

Week Beginning 15th November

The Breath – A contemplative prayer

As I sit in hope, O Breath of my life, I listen to my own breath. As I sit with you, awake and aware, I feel you in my inhaling and exhaling. O God of life, O Beat of my heart, you fill my body and souls with your presence. I look for you nowhere else. O Pure Being, O Source of Creation, you are the very loving energy that keeps my lungs and heart opening and closing, gifting me, unfailingly, with miraculous life as you first did with Adam at the beginning. When I am close to my breath, I am close to you. You are my most intimate part. My breathing leads to you. All is contained in your Divine Breath, like the day in the morning's dawn. We come into this world on the breath of your compassion, and we go out of this world on the breath of your mercy. Through breathing I descend, wordlessly, into the abyss within myself, where you live. It is there we become inseparable. It is in my very stillness that you are vibrant. And so I am filled with love as, for the next hour, I simply breathe.

(Travelling Light p209)