# Breath Prayer – Let It Be Done

*A Companion to the Fire & Light Pathway
Inspired by Mary’s Fiat (Luke 1:38)*

This breath prayer draws from the sacred moment of Mary's surrender: a moment of holy fire, embodied trust, and divine overshadowing. Use it when facing fear, uncertainty, or when God is inviting you into something new.

## Breath Prayer Instructions

1. Sit in a grounded position with both feet on the floor.

2. Take 3 deep, cleansing breaths. Feel your body supported by the ground beneath you.

3. Place one hand on your heart and one hand on your belly.

## Breath Prayer

Inhale*: “Let it be…”*

Exhale: *“…unto me according to Your word.”*

Repeat for 2–5 minutes, slowly and gently.

## Closing Reflection

As the breath settles, sit in silence. Feel the presence of the Holy Spirit overshadowing you.
Ask gently: 'What are You asking me to carry today, Lord?'
Trust that, like Mary, you are not alone. The fire is holy, and you are held.