

### **The Three Breaths of centering, cleansing and stillness...**

Take a long, first breath, which marks the transition to conscious breathing, thinking of it as a cleansing breath ...

Move then to focusing on the second breath, a centering breath ....

Finally, let the third breath be meditative,  
reminding your body and mind,  
heart and soul,  
of the quiet that is yours to uncover  
at any given moment. ...

Stay in this place for a while longer .... Just  
enjoy the breathing in and out ... in  
and out ...

#### **Breath is gift:**

The breath that is  
moving in my lungs is  
also God's breath,  
God's spirit moving  
within me, in whom I  
have my being. I cannot  
*BE* without breath or  
Spirit. Breath is love,  
breath is forgiveness,  
and breath is presence  
and gratitude...  
If the only prayer we  
ever said was to *breathe*  
*consciously* it would be  
enough. Breath is  
prayer...

Holy Spirit  
Mighty wind of God  
Inhabit our darkness  
Brood over our abyss  
And speak to our chaos;  
That we may breathe with your life  
And share your creation  
In the power of Jesus Christ  
Amen

**The Breath of all Life**

The breath of all life will bless,  
The body will exclaim:  
Were our mouths filled with song as the sea  
And our tongues lapping joy like waves  
And our lips like the sun and the moon  
And our arms open wide as the eagle's wings  
And our feet leaping light as the deer's,  
It would not be to tell  
The wonder.

Marcia Falk