**[Three Minute Breathing Space](https://www.dropbox.com/s/1jftgwctr9qpjb4/Three%20Minute%20Breathing%20Space.m4a?dl=0) (~3.5 minutes):**

Since this practice is brief, we want to come into the moment quickly by taking a definite posture. If you are standing, then stand up straight, legs shoulder with apart, and push your shoulders back and down. If you are sitting, do the same and press your feet into the ground with your legs uncrossed. If it is an appropriate setting and you are comfortable with it, then you can gently close your eyes.

The first step is to notice what thoughts are around. There is no reason to try to control, just notice them, particularly noticing any negative thoughts. Perhaps saying to yourself, aaah, that’s just how it is right now. Similarly, notice any negative or powerful emotions that are around, as well as any unwanted or uncomfortable bodily sensations, again not to try to control or eliminate them, just to accept them as they are in this moment… aaaah, that’s just how it is right now…

You have stepped out of autopilot, and now the second step is to turn your attention and awareness to a singular object, and in this case, we are going to use the breath and the related sensations in our belly. See if you can allow your belly to relax and be soft and just really tune in to the sensation in your belly with each in-breath… increasing pressure and expansion… and with each out breath… decreasing pressure and contraction. There is no need to control the breath in any way, just notice the full length of the in-breath and the full length of the outbreath. Notice when your mind wanders or gets caught up in a thought, emotion, memory or bodily sensation, then gently direct your attention back to the breath at the level of your belly (pause for ~10 seconds or more).

And now, for a third and final step, see if you can expand your awareness to include not only your breath, but a sense of your body as a *whoooole*… just take a few moments to notice the physical sensations from the hair on top of your head all the way down to your toes… *your body as a whole*…this can be a softer, broader awareness. It may even feel as if your entire body is breathing… and now, you can gently open your eyes and carry on, with presence, anything you choose to do.