

COMPLETION EXERCISE

Sitting in silent solitude,
My mind tethered on a slack leash,
I breathe, On Purpose.

Air, lush with fullness and nourishment,
Fills my body.

Holy Breath, rich, permeating,
Opens my throat and heart.
Plunges deep.

A profound shudder rising from beyond darkness,
Moves me, and I experience contact.

I give thanks, and breathe out.

REPEAT

ONCE AGAIN

Tighten the Leash. Focus on Holiness.

Breathe in Gratitude to fill the body.
Breathe out and push the gratitude into the cells,
Breathe again and power gratitude in between the cells.

Feel it happening.

REPEAT

Until Complete.

