

Pause Breathe Notice

This meditation is intended to remind us to pause. We have such busy lives and often it feels as if we have no time to notice our own internal systems. You may notice when you first start doing this that you may get messages from your body to hydrate, eat or relieve yourself.

While this too, is important you may find this exercise helpful for transitioning between patients or tasks. It can be used to have a moment of ease or awareness of what further needs you may have that you can come back to when you have more time

We offer this at the beginning of every section as a way to transition into something different, or to notice how open or closed you are to reading the next section. From doing this exercise regularly it can be a simple way to check in and notice *what do I need in this moment?*

Take a moment to pause wherever you are in your daily life. You may want to sit or simply remain standing and pause.

Take a breath or notice that you are breathing. This may be the first time that you noticed the breath today

If you like, consciously join in with your next breath. Perhaps inviting a deeper breath that fills your abdomen, expanding your abdomen, allowing your ribs and chest to expand outwards and sideways and finally feeling the breath in your upper chest and noticing the rise of your chest using the accessory muscles. As you exhale doing the reverse, noticing the fall of the chest, the drawing in of the ribs and finally the drawing in or contraction, of the belly toward the spine

Eyes open or closed, notice what it is like to stop or pause. Maybe noticing that the breath nourishes you as you breathe in and can feel relaxing as you breathe out. You might be more aware of your body, noticing the sensations that tell you that you may need to have some fluids or go to the bathroom.

Perhaps you are aware of your feet on the ground, noticing the soles of your feet or other sensations of being connected to this place where you are

This may give you an opportunity or allow you to notice your thoughts, or emotions, pleasant or unpleasant.

And then once again notice that you are breathing and join in with the next breath that is already happening. Nothing else to do, nowhere to go for this moment, simply pausing, breathing and allowing yourself to notice whatever is here.

The breath can be used as an anchor anytime during the day and is always available to us

Move back into the external world, if you like using the exhale to come back into this next moment. If you like making any sound or movement your body may need as you move back into your day.