

# Learning to be Still



## Breathe on me, Breath of God

### A basic breathing exercise

Sit comfortably with your feet on the floor and your back supported by the chair. Close your eyes.

Become aware of the sensations in your body at this moment ... Be aware of the touch of your clothes on your shoulders ... on your back... your back touching the chair... your hands on your lap... become aware of your thighs touching the chair... become conscious of your feet touching your shoes... now become aware of your posture ... repeat this pattern for a while...

Now become aware of your breathing. Become aware of the air as it passes through your nostrils, nothing else... don't attempt to alter your breathing, if it is shallow leave it that way, just observe it. Feel its touch. Notice which part of the nostrils you feel the touch as you breathe in.... and what part of your nostrils you feel the touch as you breathe out. If you can, become aware of the coldness or the warmth as you breathe in and out... you may also notice that the quantity of air passing through each nostril is different... be sensitive and alert to the lightest touch of the air as you breathe....

As you breathe in, be conscious of God's Spirit entering your whole being... fill your lungs with the divine energy God brings... As you breathe out, imagine you are breathing out all the impurities... fears... negative feelings... imagine your whole body radiant and filled with Gods life-giving Spirit... stay with this awareness... if distractions come, return gently to the awareness of the act of breathing, of the air passing through the nostrils.

If you wish, go on to express your feelings to God non-verbally through your breathing.

## Prayers

Breathe on me, Breath of God,  
fill me with life anew,  
that I may love what thou dost love,  
and do what thou wouldst do.

Breathe on me, Breath of God,  
until my heart is pure,  
until my will is one with thine,  
to do and to endure.

Breathe on me, Breath of God,  
till I am wholly thine,  
until this earthly part of me  
glows with thy fire divine.

Breathe on me, Breath of God,  
so shall I never die;  
but live with thee the perfect life  
of thine eternity.

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I desire to be all silence,  
all adoration,  
to penetrate ever deeper and deeper into God,  
and to be so filled with God  
that I may by my prayer  
give him to those who do not know him.

*Elizabeth of the Trinity*

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