



Presence Practice

At any moment, taking a few breaths can relax us. Sometimes though, we use these breaths to try to force ourselves from tension to relaxation, and then we're disappointed in the process — still tense, still stressed.

We missed a pivotal step: awareness and acceptance of what's actually happening. Ironically, a gentle exploration using three breaths can restore us to relaxed presence more reliably.

Breath #1: Notice your sensations...

Can you imagine just a little more space around any tightness or holding? Not trying to change them, just allowing your awareness to expand.

Breath #2: Notice your breath...

Any tightness here? Can you intend a little more space around your breath?

Breath #3: Notice your thoughts...

Can you offer yourself some space around these thoughts?

Space...

Not changing anything... just making room for it all...

This practice is inspired by John Makransky's "Three Naturals Meditation."

