

SPIRITUAL PRACTICE

Breath Meditation & Prayer

To begin a breath meditation:

- Place your feet on the floor and get in a comfortable position.
- When you are ready close your eyes to gaze softly at the floor.
- Simply notice your breath.
- There is no need to change your breath, simply notice it.

Breath Meditation
example

(Inhale) Jesus Christ,
(Exhale) Grant me comfort.

You may use any words want for the divine (Father, God, spirit . . .) & for what are asking for peace, love, comfort . . .)

Then practice the breath meditation for several minutes, afterwards write about your experience.

By the grace of God I am a Christian, by my actions a great sinner, and by calling a homeless wanderer of the simplest origins, traveling from place to place. My worldly belongings are a knapsack that contains some bread, and a Bible in my breast pocket. That is all.

The Way of a Pilgrim Translated by Gleb Pokrovsky

Let everything that breathes praise the Lord! Psalm 150:6

...pray without ceasing. I Thessalonians 5:16

