

3 Things Exercise

An exercise that helps to:

- Calm and reorientate both the peripheral and central nervous systems
- Settle and focus the mind
- Bring us safely into the present moment

>>> [6 minute guided AUDIO](#) <<<

Please read this first...

SETUP:

1: Sit or stand in an easy upright position.

- Not too slouched over and not so rigidly upright.

2: Breathe easily - let the exhales be longer than the inhales

2: Softly focus your eyes at a point in front of you that is slightly above eye level.

- It can be a detail, or just a blank piece of wall.
- You may find yourself looking in other directions - simply keep returning back to this soft central focus throughout the exercise.

3: Access peripheral vision

- Widen your vision without looking away from this central point.
- Start to notice the space around you and the objects / shapes / colours / things in your wider field of vision.

Then....

1: Notice 3 things you can see...

Notice 3 different objects / colours / textures in your wider vision.

- Keep your eyes softly focused in front of you.
- Keep it simple. Don't go into the stories of things.

Then...

2: Notice 3 things you can hear...

Eg: traffic / birds / far off noises / your breath / the wind / silence

Then...

3: Notice 3 things you can feel

Eg: gravity / textures of clothing / breath against your nostrils

Then...

- 4: Notice 2 of each (see/hear/feel)
- 5: Notice 1 of each (see/hear/feel)
- 6: Notice 2 of each (see/hear/feel)
- 7: Notice 3 things of each (see/hear/feel)

Then... take a moment to just notice whatever arises in your senses.

Let me know how it goes!