

## **‘Three minute breathing space’**

A three minute breathing space is a pause from our normal routine and daily activity. **It’s a breathing space, where you *pause and simply rest, with awareness of your body and breathing, your emotions and thoughts.*** Although it’s only a short amount of time, the three minute breathing space can have a very positive impact on one’s day.

The practice gives us an opportunity to become more ‘centred’ in the midst of daily life, which gives rise to renewed initiative and perspective. You can take three minutes at any time during the day when you will not be directly disturbed e.g. public transport or break from your desk.

### **The practice**

#### **Gathering**

Find as comfortable a posture as possible, and if it helps you can close or half close your eyes. First of all just get a sense of the whole of your body, allow gravity to really take your weight and gently encourage your body to relax. Then ask yourself ‘How does my body feel in this moment?’ and with that question, allow yourself to become aware of the various physical sensations in the body.

Then become aware of the breath, experiencing the gentle movements of the body as you breathe. It may be helpful to take a few deeper breaths and as you do so get a sense of the body gently releasing any tension on the ‘out-breath’, this can help your muscles to soften any muscles that have tightened up during the day.

Then, notice how you are feeling emotionally, and breathe with this. If there are any thoughts on your mind then simply notice them, notice their content as a means of recognising what is on your mind. Breathe into any emotion and thought that you are experiencing, turning towards both the discomfort and pleasure within your experience; breathing with both, perhaps feeling some relief and release on the out-breath.

#### **Centring**

Now take your attention to the sensations of the breath inside your body, experience the movement of your breath in your torso – the sensations around your belly, the movement of your diaphragm gently massaging your inner organs on the in-breath and any physical release on the out-breath. Rest your attention here for a few moments, in your ‘centre’, simply experiencing the physical rhythm of the breath.

**Expanding**

Now broaden and expand your awareness to include a sense of the whole of your body again, take a few deeper breaths again and rest your attention with the whole of your body for a few moments. Experience your feet firmly planted on the floor and the force of gravity taking the weight of your body. Look for a sense of expansion on the in-breath and release on the out-breath.

And now, gradually turn your attention to the sounds around you, become fully aware of the space around you in the room or environment, and then move into your next activity, taking any benefits from your breathing space with you.