



Each breath we take is an echo of the first breath from the Divine.



LISTEN TO THIS GUIDED BREATHING EXERCISE AT
[HTTPS://WWW.MCCORMICK.EDU/FORMATION-WEEK-2024](https://www.mccormick.edu/formation-week-2024)

Take a deep breath in...

...then, breathe out.

As you breathe, imagine a land, a fertile land. This land does not yet cradle plants that will stretch its roots into its soil nor hold vegetation that will nourish. Rain has not yet fallen upon its soil. Instead, a stream rises up and waters the entire span of this landscape.

Take a deep breath in...

...then breathe out.

As you breathe, imagine the sounds of that stream rising up. Can you feel the coolness of the running water on your skin? Can you smell the wetness of the fertile soil?

Take a deep breath in...

...then breathe out.

As you breathe, imagine the Lord God gathering the wet soil into the divine's hands as it is intentionally and tenderly formed into a body. Imagine the intention and creativity that formed this body... your body.

Take a deep breath in...

...then breathe out.

As you breathe, imagine the Lord God taking a deep breath in... then breathing out and into the one created and formed by the divine's own hands. Can you hear the cavernous and mysterious swish of the divine's breath filling this body and giving life to this body...giving life to your body?

Take a deep breath in...

...then breathe out.

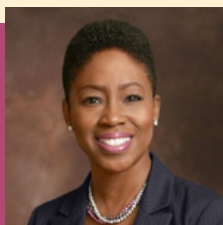
As you breathe, remind yourself that each breath we breathe is an echo of the first breath from the Divine. Feel the repeating rhythm of breathing in and out.

Take a deep breath in...

...then breathe out.

Rest in the stillness of the breath of life that holds all of creation together.

Based on Genesis 2:4b-7 (NRSV)



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