

Thirds Breaths and Breath Prayers

Please consider engaging this practice every day for 90 seconds - 2 minutes at minimum. Consider doing this practice before you read or journal or before any task that requires a cleared pathway for listening and receiving and soothing. Once you establish this daily practice, muscle memory will kick in and you will have comfortable access to your "grounded place" or your "believing place" where content and Spirit are truly absorbed and you experience the settled peace you seek. Then, when a crisis does present itself, this skill will be available to engage with the challenge in a more powerful, centered way.

- Take the fullest breath that is comfortable for you. KEEP LIPS SEALED, BREATHE THROUGH the NOSE ONLY. Fill the whole container of your body with breath. You can think of Filling your belly, flaring your rib cage, and flooding your collar bones with breath
- When you begin to exhale - KEEP LIPS SEALED, BREATHE THROUGH the NOSE ONLY
- Exhale a third of your breath and pause
- Exhale the second third of your breath and pause
- Exhale out the whole last third of your breath and empty your lungs of breath completely
- Add a pause noticing what empty feels like at the bottom of your complete exhale before repeating
- Taking the next inhale, pausing at the top of your inhale, noticing what full feels like, and exhaling the three parts of your breath again
- Repeat the above 3-5 times (approx 60- 90 seconds minimum)

<Option> As you do so, focus on one of these breath prayers. Most of these phrases are just ones I have made up...and ***make up your own***. As you inhale, claim the first phrase over yourself (e.g. *Speak, Lord*), as you exhale, claim the second phrase (e.g. *Your servant is listening*).

- Speak, Lord/Your servant is listening
 - Come/Lord Jesus
 - Be Still/Know

- All is well/All will be well
 - Beloved/Impostor
- My heart says, “seek your face”/ Your face Lord I will seek
 - I am here/Yes
 - I recognize the sound of your voice/yes
 - Into your hands/I commit my spirit
- Help me be present/to the One who is always present
 - Hide me/in your shadow
 - Redeem me/Oh God of Truth