BREATHE for Shira's Bat Mitzvah

This moment is to remind us to breathe.

Close your eyes and allow the breath of all life to fill our bodies.

Stretch into a deeper breath, inviting the Spirit to awaken our deeper senses.

Slow down your breath to experience the exquisite gift that is both given and received.

Breathing together we join our hearts and souls into one collective Spirit.

As we breathe together, we welcome all the joys and sorrows of this moment.

Expanding into our shared breath, all our feelings are gathered into a collective embrace of understanding and love.

Breathing together in this awareness we bring comfort, healing and peace to all the parts of our Being.

Breathing is our benediction,
on this moment,
on this family,
on this girl becoming woman.

And breathing is the benediction of Spirit,
bathing our bodies - from the inside,
connecting what has been disconnected,
welcoming us home.