

Session 3 Handout 1

The 3 Minute Breathing Space Instructions:

Stepping out of autopilot and reconnecting with the present moment. Try to spend about a minute doing each of the following.

1. Awareness.

Be present by checking into your posture, allow it to be erect and dignified without stiffness. If possible and practicable close your eyes. Ask yourself:

What is my experience right now?

Thoughts

Feelings

Bodily sensations

Be aware of these experiences regardless of whether they are pleasant, unpleasant or neither.

2. Allow the mind to focus.

Gently guide your attention to your breathing, notice the in-breath and out-breath AS THEY HAPPEN relaxing any tension or tightness in the body (including in the head) by breathing in or out of that point as in the body scan. Allow this attention to bring you into the present moment, RIGHT HERE, RIGHT NOW!

3. Widen

Give your mind permission to widen awareness from the breath to include all of the sensations in your body, posture, sense of contact, mobility of the skeleton in response to the breath, facial expression etc. remembering to relax any tension or tightness.

Awareness  
Focus  
Widen



Remember, when necessary you can always use a 60, 30 or even 15 second 3 minutes breathing space. Your only task is to maintain awareness in the moment.