3 Minutes Snapshot

1. Aware

Become aware of the present moment. Realize what you are doing, how you feel - how your body feels (tense, cramped, tired, etc.). Pause and find an upright posture. Close your eyes. Then notice what you are currently feeling in the body:

How does the body feel?

What kind of feelings and emotions do you have right now?

What thoughts go through your mind?

Become aware of everything right now - pleasant or unpleasant.

2. Gathering

Now bring your full attention to your breath, every single breath, the inhalation, the exhalation, the pauses; to the silence between each breath. Allow your mind to be brought back into the present again and again by the breath. Breathe here 1 minute.

3. Expanding

Expand your awareness - starting from the breath - more and more, so that you include your body as a whole, your state of mind, the tension of your muscles, your facial expression and breathe. Feel how your body surrounded by air, and feel your surroundings.

Breath in and out three times, and then come back.