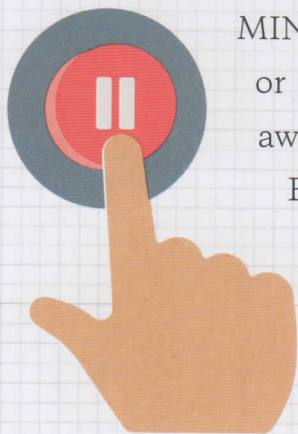


Finding the Gap

✓ This breathing meditation helps you see how things shift and change from moment to moment—even your thoughts and emotions. When you notice the natural pauses or gaps in your breathing, you can experience the silent space between thoughts. That is where you experience your WISDOM MIND. In that gap, your mind is not reflecting on the past or planning for the future. Instead it rests in the open awareness of NOW.



Begin by sitting in MINDFUL ME POSTURE and taking three MINDFUL ME BREATHS. If you are breathing fast and shallow breaths because you are upset, see if they slow down when you become fully aware of your breathing.

When your breathing steadies, notice that at the end of each out-breath there is a little pause or gap before you breathe in again. Each time you breathe out, focus your attention on that gap in your breathing. It might also feel like a pause in your thinking or a silent space.

Breathe in again. Breathe out, and find the gap.

Sit in meditation for as long as you like. When you are ready, perhaps feeling less hooked by emotion, end your meditation.

