

JUST BREATHE:

MEDITATIONS ON YOUR IN-BREATHS AND OUT-BREATHS

TODAY'S CHALLENGE

Breathing in is just about the first thing we do when we are born. It is fundamental to life, but perhaps is something that we too often take for granted. Simply by taking notice on our in breaths and out breaths, we can calm the mind and find a focus for good intention or prayer. This is the theme for today's challenge, using one of the form of words shown below (or words that you choose yourself).

Repeat the prayer several times.

SHARE: your thoughts on how the breath or awareness of breathing connects you with The Divine (or "Great Spirit", "Source", "Universe", or whatever is meaningful for you).

Remember to offer encouragement / comment on Facebook posts added by others (not necessarily for today's challenge).

Clive x

BREATHING IN & OUT - ONE FORM OF WORDS

Breathing in, I know that I am alive.
Breathing out, I know that I am free.
Breathing in, I give thanks for being here.
Breathing out, I offer myself in service.

BREATHING IN & OUT - FORM OF WORDS OFFERED BY THICH NHAT HANH

Breathing in, I smile.
Breathing out, I release.
Breathing in, I dwell in the present moment.
Breathing out, I feel it is a wonderful moment.

-Thich Nhat Hanh (<https://plumvillage.org/mindfulness-practice/breathing/>).