



Wave Breath

*The ocean has a rhythm of its own
Waves come in.
There's small pause.
Waves go out.
Another pause.*

*Think of the waves.
Match your breath
to the rhythm of the waves.*

*Breathe in as the wave
comes to the shore.
Pause.
Breathe out like the receding wave.
Pause.*

*Let your breath follow the rhythm
of the waves bringing calm and peace.*

Did your summer include a trip to the beach or a lake? Ours did. Are you longing for some calm and peace as the summer winds down and school and activities ramp up? I am!

I've taken to the habit of gently saying, "My breath is my anchor (inhale). Jesus is near (exhale)" as a way to find a rhythm of rest and reset, like the waves I loved this summer. What helps you?

"Wave Breath" from Betsy Duffy's wonderful little book: [*More Peace*](#)

