

A3D Breathing Space

Sit comfortably (or you can stand or lie down). You may close the eyes or keep them open, but with eyes unfocused and gazing slightly downward.

A for Awareness or Attention

- ▶ Be conscious of your attention and awareness.
- ▶ Bring attention to what you notice now. Notice that it changes second by second.
- ▶ Continue just noticing ... just noticing ... whatever comes into awareness.

3 for 3-dimensional: body, heart, mind

- ▶ Bring attention and awareness to your body.
- ▶ To your heart (or emotion or mood).
- ▶ To your mind or thoughts.
- ▶ Notice what is going on — no need to change or adjust or interpret in any way.
- ▶ Simply notice.

D for Drop in or Deepen

- ▶ Continue being aware of body, heart, and mind.
- ▶ Continue being conscious of attention.
- ▶ Drop into a deeper sense of your experience, simply being aware of what is “underneath” all the changing details.

Practice A3D breathing space for 3 minutes or more any time you wish.
(But not while driving or operating machinery!)