



Breathe in the breath of God,  
Breathe out your cares and concerns.

Breathe in the love of God,  
Breathe out your doubts and despairs.

Breathe in the life of God,  
Breathe out your fears and frustrations.

**Sit quietly before the One  
Who gives life and love to all creation.**

**Sit in awe of the One  
Who formed you in your mother's womb.**

**Sit at peace surrounded by then  
Who fills every fibre of your being.**

Breathe in the breath of God,  
Breathe out your tensions and turmoil.

Breathe in the love of God,  
Breathe out your haste and hurry.

Breathe in the life of God,  
Breathe out your work and worries.

**Sit quietly before the One  
Who gives life and love to all creation.**

**Sit in awe of the One  
Who formed you in your mother's womb.**

**Sit at peace surrounded by then  
Who fills every fibre of your being.**

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