

Mindfulness - 3 Minute Breathing Space

Here are the basic instructions for the exercise done in the program.

At the bottom of the page, there is a link to an audio guide for this exercise if you prefer.

Mindfulness is learning how to pay attention in a particular way; on purpose, in the present moment, and non-judgmentally.



1. Arriving

Bring yourself into the present moment by deliberately adopting an erect (but not rigid) and dignified posture. If possible, close your eyes, or close them half way focusing a few inches or feet in front.

Then ask yourself:

What is my experience right now... my thoughts... my feelings... my bodily sensations?

Non-judgmentally (and with a sense of curiosity) observe, acknowledge, and identify your experience, even if it is unwanted or uncomfortable.

2. Gathering

Then, gently redirect your full attention to your breathing. Focusing on each breath in and each breath out as they follow, one after the other. Focusing your attention on the exact moment that the breath in transitions to the breath out and the breath out transitions to the breath in.

Your breath can function as an anchor to bring you into the present moment and help you tune into a state of awareness and stillness.

3. Expanding

Expand the field of your awareness around your breathing, so that it includes a sense of the body as a whole, your posture, and facial expression.

The breathing space provides a way to step out of automatic pilot mode and reconnect with the present moment as you find it.

The key skill is to maintain awareness in the moment.

The present moment of your thoughts because they are your thoughts, your feelings because they are your feelings, and your bodily sensations because they are your sensations.

Nothing else.

After about 3 minutes take a deeper than normal cleansing breath. Return to your everyday sense of awareness, bringing with you a little bit of something that maybe wasn't there before.

Resource:

The Breathing Space by Jon Kabat Zinn"
(On YouTube) youtu.be/8oWmGJc8NWl