

## **CENTERING PRACTICE BEFORE THE MORNING OR END OF THE DAY EXERCISES**

Ignatian spirituality consists of embodied practices which include the body as well as mind and heart.

Any mindful practice to quiet the mind is useful before beginning any of the exercises.

A simply relaxation practice from the tradition is a form of breath awareness.

### **STEP ONE**

Take a long, deep breath inviting BLESSING into your body; you can simply welcome the word/image/feeling associated with BLESSING as you breathe. Then, exhale releasing at least two or three times the air as you imagine the word: ANXIETY.

### **STEP TWO**

Take a long, deep breath inviting 'grace' into your body; you can simply welcome the word/image/feeling associated with GRACE as you breathe. Then, exhale releasing at least two or three times the air as you imagine the word: FEAR.

### **STEP THREE**

Take a long, deep breath inviting LOVE into your body; you can simply welcome a word/image/feeling associated with LOVE as you breathe. Then, exhale releasing at least two or three times the air as you imagine the word: SURRENDER.

