

Wind Prayers



Scripture tells us in many ways that it is the gift of the spirit that God is the animator of all living things. The Hebrew word for spirit is Ruach, which also means the breath of God. God breathed life into us at the moment of creation and continues to breathe into us, through us, and around us. We are connected to all of life through breath!

Praying with the gift of air through attention to breath is an ancient Christian practice. It is called the Jesus prayer. The idea behind this prayer is that we connect our conscious prayer with each breath, so that our awareness of God becomes as natural as our breathing.

The tradition of centering prayer is an expression of Christian breath prayer. In centering prayer you choose a word or phrase that makes you more aware of God's presence. The breath becomes a means by which we slow ourselves down and can begin to really be present to the words we speak in prayers.

How do I experience the gift of breath?

Where in my life do I need to breathe more deeply?

When I pay attention to my breath, what do I become aware of in my body?

You can create your own sacred phrase or mantra to repeat on the in-breath and out-breath. For instance; "I receive the gift of life" upon breathing out say, "I release and surrender"

Either as a closing for your time of prayer, or a prayer for any time, "breathing together of all things" imagine as you breathe in and out that your breath is connected in rhythm to the breath of the people you love who are also breathing in and out at this very moment. Allow your imagination to slowly expand so that you visualize your breath connecting you to all other people. Allow this prayer to connect to the vast matrix of pulsing within which we live.