

Breathing Meditation

Breathing Meditation

Not ends but means to an end
Not only a tool for our wellness

A mean to grow in intimacy with God
We don't seek to master a practice but to be mastered by the Holy Spirit
through our practices

Awareness - stillness - noticing - response

Breathing Meditation

Where there is rest and meditation, there is neither anxiety nor restlessness.

- St. Francis

Breathing Meditation

There are many variations of breathing meditations. All use your breathing as an anchor and connector.

Breathing Meditation

1. Start in God's presence with silence.
2. Anchor in your breathing.
3. Rest and allow stillness.
4. You listen. You notice. You meditate:
 - Scripture
 - Conversation, intercession, guidance
 - Experience ...
5. You respond to God.
6. You meditate in your meditation.

Breathing Meditation

Example: an adaptation of the practice of *Tonglen*. I have found the adaptation powerfully aligned to Christ and Christian prayer.

Tonglen based in giving and receiving. Exchanging:

- You focus on a person or group or people.
- You receive (breath-in) their discomfort and anguish.
- You give back (breath-out) the peace and longing to remove their suffering.

The practice fosters humility, communion, and love.

Brothers, if anyone is caught in any transgression, you who are spiritual should restore him in a spirit of gentleness. Keep watch on yourself, lest you too be tempted. Bear one another's burdens, and so fulfill the law of Christ. - Gal 6:1-2

Surely he has borne our griefs and carried our sorrows; yet we esteemed him stricken, smitten by God, and afflicted.

But he was pierced for our transgressions; he was crushed for our iniquities; upon him was the chastisement that brought us peace, and with his wounds we are healed. - Is 53:4-5

For this reason I bow my knees before the Father, from whom every family in heaven and on earth is named, that according to the riches of his glory he may grant you to be strengthened with power through his Spirit in your inner being, so that Christ may dwell in your hearts through faith—that you, being rooted and grounded in love, may have strength to comprehend with all the saints what is the breadth and length and height and depth, and to know the love of Christ that surpasses knowledge, that you may be filled with all the fullness of God. - Eph 3:14-19

Breathing Meditation

Adaptation is based on:

- Our call to intercede bearing one another's burdens.
- Our call to follow the example of Christ and stand in his redemptive work in the cross.
- Our need to recognize that it is Christ in me who produces the exchange in me / through me.

Breathing Meditation

1. Start with silence in God's presence.
2. Focus on your breathing. Allow quietness. Go to your heart, where Christ dwells by faith. Wait.
3. Notice and focus an area of suffering in you:
 - Breath-in your pain
 - Breath-out your blessing

Breathing Meditation

4. Notice and focus on an area of suffering in somebody you know:
 - Breath-in his/her pain
 - Breath-out your blessing for him/her
5. Notice and focus on area of suffering in the world / community / country...
 - Breath-in the pain
 - Breath-out your blessing
6. Allow quietness and rest.

Breathing Meditation

If you don't transform your pain, you will transmit it.

This kind of meditations allow you to face the suffering that is in you and the suffering in others. It increases your capacity to embrace suffering instead of avoiding it.

It helps you to stop the cycle of pain (1 Pet 3:9).

