

Be Mindful Transcript: Week 3

Title: 3 minute Breathing Space, Audio File

Timestamp	Transcript
00:00:00.000 --> 00:00:03.400	This is a guided 3 step breathing space.
00:00:03.400 --> 00:00:10.300	So first take a strong confident posture, sitting or standing.
00:00:10.300 --> 00:00:14.200	Seeing if you can embody a sense of wakefulness, of being present.
00:00:15.400 --> 00:00:20.500	Eyes closed or open, which ever you prefer
00:00:22.500 --> 00:00:35.500	And now, acknowledging. Taking your attention to whatever is happening in your experience right now. Asking yourself, what's going on for me.
00:00:35.900 --> 00:00:50.500	Noticing sensations in the body. That could be discomfort, or tension, or pleasant feelings. Warmth, comfort, relaxation.
00:00:50.500 --> 00:01:00.500	Taking your attention to thoughts. Not analysing your thoughts or getting caught up in them but just watching them.
00:01:00.900 --> 00:01:15.100	And bringing attention to emotions. Picking your emotional temperature. Are you feeling joy, sadness, anger, or another emotion?
00:01:21.500 --> 00:01:32.200	And now, gathering. Bringing your attention inwards. Anchoring your experience on the movement of the breath
00:01:32.200 --> 00:01:52.400	Taking your awareness to the breath as you experience it in the abdomen. The abdominal wall moving in and out with the rise and fall of your breathing. Just following the breath, as best you can
00:02:09.000 --> 00:02:18.100	And expanding, allowing your awareness to expand. So that it includes a sense of the whole body.
00:02:18.100 --> 00:02:26.900	Not trying to relax particularly, or judging sensations as good or bad but just noticing them.
00:02:32.000 --> 00:02:49.300	As you expand your awareness perhaps having a sense that your whole body is breathing and now also having a sense of the space around your body.

00:02:50.100 --> Taking in sounds, smell, points of contact or touch and holding all of this
00:03:09.100 experience in a soft spacious awareness

00:03:10.900 --> And staying with that for just a few moments more
00:03:16.200

00:03:25.900 --> And now, when you are ready opening your eyes if they have been closed
00:03:35.700 and moving on with your day

End of 3 minute breathing space audio