

# GO AND...

## Spiritual Practice: Breath Prayer



**Listen to a recording of this Breath Prayer at  
<https://youtu.be/GJZeGsOaoxE>**

*Suggested Time Frame: 3 to 10 minutes*

Welcome to this Breath Meditation

I invite you to close your eyes, sit back, and rest comfortably in your chair. Notice how your chair is supporting you right now. Make any small adjustments that you need to be more comfortable. If possible, place your feet flat on the floor. Imagine your feet are reaching down into the earth to help ground you and support you right now in this moment.

Begin to notice your breath as it moves in through your nose and out through your nose. No need to control your breath. Just notice as the air moves in and out of your lungs. Just a breath in and just a breath out. Focus on your breath moving in and out of your lungs. If thoughts come up as they do, just gently notice them drift by, and bring your awareness back to your breath ... A breath in and a breath out ... continue to focus on your breath for a few moments more ... a breath in and a breath out ... a breath in and a breath out ... (pause in silence for however long feels comfortable)

And gently bringing awareness back to your chair, and back to your body. Bring some gentle movement to your toes and then to your fingers. And when you're ready open your eyes.

As you move through this day, remember you are able to tap into that feeling of being in touch with your breath as it moves in and out of your body wherever you might be: at home, at work, in the car, in line at the store. Take a few breaths to ground yourself and connect with your breath throughout your day.