

REFLECTION BEFORE STARTING:

I reflect for a moment on God's presence around me and in me.

Creator of the universe, the sun and the moon, the earth, every molecule, every atom, everything that is:

God is in every beat of my heart, in every breath I take.

God is with me, now.

(adapted from [sacredspace.ie](http://sacredspace.ie))



Breathe in,  
*God is present here now.*

Breathe out,  
*I stand on holy ground.*

Be still until ready.



Breathe in,  
Breathe out,  
*In the Name of the Father,*



Breathe in,  
Breathe out,  
*and of the Son,*



Breathe in,  
Breathe out,  
*and of the Holy Spirit.*



Breathe in,  
Breathe out,  
*Amen.*

NOTES:

Use slow, mindful, meditative motions. This is after all a prayer, not just of the soul, but of the body.

It might help to pause for a while before moving on.

These sequences may be done while standing on your knees, though as you put your hands together in prayer position, you may sit on your heels. These may also be done while sitting near the edge of a chair.



Glory Sequence



Breathe in,  
*God is present here now.*

Breathe out,  
*I stand on holy ground.*

Be still until ready.



Breathe in,  
*Glory be to the Father,*

Breathe out,



Breathe in,  
*and to the Son,*

Breathe out,



Breathe in,  
*and to the Holy Spirit.*

Breathe out,



Breathe out,  
*as it was in the beginning...*



Breathe in,  
*is now...*



Breathe out,  
*and will be forever.*



Breathe in,  
*Amen.*