



A 3 Minute Mindful Breathing Exercise – To Restore Calmness, Clarity & Balance

*“Adopt an erect standing or sitting posture and shut your eyes, if possible. Start to become aware and acknowledge what is going on with your body and how you are feeling. **Firstly**, pay Attention to and investigate what thoughts are going through your mind. Acknowledge these thoughts as ‘Mental Events’ floating past you like clouds in the sky. **Secondly**, investigate what feelings and physical sensations you have. Notice anything that is uncomfortable or unpleasant without trying to suppress or change that feeling. **Thirdly**, explore more closely with your mind how your body feels. Scan the body gently but completely for any sensations of physical tightness or tension. Again, acknowledge any sensations but don’t try to change them. **Now**, redirect your Attention to the physical act of breathing and particularly how that is making you feel in your lower abdomen as your stomach gently rises and falls, expands and contracts with each breath. Use each breath to anchor yourself in the present and if the mind wanders, daydreams, or starts revisiting past events or worrying about the future, acknowledge this without criticism or judgement and gently bring your focus back to your breathing in the present moment. **Finally**, expand your field of awareness around your breathing, so it now includes a sense of your whole body—including your posture and your facial expressions—as if the whole of your body was breathing in unison. If you become aware of any discomfort or tension, imagine your breath moving into and around the part of your body where you’re experiencing this and explore and make peace with it, rather than trying to change anything”.*

Chapter 6 – ‘Uncovering Mindfulness: In Search of a Live More Meaningful’ – Paul A Mudd

<https://www.amazon.co.uk/Uncovering-Mindfulness-Paul-Mudd-ebook/dp/B00SMW7CMM>