



THE SPACES IN-BETWEEN

Purpose: This practice gently supports awareness of your body in space. It invites you to notice both your inner experience and your connection to the environment around you. By exploring the spaces in-between, outside and inside, you may find a sense of balance, grounding, and ease.

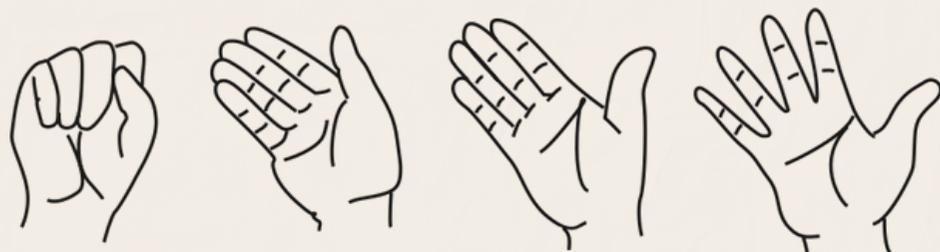
01 Sit or stand comfortably with your eyes open.

02 Gently look around the room.

- Notice the spaces in-between objects: between chair legs, between the wall and pictures, between the floor and ceiling.
- See how many spaces you can notice without straining.

03 Bring your attention to your hand.

- Begin with your fingers gently closed.
- Slowly open your fingers, one by one, noticing the space that appears between them.
- Take your time and allow your hand to relax naturally.



04 Close your eyes.

- See if you can still sense or feel the space between your fingers.
- Notice how this changes your inner experience of your hand.

05 Now gently notice the space in-between thoughts.

- You may become aware of small pauses between thoughts or images.
- There is no need to change anything, simply rest in the spaciousness you notice.



TAKE A MOMENT TO NOTICE

You may reflect quietly or write a few words below.

1. Do you feel more slowed down or settled right now?

Yes A little No Unsure

2. What do you notice about your body in relation to the space around you?

3. Is there an awareness of both your body and the environment at the same time?

REFLECTION:

Describe how your body feels in relation to the environment right now:

This practice is about gentle noticing, not doing it “right.” Whatever you experience is enough. You can return to this exercise whenever you want to feel more present, grounded, or connected.