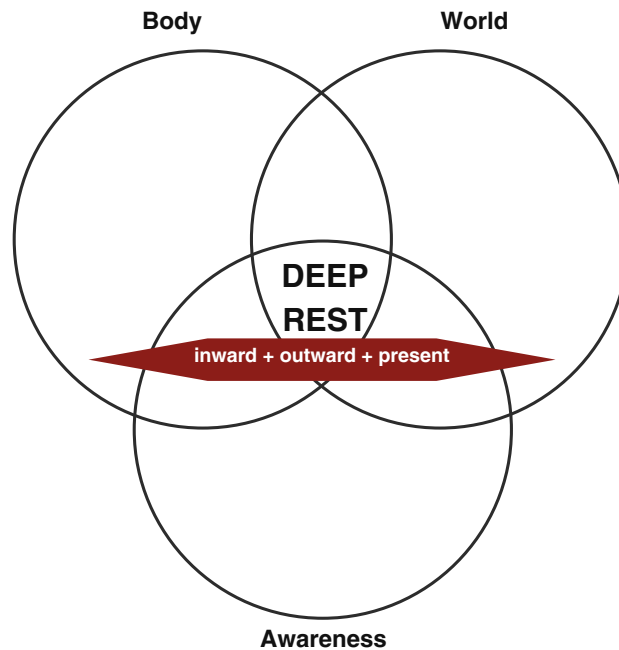


THR33 RINGS

The Extended THR33 RINGS Practice

A deeper awareness practice for deep rest, regulation and conscious participation in your own development.



This is the deeper version of the 3-Minute Deep Rest Reset. It keeps the simple doorway, then expands into a fuller THR33 RINGS scale-shifting awareness practice.

Settle

Lower noise and let the system arrive.

Expand

Move attention inward and outward.

Integrate

Return with clarity and grounded action.

How to use this guide

The short reset is for immediate use. This extended practice is for the more interested visitor: someone who wants the deeper rhythm, the optional affirmations, the inward/outward awareness sequence, and a way to practise over time.

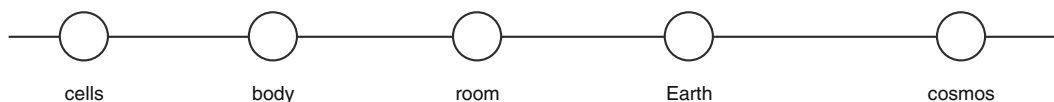
It is not a belief system and it does not require perfect visualisation. Treat it as a practical attention exercise. Breathe, notice, widen, return.

Contents

1. The simple doorway: the 3-minute reset
2. The extended method: why this practice works
3. Preparing the environment
4. Step one: settling phrase or affirmation
5. Step two: the full inward/outward awareness sequence
6. Appendix: reverse breath version
7. Integration: how to practise and progress
8. Notes, references and safety disclaimer

The central idea

Stress narrows attention. Deep rest begins when the body feels safe enough to stop bracing. This practice uses breath and awareness to move between the body and the wider world, helping the system shift from pressure into presence.



1. The simple doorway: the 3-minute reset

Begin here. Even when you later use the longer practice, this short version remains the foundation.

0:00 - 0:30	Arrive Sit upright. Feel feet, seat, hands, jaw and shoulders. Let the exhale be a little longer than the inhale.
0:30 - 1:00	Body Breathing in, notice the lungs filling. Breathing out, soften the shoulders. Breathing in, notice the whole body. Breathing out, feel support beneath you.
1:00 - 1:45	Room and world Breathing in, return to the body. Breathing out, widen awareness into the room. Include sounds, air, space and the world around you.
1:45 - 2:30	Scale shift Breathing in, sense the living body - warmth, cells, breath, heartbeat. Breathing out, widen to Earth, sky, moon, sun and the wider universe.
2:30 - 3:00	Rest Let the words fall away. Body here. World here. Awareness here. Breathe.

***Use this version when you are busy, overloaded, or about to move into another task.
The extended version below is for deeper practice.***

2. The extended method

The extended practice is a scale-shifting attention practice. It moves awareness inward through the body and outward through the world, then lets both directions settle into conscious presence.

The aim is not to imagine galaxies or cells perfectly. The aim is to train the direction of attention. You can know the direction without seeing a clear mental image.

Inward	Lungs, body, fingers and toes, cells, nucleus, DNA, molecules, atoms, quantum depths.
Outward	Room, house, surrounding area, country, Earth, Moon, Sun, Solar System, galaxy, universe.
Integration	The overlap: awareness of body and world together, without rushing to fix or perform anything.

Three Rings as orientation

In THR33 RINGS language, this practice can be understood through three lenses: the Existence of Nature, the Nature of Existence, and Consciousness. These are not claims you must adopt. They are lenses for organising attention toward patterns already present in experience.

The symbol is not the point. Understanding is.

3. Preparing the environment

You can practise almost anywhere, but the first few attempts are easier if the environment is simple.

Position	Sit upright in a chair or on a cushion. Comfortable is better than impressive. Keep the body supported, not collapsed.
Clothing	Wear something comfortable enough that you are not constantly adjusting it.
Noise	Choose a quiet place with little distraction. Gentle music is fine if it helps you settle.
Nature	Fresh air helps. If you can sit near a window, outside, or somewhere with a natural view, even better.
Time	Take 5 to 10 minutes while learning. With practice, the core rhythm can be completed in about 3 minutes.
Water	Have a sip of water before beginning. Make the body feel looked after.

A note on intensity

The practice may become vivid, energising, emotional or unusually still. Do not chase that and do not worry if it does not happen. Let the system respond in its own way.

4. Step one: settling phrase or affirmation

The original version of this practice begins with affirmations. For a wider audience, it is better to treat affirmations as optional: useful for some people, unnecessary for others.

Choose one simple phrase that helps you settle without pretending everything is perfect.

Calm	I can let the system settle.
Clarity	I do not need to force clarity.
Permission	For these few minutes, I can pause.
Safety	I am safe enough to slow down in this moment.
Acceptance	All is well enough for this, just breathe.

Optional THR33 RINGS version

If it resonates, you can begin and end with three slow sounds - OM, AUM or OUM - using whichever form feels natural. Then repeat your chosen phrase three times, quietly or internally.

You may also use a THR33 RINGS orientation phrase, such as: Nature. Existence. Consciousness. Body here. World here. Awareness here.

Keep it grounded. A phrase should settle the practice, not turn it into performance.

5. The full inward/outward sequence

Move slowly. You can pause at any line for several breaths. If the sequence becomes too much, return to the simple pattern: breathing in, awareness in the body; breathing out, awareness in the room.

1	In	Awareness in your lungs.
2	Out	Awareness in the room you are sitting in.
3	In	Awareness in your body as a whole, from head to toe.
4	Out	Awareness in the house or building you are sitting in.
5	In	Awareness in your fingers and toes. Give them a small wiggle.
6	Out	Awareness in the area surrounding your home or practice space.
7	In	Awareness of your fingernails and toenails.
8	Out	Awareness of the country or landscape you are in.
9	In	Awareness of the cells of your body: lung cells, skin cells, nail cells.
10	Out	Awareness of Earth, the planet beneath you.
11	In	Awareness inside the cells: fluid, membranes, nucleus.
12	Out	Awareness of the Moon.

The full inward/outward sequence continued

13	In	Awareness inside the nucleus.
14	Out	Awareness of the Sun.
15	In	Awareness of DNA inside the nucleus.
16	Out	Awareness of Earth and the other planets orbiting the Sun.
17	In	Awareness of molecules: DNA, the floor, the chair, your body.
18	Out	Awareness of the Solar System.
19	In	Awareness of atoms and the space within them.
20	Out	Awareness of billions of solar systems across the galaxy.
21	In	Awareness of billions of atoms in the body.
22	Out	Awareness of billions of galaxies.
23	In	Awareness of space within matter. Fill the lungs.
24	Out	Awareness of the universe.
25	In	Awareness of quantum depths within matter.
26	Out	Awareness of the vastness of the universe.

Finish

Breathing in: awareness of the depths inside. Breathing out: awareness of the vastness outside. Then let both become simply awareness. Breathe in: awareness. Breathe out: awareness. Breathe in: consciousness. Breathe out: consciousness. Then simply breathe.

6. Appendix: reverse breath version

Once familiar, reverse the direction. On the exhale, move inward. On the inhale, move outward. This changes the feel of the practice and gives attention a different rhythm.

Use the same scale as the full sequence, but reverse the breathing direction:

Breathing out	Awareness in the chest and belly softening inward.
Breathing in	Awareness out into the room.
Breathing out	Awareness in the body as a whole.
Breathing in	Awareness out to the house, area, country, Earth, Moon, Sun and universe.
Breathing out	Awareness inward through cells, nucleus, DNA, molecules, atoms and quantum depths.
Finishing	Let the words fall away: inward, outward, awareness, consciousness, breath.

Why reverse it?

Reversing the breath prevents the practice becoming automatic. It trains flexible attention: the ability to place awareness deliberately without forcing a fixed experience.

Use the reverse version only after the main version feels familiar.

7. Integration: practise and progress

The more you practise, the fewer steps you may need. At first, the sequence gives your attention a structure. Later, you may be able to enter the state with a breath, a phrase, or one inward/outward movement.

Week 1	Use the 3-minute reset once daily. Keep it ordinary. Build familiarity.
Week 2	Use the extended sequence two or three times. Do not rush the scale shifts.
Week 3	Add a short reflection after practice: Before I felt... After I notice... My next grounded action is...
Week 4	Experiment with the reverse version or a longer sit in nature. Let the practice become your own.

Signs the practice is working

Less urgency. Softer breathing. More body awareness. Clearer next action. Wider perspective. Less emotional reactivity. The ability to pause before pushing through.

Not every session will feel profound. That is fine. The reset is in the return.

8. Notes, references and safety

This practice is informed by meditation, embodied awareness, martial-arts experience, nervous-system regulation, philosophy and the THR33 RINGS symbolic framework.

References and further inquiry

Being mode	For conceptual background, see John Vervaeke's Meaning Crisis video series, especially episodes 8, 11 and 33.
Spiral Model	For the deeper THR33 RINGS model of attention and development, request the Spiral Model PDF by email with the subject: Spiral Model.
Short version	Use the 3-Minute Deep Rest Reset as the simple doorway before returning to this extended practice.

Important note

This guide is educational and reflective. It is not medical advice, therapy, diagnosis or treatment. If you are dealing with significant anxiety, trauma, panic, depression, dissociation, or other serious physical or mental health concerns, please seek support from a qualified professional.

If any practice makes you feel overwhelmed, stop, open your eyes, feel your feet, look around the room, and return to ordinary surroundings.

Practice every day. Make It Happen.

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