

Three Stages Breathing Space Practice

You can do this practice for one minute or for as long as you like. It's a mindfulness practice that you can do anywhere, on the train, tube or bus, in the bathroom, at your desk, in a meeting, before giving a presentation, before going into a difficult conversation...

1

Awareness

Ask yourself:

Where am I right now?

What am I doing?

What is my experience right now?

How is my body feeling?

How am I feeling emotionally?

What's happening in my

mind? It may be helpful to put

experiences into words: "I am

feeling anxious" or "Self-critical

thoughts are here", "I'm feeling

calm" or "I'm feeling tired", "I've

got an itch in my leg".

2

Gathering Attention

Gently gather and redirect your full attention to the breath.

Follow your breath all the way in and all the way out (at least 5 breaths for more...)

Maybe noting in the back of your mind: *Breathing in... breathing out...*

3

Expand Attention

Allow the field of your awareness to expand around your breathing so that it includes a sense of the body as a whole, including, especially any sense of discomfort, tension, or resistance. If these sensations are there, then 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. Say to yourself on the out-breath: "It's okay", whatever it is.

Breath of Life

I breathe in All That Is-
Awareness expanding
to take everything in,
as if my heart beats
the world into being.

From the unnamed vastness beneath the
mind, I breathe my way to wholeness and healing.
Inhalation. Exhalation.

— Danna Faulds

