

## BREATH MEDITATION

Breath Meditation has been a universal method of spiritual and healing experiences. It is found in Islamic, Christian and Jewish traditions as well as in Buddhist and Yogic practice. A revival of breath meditation occurred in the West about 35 years ago when interest grew in Eastern religious practices from India, China and Japan.

Many of us live and work cut off from the natural world because we depend on machines and complex technologies that keep us inside with little time to even think about nature. In our daily work routines, we forget how important the simple act of breathing can be.

Breath is life. Breathing is nature's way of renewal. We release stale energy and feed ourselves with life force. Shallow or tight breathing makes us sick; full and easy breath keeps us healthy. Breath connects us to the One who is Life.

Usually we are not aware of our breathing. But when we turn our attention to it, something magical happens—our breath becomes slower, deeper, and we sink into a different state of consciousness, that state of consciousness where the Creator of Life resides.

## METHOD

Sit comfortably, and pay attention to your breathing. Breathe in; breathe out; follow that process in your body. Feel the circular flow, as the out-breath turns and becomes the in-breath. Feel the slowing down, the relaxation and letting go, the increase in well-being, the connection to all of life, the mystery that air is transformed by our breath and by the respiration of plants and animals, by our reliance on others for every breath of ours, reliance on plants and animals for our own well-being....If you notice your mind wandering, that's normal. When you lose your focus on the breath, gently bring your attention back and continue to watch the breath, moving in, moving out...Sense or imagine this happening throughout your body—each cell, each atom, is being cleansed and refreshed by this flow of breath. You are literally "letting in a breath of fresh air."

Now we will meditate on Peace; close your eyes, breathing deeply but comfortably.

## PRAYER

I am Peace...I am surrounded by Peace...I am secure in Peace.

I breathe in peace and transform my inner turmoil to peace for me... for this room....I breathe in and transform stress and breathe out peace for this building...I breathe in and transform unrest and breathe out peace for this neighborhood...I breathe in to transform unhealthy thoughts and breathe out peace to my family and friends.

I breathe peace to this town...I breathe peace to this nation...I breathe peace to our leaders in government...I breathe peace to business leaders...I breathe peace to faith leaders...I breathe peace to Earth...I breathe peace to the Universe.

I am Peaceful...I am secure in Peace...I am surrounded by peace...I am Peace.