Breath Prayer

Settle into a position that works for your body today

1

Inhale

I receive peace
I recieive rest
I receive grace

2

Let your eyes close, or keep them open and rest your gaze on one spot.

3

Notice each breath in and out, wherever you feel it most: nose, chest, or belly.

4

Let your breath move as it does. You don't need to control it.

5

Exhale

I release fear
I release Pride
I release shame

6

Repeat as often as you need, for as long as you like.

If it helps, pray the words in the center: receive on the inhale, release on the exhale.