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BREATH MEDITATION – SPIRITUAL

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Narrator:

Welcome. Please join me for a short mindfulness meditation – we'll start with 3 deep breaths.

(1) Take a deep breath slowly, deeply and completely. Hold it briefly, and, as you exhale, relax, let all tensions go. Remember a time you were truly relaxed.

(2) And take another deep breath slowly, deeply and completely. Hold it briefly, and as you exhale, slowly deeply and completely, relax. Let all tensions go. Find yourself feeling more and more relaxed with each in- and out-breath.

(3) And take another deep breath slowly, deeply and completely. Hold it briefly, and as you exhale, relax. Let all tensions go. And now, breathing normally, notice what you're experiencing physically. You may be more relaxed, and enjoy that. Your mind may have slowed down, perhaps even become totally clear. Your emotions, all in harmony.

Now, if you care to, just bring your attention to the feeling of the breath, wherever it feels most present to you. That may be the cool air around your nostrils or mouth, followed by a certain warmth as you breathe out. You may notice a rising and falling around your belly as you breathe in and breathe out. The rising falling waves of your breathing can gently carry you along, through this meditation, and carry you back if you find your mind has wandered away for a time. So, you can be right back here, right in your body, right in this present moment.

Now, I invite you to consider these positive messages or affirmations, or repeat them with me:

Every day in every way I am getting better, better and better by the grace of God...

I am a beloved child of God, blessed to be a blessing...

When this meditation is complete, my head will be clear, my eyes clear, my stomach settled, just as if I'd had a refreshing 8-hour nap.

Okay, getting ready to come back now. Feeling your fingers and your toes, feeling the chair or the mat, as it supports you. Noticing how good it was to take a moment to be generous with yourself in this way. And perhaps setting the intention to make this a regular practice. God bless.



In a world needful of healing, hope & harmony, where underdogs lack champions, & "spiritual but not religious" is trending,

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Because love transcends denomination, & all who are called, are called to be healers!

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