THE SENSE OF BREATHING.....on a journey to experience God.

A symbol of gold, music and the senses of frankincense and myrrh can hold can add special significance to the atmosphere of a Sense of Breathing exercise.

- Gold as a symbol of honoring Christ; representing our being “from the earth”, and that we are as valuable to God as gold
- WEMO has used a variety of OM mantras available for free online
- Frankincense to remind us of the sweetness and grace of God. Myrrh to remind us that God is with us in the midst of our joys and sorrows

Facilitator directions and narrative to be slowly read aloud:

- Ask the room for quiet (so you can give a brief explanation of the background OM music.....)

- Listen to the sound. It is said to be the sound of the universe. This sound – OM - is a mantra, or vibration, that is traditionally chanted at the beginning and end of yoga sessions.

- Somehow the ancient yogis knew what scientists today are telling us—that the entire universe is moving. Nothing is ever solid or still. Everything that exists pulsates, creating a rhythmic vibration that the ancient yogis acknowledged with the sound of OM. We may not always be aware of this sound in our daily lives, but we can hear it in the rustling of the autumn leaves, the waves on the shore, the inside of a seashell. This same rhythmic vibration continues to exist all around us and even inside us.

- Chanting Om allows us to recognize our experience as a reflection of how the whole universe moves—the setting sun, the rising moon, the ebb and flow of the tides, the beating of our hearts. As we chant Om, it takes us for a ride on this universal movement, through our breath, our awareness, and our physical energy, and we begin to sense a bigger connection that is both uplifting and soothing.

- Now, take a moment to breathe the aroma of God all around you
  Step closer to the candles and take a slow deep breath
  Feel the warmth and aroma in your head
  Now slowly exhale.

- Can you feel the breath of God moving in you?
  When God created humans, life began.
  God INSPIRED life into humans
  By breathing into lifeless clay.
  That’s what inspiration is… To guide by divine influence. To stimulate to action.

- Now breathe in again, this time more slowly.
  Allow yourself to be filled with the sweet scent of God’s breath in you.
  As you exhale slowly, feel the grace of God flowing from you out into the air and filling the world with the sweet scent of God’s grace love and inspiration

- Remember as you breathe in difficult times - In joyful times. At all times. It is God’s grace that fills you and is sent into the world by you.

- Breathe with God

- Breathe Grace.