



Untethered Collective

MIND · HEART · MOMENT

The Three Breath Meditation

Eight times a day, three breaths. A structured check of the mind, the heart and the moment, so the day does not get away from you.

FOUR COUNTS IN THROUGH THE NOSE · FIVE COUNTS OUT THROUGH THE MOUTH

BREATH ONE

Mind Awareness

FOCUS Observe your thoughts. Are you centered and clear?

BREATHE IN Space and awareness to your mind.

EXHALE Release around thoughts and thinking.

BREATH TWO

Heart Awareness

FOCUS Tune into your heart's current state.

BREATHE IN What are you feeling? Note the emotions you are experiencing.

EXHALE Gradually, allowing relaxation to spread through your heart and body.

BREATH THREE

Being in the Moment

FOCUS What are you noticing right now?

BREATHE IN Consider your purpose and what you want to accomplish in the next hour.

EXHALE Tension and distraction. Look for flow.

By consciously controlling your breath you regulate your nervous system. You can cultivate inner stillness, resilience and a deeper connection to the present moment by shifting from a dysregulated state to a calm, balanced awareness.

WATCH THE GUIDED VERSION

3 Breath Guided Meditation, 30 minutes · youtu.be/vHJsErvtj00

The teaching behind it, 24 minutes · youtu.be/XwTymIZRyW4

Where to Find the Work

One site is the free public practice. The other is the coaching. Both come from the same thirty three years.

Untethered Collective

untetheredcollective.org

The basics and the primer. Free, always, and nothing behind a paywall.

- Wednesday meditation, 8:30am Eastern
- The Friday workshop, noon Eastern
- The Practice Room, eight practices
- Guided meditations and essays
- The archive of six years of talks



SCAN TO OPEN

timodavis

timodavis.com

Executive mindfulness and leadership coaching, one to one.

- Private coaching for leaders
- Mastering Your Inner State
- Living and Working with the Untethered Soul
- Workshops and group programs
- Book an introductory conversation



SCAN TO OPEN

THE PRACTICE ROOM · WHAT YOU WILL FIND THERE

The Three Breath Meditation	1 MIN, HOURLY
Sitting meditation	20 TO 30 MIN
Walking meditation	10 MIN
Metta, or loving kindness	10 MIN

Buddhist walking meditation	15 MIN
Mantra and chanting	5 TO 20 MIN
Gratitude journaling	5 MIN, NIGHTLY
Blessing the ones you resent	10 MIN

A clear mind does not mean a quiet mind. It means a mind that is aware it is noisy. A strong mind hears the noise and does not take orders from it.