

# Air

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**Breathe connects every being that has ever lived.** Air symbolizes the spiritual energy at our core. We enter this world with a deep breath, and, when the time comes, we will leave our bodies with a final exhale. Until that time, mindfully observing air entering and leaving our bodies can help decrease anxiety, soothe discomfort in our bodies, and slow down when feel swept away by grief.

**Air transforms. It brings spirit inside us to help broken hearts heal.**

## LIGHT



Place the small brass plate onto a fire-proof surface, then place one of the incense cones onto the plate. Light the top of the incense. Once burning, blow lightly onto the top to feed the fire with sacred air.

## BREATHE



Sit comfortably. Slowly exhale all of your air out. Now, gently inhale through your nose to a slow count of 4. Hold at the top of the breath for a count of 4. Now, gently exhale through your mouth for a count of 4. Hold at the bottom of the breath for the count of 4.

## REST



Grieving takes a lot of energy! It's exhausting. All too often, we just "push through" life as we "plough through" our grief. Good news! Restorative rest helps balance emotions. #naptime