

Three Dimensional Breath Meditation

* ARRIVE

- ❖ Come to your Meditation Station: sit on cushion or chair; recline; incorporate any props or cushions; or any other posture that best serves you in meditating.
- ❖ Sustain your position while meditating. During meditation, adjust position as needed to prevent stiffness or tension. Make any adjustments slowly, gently, mindfully.

* BREATHE

- ❖ Place attention on breath.
- ❖ Breathe freely in a natural flow, unforced, in an organic cadence of inhale, exhale.

* 3D BREATH

- ❖ Place palms on low belly, or one hand at belly and one hand at low back. Breathe into the space beneath hands. This is the base chamber of the breath. Isolate breath in and out of base chamber several times.
- ❖ Slide palms up the sides of torso, to the ribcage on each side. Breathe into the space under palms. This is the middle breath capacity. Isolate breath in and out of middle chamber several times.
- ❖ Lift hands to rest finger tips just under the collar bones, and rest palms there at upper chest. Breathe into the space under hands. This is the upper chamber of the breath. Isolate breath in and out of upper chamber several times, slowly and steadily.
- ❖ Next, release hand guidance, relax arms down, and rest hands on legs or lap, palms either up or down. Using focused guidance from the mind, rather than from touch of hands, draw a few cycles of breath through each chamber of breath capacity.
- ❖ Take several cycles of breath integrating through all three chambers - the Three Dimensions - of breath capacity, circulating seamlessly from full extent of inhale to deep complete exhale.

* EMERGE

- ❖ To shift from 3D Breath Meditation, release any controlled breath pattern to allow recalibration of natural breath pattern. Open eyes to a diffuse gaze.
- ❖ Gently move or stretch, and allow for a yawn, sigh, or involuntary deep breath.
- ❖ Observe and acknowledge any effects of your meditation. Attune to any sense of being grounded, centered, or calm... any experience that landing in meditation holds for you, bring it with you in your state of mind, body, and energy.

