

Three-Stage Breathing Space

The purpose of this practice is to create a moment of space, so that you can take some simple steps to help you achieve a greater sense of clarity and calm in the present moment.

There are three stages to the practice:

Taking a breathing space

Stage 1

Find a place where you can take a moment to yourself – either standing, sitting or lying down, choose a place where you will be as comfortable as possible, and just become still.

Gently close your eyes.

Start to become aware of your feet on the ground, or the support below you if you are lying or sitting down. And just allow your body to relax.

Ask yourself the following questions:

'What is going on for me right now? What is going on in my mind and body? What thoughts can I notice? What feelings are here?

Now turn your attention to what sensations are going on in the body? If you notice any tension or resistance towards painful or unpleasant sensations, gently turn towards them and Accept them as best you can.

In your own time, take your awareness from one part of your body to the next, exploring with a kindly curiosity and just noticing what is there, what you feel.

Stage 2

Bringing the attention to your breath – just becoming aware of how it feels to be breathing. Following your natural breathing pattern inhaling and exhaling without trying to change it in any way. Just feeling the sensations of the breath as it enters

and leaves your body. Being aware of the air as it enters on the in-breath, and how it feels leaving the body on the out-breath.

Continuing to focus on the breath feeling the different sensations in the nose, mouth, chest, belly, back and sides of the body. Notice how it feels to just focus on your breath. And use the breath to anchor your awareness in the present moment.

Stage 3

Gently expand your awareness now to include the whole body. Feel the breath breathing into the whole body. Imagine you are breathing in and out into the whole of the body you could imagine the air you breath in as a colour.

Holding all the sensations in the body right now just as they are. Coming home to the body in this moment.

Now broaden your awareness even further to become aware of sounds around you, notice what you can hear, maybe you can feel the air on your skin,

And as you move into your senses you can gently open your eyes and move the body with care.

Perhaps during this practice, you noticed something that had not previously been aware of. It is important to accept this as best you can with compassion.

And as you get ready to go about your day remember that you always carry with you the awareness that you've cultivated.