

## Meditation: Breathe in.....

Prepare for this meditative prayer by finding a comfortable position, closing your eyes and calming your mind. Let go of any tension by tensing and relaxing different parts of your body. When your mind is quieted listen to the following meditation, being aware of your breathing and letting the words flow in and out along with your breath.....

(Quiet music to be playing in the background)

- Breathe in slowly and breathe out slowly.....
- As you breathe in, breathe in peace and quietness.....
- As you breathe out, breathe out things that are worrying you...
- Breathe in the peace in this room....
- Breathe out your anxieties.....
- Breathe in the peace of the sky and the stars....
- Breathe out your sadness.....
- Breathe in the peace of the ocean and trees.....
- Breathe out your tensions.....
- Breathe in the peace of God's healing spirit.....
- Breathe out fear.....
- Breathe in God's love for you.....
- Imagine yourself surrounded by light.....
- Larger and larger circles of light surrounding you....
- Breathe peace and light into your life.....
- Breathe peace and light into those people you care about.....
- Breathe peace and light into your home.....
- Breathe peace and light into your daily activities....
- Breathe peace and light into your dreams and hopes.....
- Imagine yourself totally surrounded by peace and light....
- Now slowly become aware of the music that is playing.....
- Become aware of your breath, moving in, moving out....
- When you are ready, open your eyes and stretch.....  
.....And return to this place.