

PANDEMIC EXERCISES

Exercise 1 – Learning to breathe



*Breathe on me, breath of God,
fill me with life anew*

- Close your eyes, or gently focus on a special object that will hold your attention and not let your mind wander (e.g. a candle or icon).
- Breathe deeply – three times in honour of the Trinity – allowing the breath to deeply enter your lungs and gently exhale. Notice the effect.
- Breathe slowly and in a steady manner and ‘watch’ your breath enter your body. Imagine that this is the breath of the Creator entering your nostrils. *(You may find counting your breaths to be helpful or passing the beads of a rosary or prayer rope through your fingers one by one as you breathe).*
- Distractions will come and your mind will drift off. When you are aware you are thinking about something (no matter how enticing) gently let go of the thought (or feeling) and return to the exercise.
- At the end of the exercise give thanks for the time you have spent in words such as:
Glory to God, source of all Being, eternal Word and Holy Spirit. Amen.
Then gently, re-connect with your surroundings.

May the centre of my being be one with the Heart of Christ. Amen.
