# Advanced Breathing Space

The first step in this breathing space is to gather your awareness of what is happening right now. Try to identify and acknowledge your inner experience, by putting it into words.

Begin by bringing the focus of awareness to noticing what is happening in your thoughts.

Now try describing what it is you are feeling emotionally. What feelings are you experiencing?

And then identify what physical sensations you are feeling. Just describe whatever you find.

[couple of breaths]

Having identified in this way and acknowledged what is happening for us right now, in the second step, gently redirect your full attention to the breath. Follow the breath all the way in and all the way out.

You may wish to note at the back of your mind – breathing in - breathing out.

[3-4 breaths]

In the last step, allow your attention to expand to include your whole body.

Perhaps, paying special attention to any sense of discomfort or tension.

If such 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 ok. Whatever it is, it’s ok. Let me feel it.’

Become aware of your facial expression and posture. Perhaps changing your expression or posture if that feels appropriate.

[2-3 breaths]

And now as best as you can bringing this expanded awareness to the next moments of your day.