

Space-Time-Bridging Exercise

Created by Dr. Andrew Huberman

The meditation method Space-Time-Bridging was created by neuroscientist Dr. Andrew Huberman and helps you get present (as in calm and alert), optimize your focus to get the right things done and access an inspired, hyper-creative state of mind. It also helps with the goal setting and action step process, as it helps you cognitively and physically move from the internal, to slightly external, to completely external, and then beyond, which replicates the goal setting and action step process, moving from internal to external.

Complete each step while connecting it to one-three deep full breaths. Repeat the steps as long as you want and feel comfortable doing. Usually takes 3-5 minutes.

1. Internal Focus Only - Sensing Your Brain/Body: Breathe (1-3 full breaths in and then exhale) and as you do, with eyes closed, concentrating on internalizing your attention by gently placing it on a point inside your head, e.g. your third eye or the point between your eyes, with full (100%) attention internally on only your body.

2. Internal Focus plus Body Part - Find a close focal point on your body: Breathe (1-3 full breaths in and then out) and as you do, with eyes open, concentrating your focus and gaze on a single point on your body (palm, foot, etc.). Focus should be 90% external on body part with 10% internal.

3. Internal Focus plus External Point - Find a focal point outside/off your body within 15-20': Breathe (1-3 full breaths in and then out) and as you do, with eyes open, concentrating your entire focus and gaze on a single point outside of your body but still relatively close, within 15-20" from you.

4. Defocus to External Horizon: Breathe (1-3 full breaths in and then out): and as you do, with eyes open, take your gaze from the nearby focal point to the horizon in front of you. See the horizon with 100% of your focus external to you, taking in all you see.

5. Defocus to Universal/Cosmic Reality: Breathe (1-3 full breaths in and then out) and as you do, with eyes open, concentrating on relaxing your focus and gaze, past and beyond the horizon without really focusing on any particular point and taking in as much of your reality as you can as you breath in.

Repeat.