**Three Step Breathing Space**

For this brief practice bring yourself into the present moment by adopting an upright and dignified posture, awake but not stiff, closing your eyes if you feel happy to.

2 breaths

The first step of this practice is to become aware of what is going on for you right now. Become aware of what thoughts are going through your mind, as best as you can, just noticing them as mental events...….and now turning your attention to what feelings you may be experiencing….....just noticing them without trying to hang on to them or push anything away, just noting what is around right now......... And now paying attention to any sensations in the body, are you noticing any sensations of comfort, or discomfort, warmth, cold, or maybe a lack of sensation? Not trying to change anything just noticing things as they are in this moment. In this way we are simply acknowledging and noticing our current experiences, whether they are wanted or not.

3 breaths

Having acknowledged our experience right here and right now, we have stepped out of automatic pilot……………………The second step of this practice is to gather our awareness by gently directing our focus to the single object of our breathing………………, the movements of the abdomen…………………., the flow of the breath, as it comes in, and as it goes out. ………………………….Spending just a little while giving our attention to our breath………………. using our breath as an anchor to become fully present right here, right now.

5 breaths

Having gathered our awareness in this way we can take the third step and now expand our field of awareness. As well as being aware of the breath we can expand our awareness to include a sense of the body as a whole, following our breath as though our whole body is breathing. Holding our whole selves in a gentle, more spacious awareness.

3 breaths

When you are ready, allow your eyes to open.

OR ring the bells