

I CAN'T BREATHE

The act of breathing is a miraculous process. Our lives depend upon us breathing and for the most part we often forget and disconnect from this important relationship with our bodies. On 25th May 2020, George Floyd, a 46-year-old black man was killed in Minneapolis during an arrest. Floyd was handcuffed and lying face down, begged for his life saying “I can’t breathe”. The death of George Floyd triggered demonstrations all over the world.

The purpose of this **practice** is to invite you to pray for those who can’t breathe today as a result of racism. This practice invites you to enter into breath prayer, which is a form of contemplative prayer.

Here’s what to do:-

- Set your alarm for eight minutes and 46 seconds.
- Use your inward breath to remember those, who as a result of racism, cannot breathe. You may want to use the phrase I can’t breathe. Use your outward breath to state what you need. The phrase might be “Lord have mercy”.
- Breathe in and out, using these phrases repeatedly; “I can’t breathe; Lord, have mercy”.
- Continue your prayer for the set time, the time that a police officer pressed his knee on George Floyd’s neck.