

CONTEMPLATE THEIR TEMPERATURE CONTEMPLATE YOUR OWN

4 DEEP BREATHS

FEEL EACH OF THEIR RYTHMS

FEEL EACH PACE

4 BREATHS

ENGAGE IN HARMONY WITH THEM

ACCEPT EACH ONE AS YOUR ENERGETIC EQUAL

4 BREATHS

IN THIS MOMENT OFFER THEM CARE

IN THIS MOMENT PROPOSE GENTLENESS

2 BREATHS

IN THIS MOMENT OFFER THESE SENTIMENTS TO YOUR OWN SPIRIT

4 BREATHS

THANK EACH HEARTBEAT

THANK EACH LIFE FORM

2 BREATHS

THANK YOURSELF FOR MUTUAL ACKNOWLEDGMENT

THANK YOURSELF FOR THIS MINDFUL DEDICATION

4 BREATHS

GIVE THANKS FOR THE EXPERIENCE OF PEACE

4 BREATHS

