**Three Step Meditation – Instructions**

**This meditation can be conducted sitting down, standing or lying down. Its purpose is to provide awareness and balance in times of automatic reaction to events.**

**Step 1 – Audit:**

1. Adopt a dignified posture, whether sitting or standing and ‘tune in’ to the present moment.
2. Close your eyes and bring your awareness inside asking yourself:

What thoughts am I having? What feelings am I experiencing? What is my body doing?

**Remember – this is my experience right now; the world won’t alter to suit me!**

**Step 2 – Breath and body awareness:**

1. Concentrate on your breathing, starting with the nose and mouth, then the chest and then the abdomen.
2. Now focus on the parts of your body in contact with the floor and/or chair, feel the weight and contact.
3. Now focus on where your skin meets your clothing, feel the touch of your clothes on your skin.
4. Now focus on the space just outside the body, where you inhabit space.
5. Now reverse the process, from space, to skin, to surface, to breathing and finally to mind.

**Step 3 – Sustain the awareness:**

1. Now take this feeling from inside and bring it consciously into the rest of your day.