

THE FIRST PAUSE

Come Back to Yourself

a daily practice of coming home to yourself

THE BREATH MANTRAS

INHALE	<i>I am connecting to life force energy.</i>
EXHALE	<i>Light nurtures every cell of my being.</i>
INHALE	<i>I gather all energy that is not in my highest and best good.</i>
EXHALE	<i>I release it all, to be transmuted into light and love.</i>
INHALE	<i>I call all my energy back — from all people, places, situations, and circumstances.</i>
EXHALE	<i>It returns to me now, as golden streams of light and love.</i>
INHALE	<i>I release what was never mine to carry.</i>
EXHALE	<i>I return it with love... and I am light.</i>
INHALE	<i>I draw my awareness home — into this body, into this breath.</i>
EXHALE	<i>I am here. I am whole. I am safe.</i>
INHALE	<i>I receive everything this moment has for me.</i>
EXHALE	<i>I trust what is unfolding.</i>
INHALE	<i>I remember who I am beneath the noise.</i>
EXHALE	<i>I come back to myself.</i>
INHALE	<i>I am filled with light.</i>
EXHALE	<i>I am the pause. I am the peace.</i>

AFTER YOUR PAUSE

What was I carrying that was never mine?

What do I need right now?

One breath. One line. I come back to myself.