

Breathe: Chris Gia

Take a seat.

Feel the ground beneath you - breathe.

In and out. Each breath moves with awareness.

Cells dance in gratitude. Blood enriched and directed. You, my dear, have a purpose.

You are the breath that fills the lungs of earth, sea and sky. You are the sun bringing warmth to cold bones.

You, my dear, have power.

Stay grounded. Feel your bones held by the earth. Invite your eyes on a journey of wonder.

Explore uninhibited as the earth opens herself up. You, my dear, belong.

Now Rise. Feet cupped by the soil. Nourished by the movement. Rooted deeply, yet expanding. You, my dear, will ascend.

Now move.

Keep resilience as your companion and Kiss compassion longingly.

Feel the ground beneath you - breathe.