



CENTERED Podcast – Week 1 Practice 2

December 2, 2020

Kaley - Hey, everybody. I'm Kaley Rodda and this is Centered - an exploration of spiritual practices for everyday life. We are so glad you are here.

If you haven't done so already, go back and listen to our intro for week one, where we dive more into the practice of breath prayer. And if you have been enjoying this podcast so far, follow the links in the description to our social media to share your thoughts. If you follow our Facebook and Instagram we are posting reflection questions that are tied to each episode for you to respond to.

Our last episode, we did our first extended breath prayer. In this episode, we will be doing the same.

So, start by getting into a comfortable, yet alert position. And when you are ready, close your eyes.

Turn your attention inward, as you notice the tensions in your body, and begin to relax.

Start at the top of your head, and slowly move your attention downwards, as you begin to relax your muscles.

Once you feel that you have found stillness within the body, focus on the breath.

Try not to change your rhythm of breathing to anything slower or faster, but just what is natural for your body.

Feel your lungs fill, and then deplete.

Notice where the breath feels strongest. Is it in your nose? Your chest? Or your stomach? And focus on how that feels.

And if you have noticed your attention begin to wander, gently bring it back to the breath.

Sometimes our problems can seem so significant, we can forget to notice the problems of others around us. We become so consumed in our own interpretations of life that we forget to look with a broader perspective.

How have you been consumed with your own reality? Is there a specific situation - maybe it's a conflict, maybe it's a reconciliation. How can you be seeing the bigger picture?

Connect these reflections back to your breath.

As you breathe in pray the words: "Lord, let me see beyond my problems"

And as you breathe out, pray: "and into the desires of your heart."

Do this a few times, as feels natural.

How is God inviting you into His community today? Is he speaking direct people onto your heart? Or maybe a cause? How can we be more attentive to how God is leading us to outwardly love His people?

Again, inhale as you pray the words: "Lord, let me see beyond my problems"

And as you breathe out, pray: "and into the desires of your heart."

Slowly move your fingers and toes, coming back to the present moment. And when you're ready, open your eyes.

Thank you for joining us today, as we reflected on God's desires for outward love. As you go throughout your day, bring these reflections to mind. We are so excited to continue learning about breath prayer with you, and we hope you will join us in the next episode.