

SHAKTI BECKONS THE GODDESS...

Life is Breath-Taking

By Julie K. Halevan

Ahhh...that feels so good! When was the last time you took a long, deep breath? We, for the most part, are unconscious breathers. Throughout the course of a busy day, we breathe shallowly, and don't recognize this magnificent innate intelligence which is always fully present, regardless of what we're up to. The breath is amazing in many ways.

I once participated in a workshop on sacred geometry and the activation of the merkaba – the light field that surrounds us, and when properly recreated, transports us to other levels of consciousness. What activates this vehicle is a specific 17-breath meditation. It is an ancient process of breathing prana, that, when done very consciously and from love, leads to profound healing. Breathing in this fashion made me think of the dolphins and whales. These creatures are spiritually aware and sentient beings...and wouldn't you know, these animals are conscious breathers? We can learn a lot from these wise creatures. By their cognizant breathing and the way in which they move and swim, they continuously pump energies up and down the spine, from the base (root) all the way up to the pineal gland. A heightened consciousness is realized.

So much power to obtain and transformation to be experienced, all by the act of breathing! The primary source of our sustenance is derived from the prana extracted from the air. The more life-force we have within our bodies, the more alive and spirited we can be, for within the breath lies abundant healing power. Physiologically, breathing deeply brings greater oxygen to the blood and brain. Also, when we allow breath to be slow and rhythmic, anxieties and tensions lesson or slowly dissolve, triggering the parasympathetic nervous system - giving us that feeling of peace.

On a deeper level, the breath leads us to Truth. How? Well, let's think about this miracle. The breath is ALWAYS there. Thoughts, emotions and activities are always shifting within us. The breath however, is that aspect of us that is always consistent and never-ending. It is the constant within us. Wow, when I realized this one day, it felt profound. I felt enormous gratitude for such intelligence residing in all of us. It is the thing that unites us all. It can't be interrupted. It is so liberating and transcendent.

So, be willing to stop what you're doing for a moment and notice this unchanging life-force within you. Here is the truth that's been waiting to be recognized. Notice that the breath, just by its inherent nature, is always welcoming whatever arises (in the in-breath) and relinquishing (in the exhale) all by itself. Recognize this magnificence to be one of the most joyful and grace-filled experiences. Intrinsically, you are your breath...period!