



BREATHE AND BE

A Book of Mindfulness Poems

Kate Coombs

illustrated by

Anna Emilia Laitinen

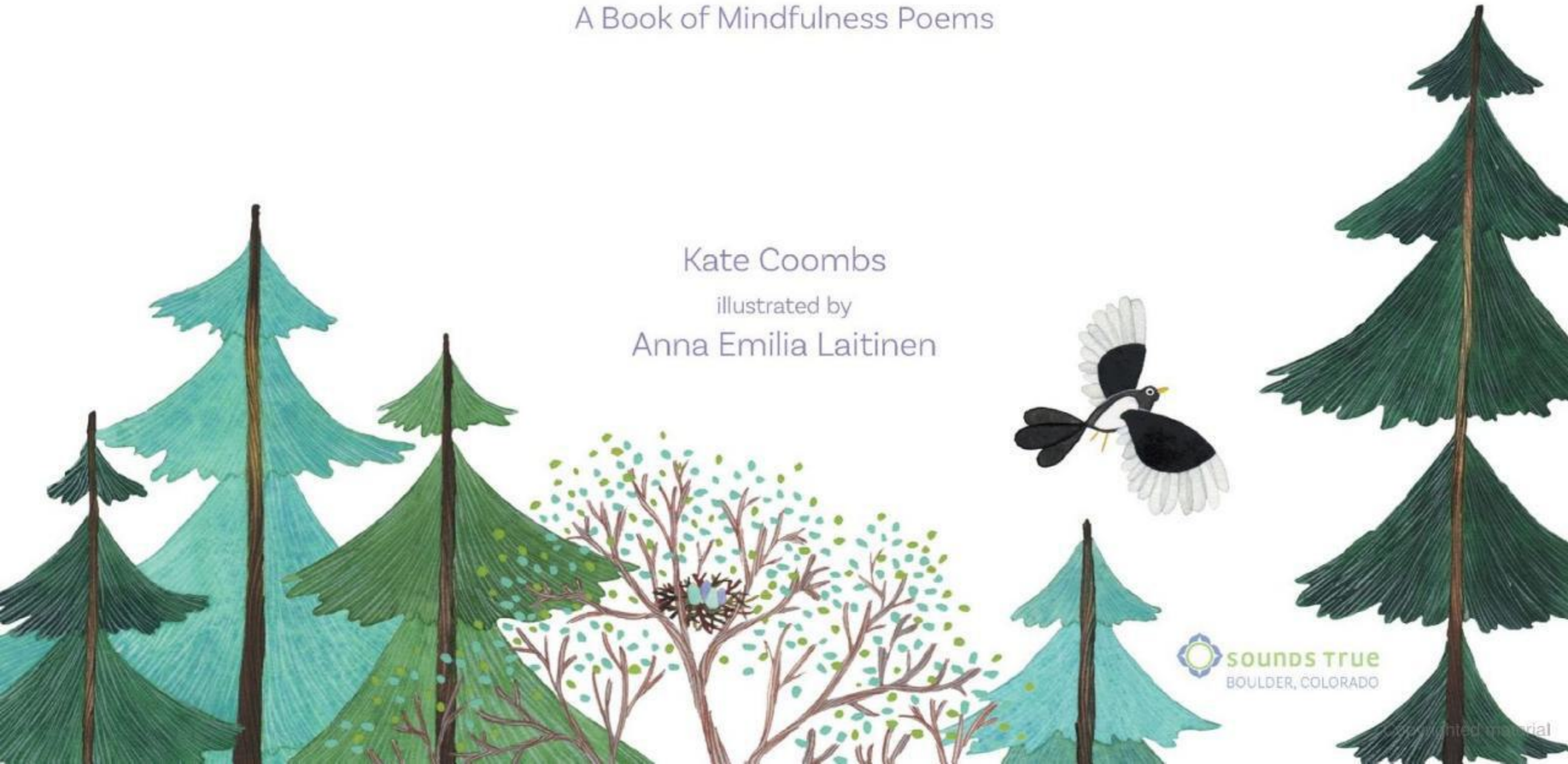
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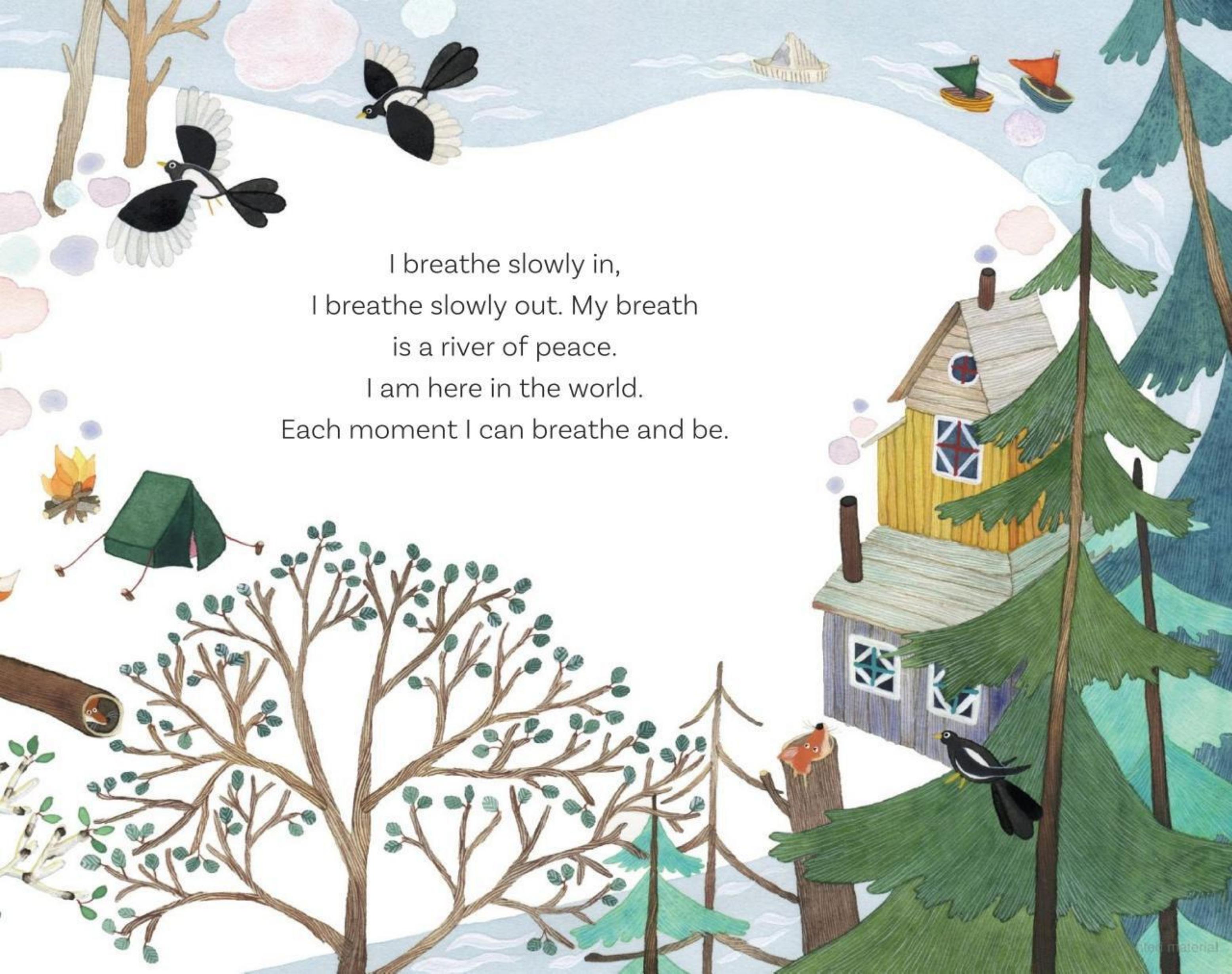
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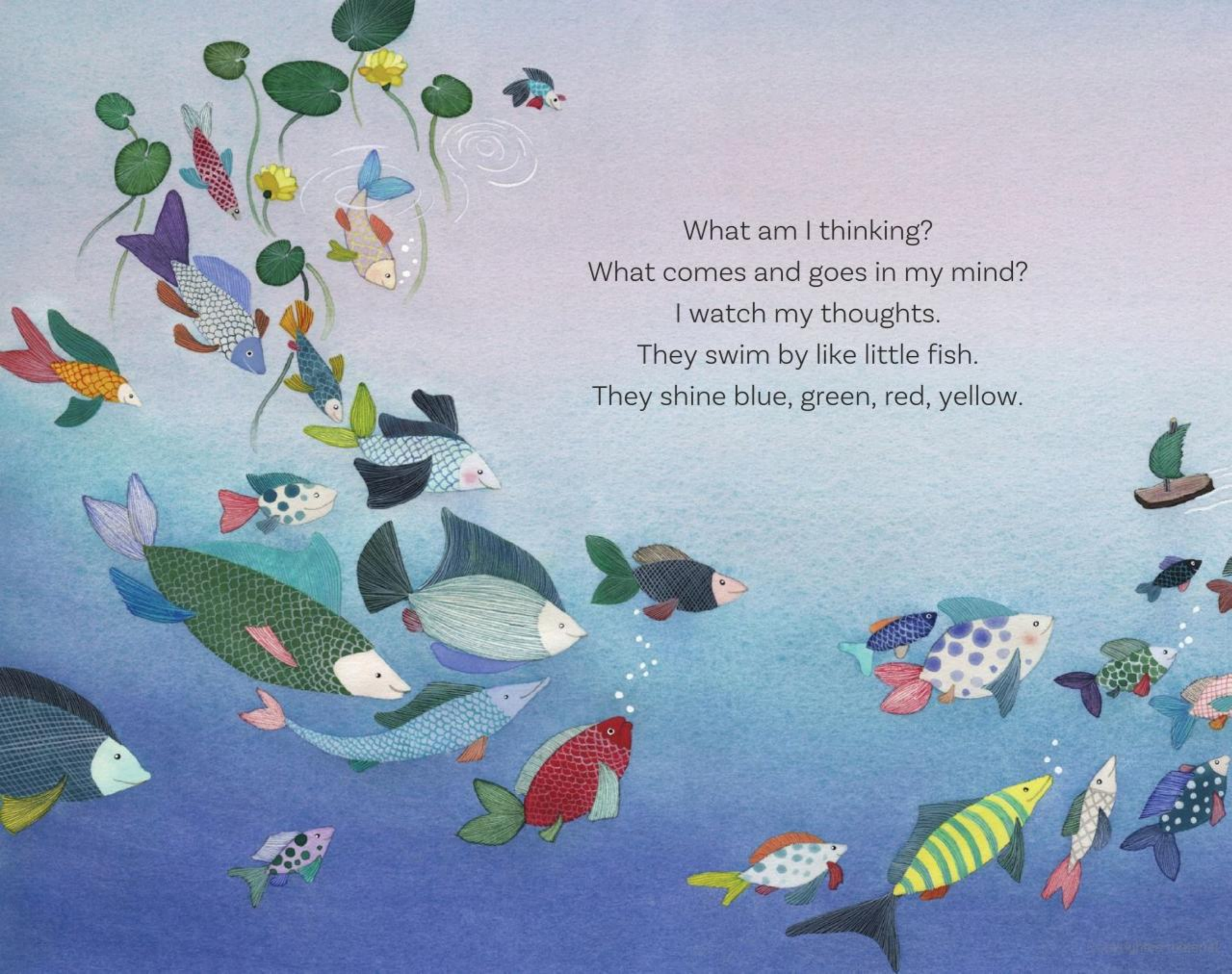
Anna Emilia Laitinen







I breathe slowly in,
I breathe slowly out. My breath
is a river of peace.
I am here in the world.
Each moment I can breathe and be.



What am I thinking?
What comes and goes in my mind?
I watch my thoughts.
They swim by like little fish.
They shine blue, green, red, yellow.



image

not

available

For my brother Bob

KATE COOMBS

For my godchildren,

Oiva and Auni

ANNA EMILIA LAITINEN

The trees are the lungs of this planet Earth.
Let's take care of them, so they breathe for us.

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