

Breath Prayer

Breath Prayer is for the purpose of settling one's body/mind/soul so as to be increasingly conscious of God's presence in our everyday experience.

To settle one's being so as to be conscious of one's breath is to bring focus to something so vital and yet so often taken for granted. Equally when we actively bring a phrase of praise or petition before God we acknowledge something so vital -our dependence on God- and yet it is something we can easily forget or compartmentalise out of the way until we are desperate for it.

Historically, a common breath prayer has been a form of the Jesus Prayer:

"Lord, Jesus Christ, have mercy on me a sinner."

Another example is

"Be still and know that I am God."

Some people roll their phrase in their mind; others say it out loud, still others may chant their phrase or sing it to a tune.

Any words are useable, although 6-8 syllables seem to flow easiest.

My current phrase is:

Lord God/ Pour Out/ Your Spirit/ exhale; I use it this way:

Breathe in (through nose and say in my head) "Lord God"

Breathe out (through mouth and say in my head) "Pour Out"

Breathe in (through nose and say in my head) "Your Spirit"

Breathe out (through mouth) – pause and relax.

Why not start practicing this for 3 to 5 minutes a day, with the intention of taking this consciousness into your day. You might commence the day with it and repeat it at lights out. You could further practise it on the hour, or as you feel stress rise or mood fall within you.

Breath prayer can be used on its own for the pure purpose of becoming aware of God or it can be used as a prelude or conclusion to a guided reflection or biblical meditation (e.g. Lectio Divina, or SOAP).

Why not take some time now?

Spiritual Life Development