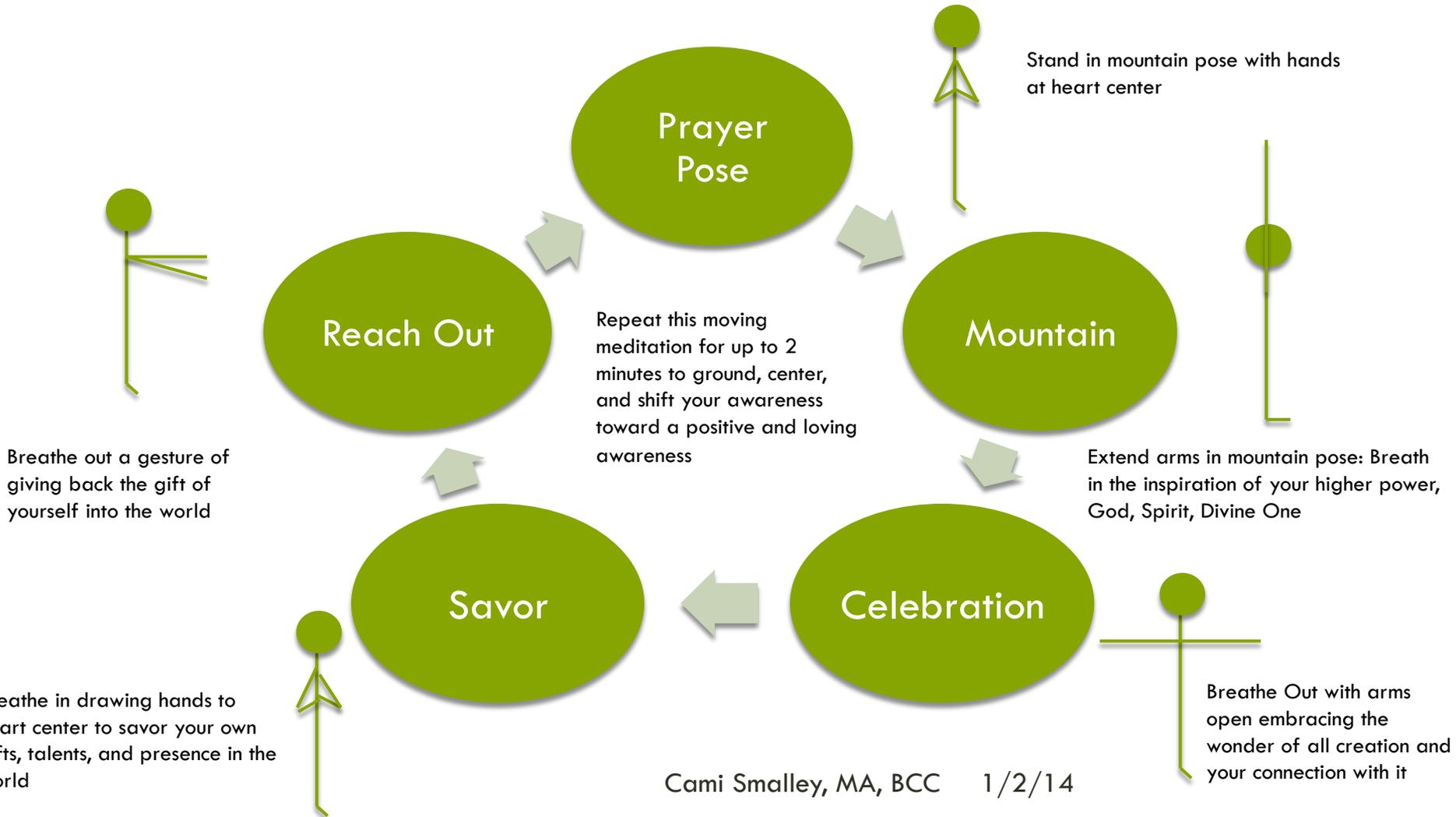


# Creation Breath



# Bowl of Life...



Taking a staggered stance, right foot comfortably ahead of the left, dip your fingers into an imaginary bowl in front of you, just below your belly button. With arms held lightly, trace the perimeter of your imaginary bowl in a counter-clockwise motion. Shift your weight lightly forward and back as your hands circle the bowl.

As you breathe and move, consider all the blessings of the past year filling your bowl. See each blessing clearly as you collect it in your beautiful bowl of life's blessings. Even consider how the challenges of the past year brought some grace or blessing into your life. Place those in your bowl as well.

When you feel complete...gather your hands back to heart center with feet together in mountain pose and savor the gifts of the past year.

Next, take a staggered stance with your left foot forward. Repeat the same movement pattern as before, now moving in a clockwise motion. Envision the gifts and blessings that you invite into your life in the coming year. Be bold and creative as you picture your life with the health, happiness, and love that you desire. See, feel, and hear, how your intentions manifest in your life.

When you feel complete...gather your hands back to heart center with feet together in mountain pose and seal your intention to pursue this vision boldly and with a merry heart.