



# MINDFUL MEDITATION

The Three-Minute Breathing Space Practice



## AWARENESS

Immerse yourself in the present moment by consciously adopting an upright and dignified posture. If you can, gently close your eyes. Direct your awareness inward and observe what is occurring within your thoughts, emotions, and physical sensations. Take the time to describe, acknowledge, and identify your experiences. For instance, you might think to yourself, “I am feeling anger” or “I notice self-critical thoughts.” It’s important to recognize your experiences, even if they are uncomfortable.

## REDIRECTING ATTENTION

Now, softly shift your complete focus to your breath... Track the breath as it flows in... and then out... Inhale deeply and exhale fully.





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## EXPANDING ATTENTION

And now Expand the field of your awareness and allow your attention to include

the whole body ... especially to 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 OK...”

Whatever it is, it’s OK... Let me feel it.”...

Become aware of and adjust your posture and facial expressions...

As best you can, bring this expanded awareness to the next moments of your day.

