



# Breath Prayers for Anxious Times

A centering practice for us in these unusual days



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I offer this to you as a friend alongside of you, in hopes that it will be of some value to you; not because it will magically make all of this go away or serve as some cure or as a substitute for talking to a medical professional or spiritual guide. It is my hope that this ancient form of meditation or prayer will simply quiet us for a moment, giving us a respite and recentering us.

And also: keep washing your hands.

## How to Practice Breath Prayers

*Breath Prayer is an ancient form of prayer and it is easily adaptable. Simply choose one or two lines to meditate on and inhale and then exhale through them.*

*The most common form of breath prayer is known as **The Jesus Prayer**.*

*So with that as an example, you would do this:*

*Inhale. Fill your whole self with breath.*

*Feel air in your lungs. And then say:*

**Lord Jesus Christ, son of God,**



You'll enter into your time of prayer or meditation from within that sanctuary.

This is where you are now, you and Mother-God, gathering you to Herself as a hen gathers her chicks under her warm, kind, capable wing.

## Breath Prayers for Anxious Times

*Within that sanctuary, begin to breathe through a prayer you've chosen as we discussed above.*

*These are a few lines from Scripture that I have prayed over the years. You could also use your own words or lines from a poem or a song. Feel free to share your own with us in the comment section, too.*

*(From Matthew 11:28-30)*

*Inhale: **Humble and gentle One,***

*Exhale: **you are rest for my soul.***

*(From John 15)*



*Exhale:* **is enough for me.**

*(From 1 John)*

*Inhale:* **There is no fear**

*Exhale:* **in your Love.**

*(From Psalm 23)*

*Inhale:* **I will not be afraid**

*Exhale:* **for You are with me.**

*(From Psalm 46:1)*

*Inhale:* **You are our refuge**

*Exhale:* **and our strength.**

*(From Psalm 74:16)*



*Start with ten good breaths in and out, with the words that are most meaningful or steadying to your soul.*

## **And then:**

*When you are finished, imagine yourself slowly leaving that sanctuary.*

*Transition slowly from prayer to rising.*

May the peace of God give you renewed hope and wisdom,

May you find the strength you already carry within you to be enough,

May the grace of God be sufficient,

May you find a deep breath when the air around you is thin,

May you grow in compassion in these days,

May you love well, not in spite of these anxious times but because of them.

Love S.



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