

**MINDFULNESS HANDOUT 3A** (p. 2 of 2)

5.  **Asking is this Wise Mind?** Breathing in, ask yourself, "Is this (action, thought, plan, etc.) Wise Mind?"
- Breathing out, listen for the answer.
  - Listen, but do not give yourself the answer. Do not tell yourself the answer; listen for it.
  - Continue asking on each in-breath for some time. If no answer comes, try again another time.
6.  **Attending to your breath coming in and out, let your attention settle into your center.**
- Breathing in completely, notice and follow the sensations of your breath coming in.
  - Let your attention settle into your center, at the bottom of your breath, at your solar plexus—*or*
  - Let your attention settle in the center of your forehead, your "third eye," at the top of your breath.
  - Keeping your attention at your center, exhale, breathing normally, maintaining attention.
  - Settle into Wise Mind.
7.  **Expanding awareness.** Breathing in, focus your awareness on your center.
- Breathing out, stay aware of your center, but expand awareness to the space you are in now.
  - Continue on in the moment.
8.  **Dropping into the pauses between inhaling and exhaling.**
- Breathing in, notice the pause after inhaling (top of breath).
  - Breathing out, notice the pause after exhaling (bottom of breath).
  - At each pause, let yourself "fall into" the center space within the pause.

9.  **Other Wise Mind practice ideas:** \_\_\_\_\_  
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