

Breath Prayer of Mother Earth

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To be aware of God's imprint and footprints all around us can also help us relax and be at one with ourselves and others. I use a breath prayer thinking of Mother Earth. I count breaths in and out through the nose five times, and then thinking of water and rain, count five breaths in through the nose and out through the mouth, with thoughts of the sun, count five breaths in through the mouth and out through the nose, and finally, count five breaths in and out through the mouth with wind and air in mind. Through this I come into harmony with creation and ask God through the rays of the sun, through the waves of the wind, through the rain and water that nourishes our soil and plants, and through all the life on this planet and in space, to purify and revitalize me, and heal my body, mind, heart, soul, and spirit.