

Breath Prayer Practice

1. I acknowledge my feelings (5 minutes)

Remember we are all human
Am I feeling angry, resentful, fearful, anxious, etc.?
What are the lower emotions that I usually have?
Just be aware, don't judge
Do these emotions serve God, others, yourself?

2. In this moment, I am feeling (5 Minutes)

But this is not who I am
I am not this anger, resentment, fear, etc.
I am a child of God
My soul is connected to God
I can choose to be different
I choose to distance myself from the lower emotions

3. Focus on your breath (5 minutes)

Breathe in and hold
Breathe out and hold
Visualize your breath as the light of Christ coming into your body
The light comes into your mind, your eyes, your mouth
The light goes down into your throat, heart, stomach and out into
arms and legs
The light of Christ expands in your center as you hold your breath
and then release it
Hold the focus on the light.

4. Visualize yourself as light, then do the same with peace, love, joy, grace, compassion (5 minutes or more)

Take time to see yourself centered in each of these higher attributes
Breathe in each one fully and slowly
Visualize yourself walking into any situation carrying God's light,
love, peace, grace, joy

I am light, love, peace, joy, grace, compassion.

I fully surrender myself to God.

Breathe in and out.

Rev. Karen Lampe

