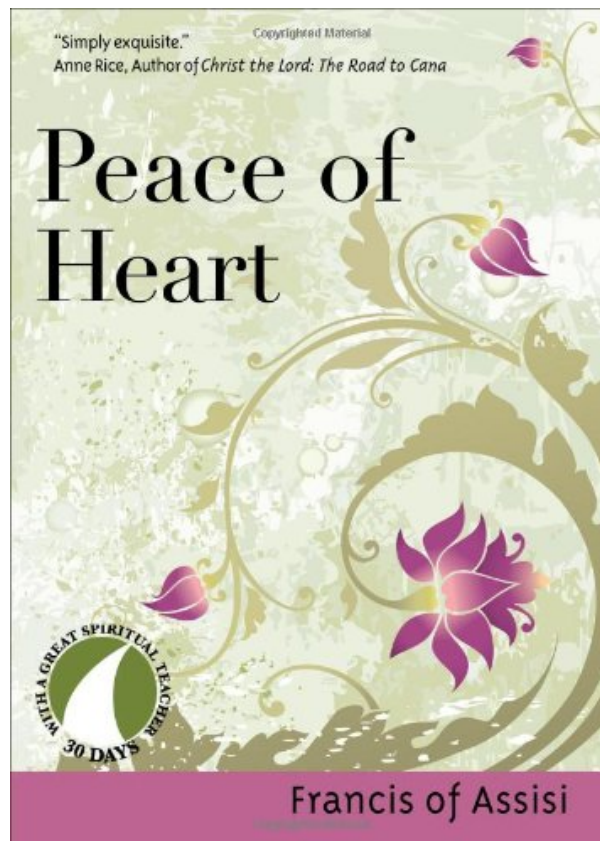
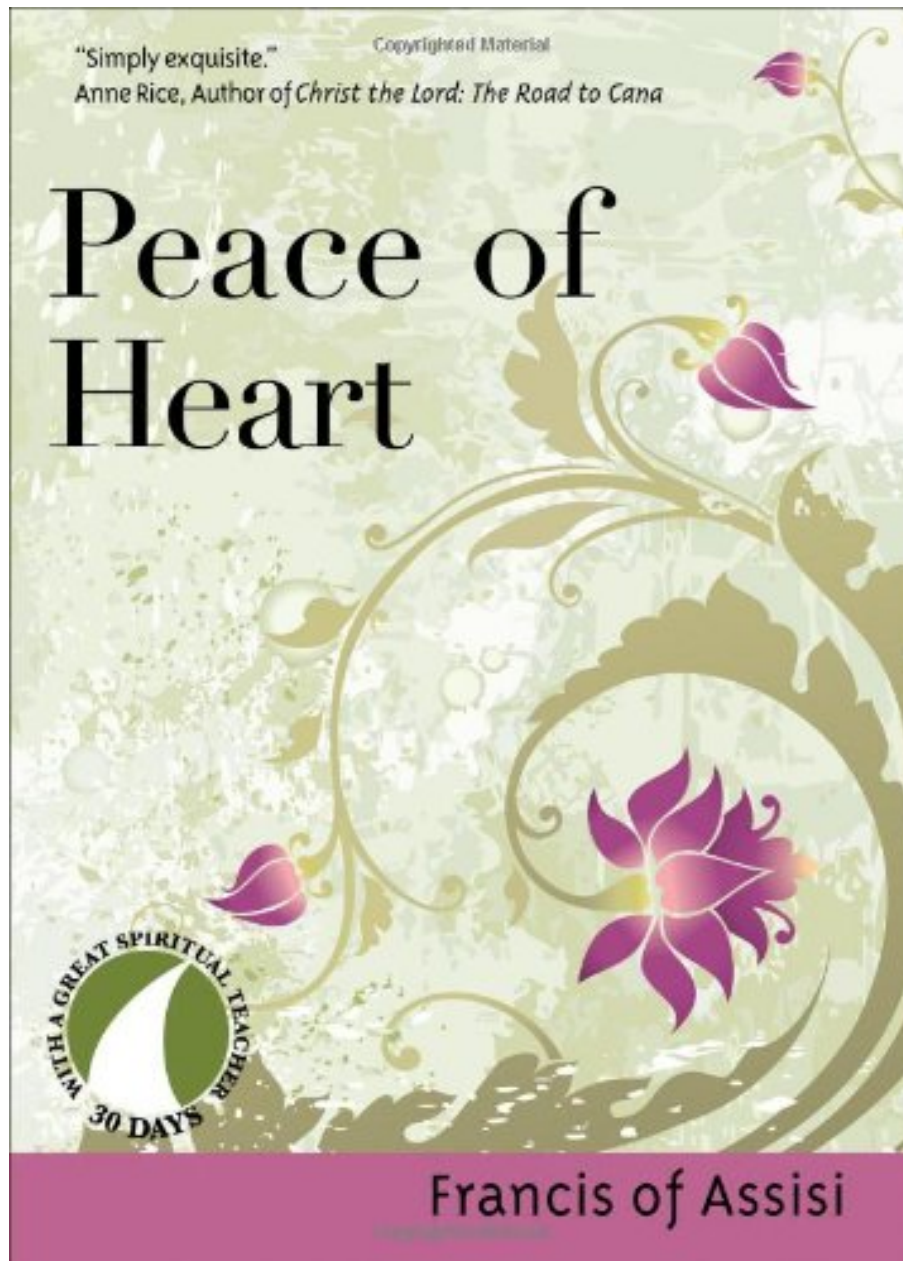


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**All Through Your Day:** you will find a single sentence which we call a mantra, a word borrowed from the Hindu tradition. This phase is meant as a companion for your spirit as it moves through a busy day.

**As Your Day Is Ending:** This is a time for letting go of the day. Find a quiet place and quiet your spirit. Breathe deeply. Inhale, exhale-slowly and deliberately again and again until you feel your body let go of its tension. Now read the evening prayer slowly, phrase by phrase. In this way, a simple evening prayer gathers together the spiritual character of the day that is now ending as it began--in the presence of God. It is a time for summary and closure. Invite God to embrace you with love and to protect you through the night. Sleep well.

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