thoughts because they are your thoughts,
your feelings because they are your feelings,
and your bodily sensations because they are your sensations.

Nothing else.

After about three minutes take a deeper than normal cleansing breath and return to your everyday sense of awareness, bringing with you a little bit of something that maybe wasn't there before.