

# Meditation Gatha

*Breathing in,  
I'm aware I am breathing in. (in)  
Breathing out,  
I'm aware I am breathing out. (out)*

*Breathing in,  
my breath is deep. (deep)  
Breathing out,  
my breath is slow. (slow)*

*Breathing in,  
I feel solid. (solid)  
Breathing out,  
I feel free. (free)*

*Breathing in,  
my mind is like a clear lake. (clear)  
Breathing out,  
reflecting all that is. (reflecting)*