

# Three Step Breathing Space



## Guided Meditation Practice



[Listen](#) A dose of meditation in less than 5 mins

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# Who is this for?

- Like the sound of having some moments of calm in a busy day
- Limited free time in the work schedule
- Anxious before exams
- Feel like you carry negative energy from one meeting to the next
- On the move and don't want to miss your regular practice...
- Struggle focusing in lessons?

c'mon, inner peace.  
I don't have all day.



# A short practice that might change your day

- This mini-meditation is designed to help us 'check in' with how we are feeling
- It can take as little as a few minutes which makes it perfect for punctuating our busy schedules
- Being more in tune with how we are feeling enables us to take our next step in a more skilful + positive direction
- This is very transferable and as such can be used before or at the start of meetings, between lessons, before an exam or even on the sports field



Exams:  
even a  
small  
amount of  
practice  
will go a  
long way



Meditation helps with memory and focus, and is proven to help with recall



When we anchor on the breath or in the feet, we become aware of what is present in this precise moment. This allows us to step back from our stream of thoughts which are mainly occupied with things in the past or future (not always useful). The breath is always in the present moment



Experiencing a busy mind is entirely normal – but in an exam room (or piano recital, live performance etc) it helps to have a clear mind so our knowledge can rise to the surface. By noticing thoughts or stress beginning to increase we can drop anchor, take a breath, then regain some space and composure before moving on

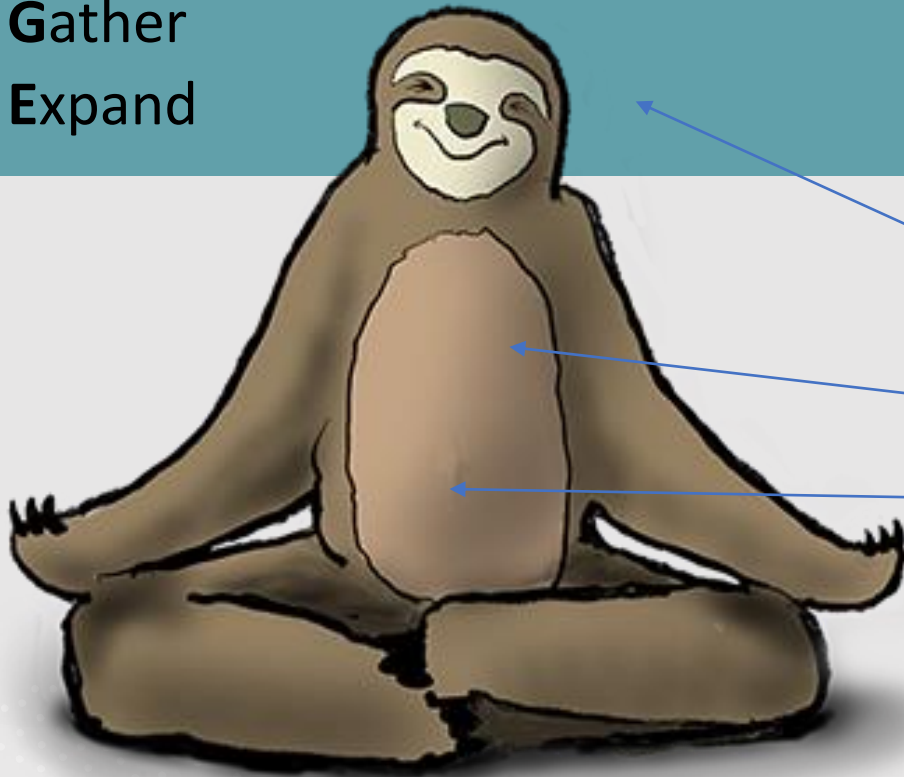
# Food for thought

Although this practice takes a few minutes, it has a remarkable way of freeing up time in the day because it actually creates space in our head which gives us clarity and so makes us more efficient at what we do

# How to do it

(link on Slide 1)

- Follow the acronym **A G E**
  1. Awareness
  2. Gather
  3. Expand



1.

## Awareness of:

- Thoughts
- Feelings/Emotions/Mood
- Physical Sensations

# Detailed version:

**Awareness** is an opportunity for us to check in with how our mind, heart and body are doing at this moment

What thoughts are present right now, how is the 'thought traffic' of your mind

What emotions + feelings are present for you at this moment in time

What physical sensations, if any, are here for you. Could be increased heart rate, sweating, tension in the shoulders, clenched jaw



## 2. Gather your attention and allow awareness to settle in your feet + their contact with the floor

- Explore with curiosity
- What sensations are present for you?
- Sense the feelings in your feet rather than actively thinking about them
- These could include tingling sensations, pulse, temperature sensations, the texture with the floor or clothing
- Noticing that nothing is present is just as useful as noting a strong sensation
- Simply be aware of whatever is here for you, in this moment, in your feet



### 3. Expand your awareness to include body contact with the chair or your breathing

- **Breathing**

- Soften the belly
- Take a few deep breaths focusing on the inhale and exhale
- With each inhale feel sensations in the belly like a balloon expanding
- With each exhale blow out the mouth slowly like trying to make a candle flicker

# Finally

Check in with how you are feeling now. Recognise what you have noticed and use this as a barometer to make your next move a skilful one

Note: **meditation does not get rid of thoughts!** It does allow us to become aware of mental patterns and, with practice, provides an opportunity to respond with choice rather than allowing habitual reactions to spiral

How can your next action be a positive one?

# Some info

The intention of meditation is to focus on an 'object' or anchor, usually the breath, the feet on the floor or contact with a chair or bed

Becoming aware of sensations in this way allows us to step back from the thoughts in our mind, like stepping back and observing traffic passing by. With practice we can learn to choose which thoughts to engage with

Even if only for a few moments, this process of stepping back, or decentering, can provide some space for clarity and choice

In between the stimulus and the response is a space, and in that space is your power and your freedom.

Victor Frankl