

# Breath of God

A practice of creating space for God wherever you are

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## BIBLE PASSAGE

*Genesis 2:7 "So YHWH fashioned an earth creature out of the clay of the earth, and blew into its nostrils the breath of life."*

**Read Genesis 2:4b-9.**  
(Inclusive Bible translation of text found on back of page)

## BREATHING EXERCISE

Three part breath:  
as you inhale, breath first into your belly, then your chest, then your throat;  
as you exhale, reverse the process, releasing air from your throat, then chest, then belly.

## BREATH PRAYER

*(Breath in)* I Am Filled

*(Breath out)* with the  
Breath of Life

## STILLNESS MEDITATION

Balancing in Tree pose.

From standing, place your right foot against your left ankle or shin; hands on a chair or in prayer position at your heart. As you balance, think about what brings you life, what encourages you to grow. Repeat on the other side, thinking about what keeps you balanced and rooted.

## MOVEMENT MEDITATION

Cat and Cow pose from seated position.

As you exhale, round your spin so your back is close to the back of your chair, your shoulders are in, and your gaze is inward; inhale to reverse the curve of your spin, belly closer to your knees, shoulders back, neck extended, and head reaching back with gaze to the sky

## Genesis 2:4b-9

At the time when YHWH made the heavens and the earth, there was still no wild bush on the earth nor had any wild plant sprung up, for YHWH had not yet sent rain to the earth, and there was no human being to till the soil. Instead, a flow of water would well up from the ground and irrigate the soil.

So YHWH fashioned an earth creature out of the clay of the earth, and blew into its nostrils the breath of life. And the earth creature became a living being.

YHWH planted a garden to the east, in Eden -- "Land of Pleasure"--and placed in it the earth creature that had been made. Then YHWH caused every kind of tree, enticing to look at and good to eat, to spring from the soil. In the center of the garden as the Tree of Life, and the Tree of the Knowledge of Good and Evil.



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