

THREE-MINUTE BREATHING SPACE (3MBS) INSTRUCTIONS

Preparation

Begin by deliberately adopting an erect and dignified posture, whether you are sitting or standing. If possible, close your eyes. Then take about one minute to guide yourself through each of the following three steps:

Step 1. Becoming Aware

Bringing your awareness to your inner experience, ask: **What is my experience *right now*?**

- What **THOUGHTS** are going through your mind? As best you can, acknowledge thoughts as mental events, perhaps putting them into words.
- What **FEELINGS** are here? Turning toward any sense of emotional discomfort or unpleasant feelings, acknowledging their presence.
- What **BODY SENSATIONS** are here right now? Perhaps quickly scan your body to pick up any sensations of tightness or bracing.

Step 2. Gathering

Now, redirect your attention to focus on the physical sensations of the breath breathing itself.

Move in close to the sense of the breath in the abdomen...feeling the sensations of the abdominal wall expanding as the breath comes in.... and falling back as the breath goes out.

Follow the breath all the way in and all the way out, using the breathing to anchor yourself into the present. If the mind wanders away at any time, gently escort it back to the breath.

Step 3. Expanding

Now 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.

If you become aware of any sensations of discomfort, tension, or resistance, take your awareness there by breathing into them on the in-breath. Then breathe out from those sensations, softening and opening with the out-breath.

As best you can, bring this expanded awareness to the next moments of your day.

The breathing space is THE way to step out of automatic pilot and reconnect with the present moment.